



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 26 Issue 5 January 2016

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 **SPORT & RECREATION ACT**

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Coming Events:

- Saturday 30th & Sunday 31st January: 2016 NSW Sprint Championships; Sydney (SIRC), NSW
- 13th February, 2016; Makai Cup; Burrill Lake; approximately 22 km of downwind bliss
- Rapid Ascent - Falls Creek Mountain Raid: 13 – 14 February, 2016 www.MountainRaid.com.au
- Saturday 20th & Sunday 21st February, 2016: Frank Harrison Memorial Races; MMCC, Albury
- **Saturday 27th February, 2016: Race 1, PNSW Marathon 9 Series, at Molonglo Reach**
- **Sunday 28th February, 2016: 40th Burley Griffin Bash & Mini-bash; 30 km; 13, 5 & 2 km**
- 28th February, 2016; Manly Wharf Bridge to Beach; approximately 14 km
- 27th & 28th February: Round 4, Canoe Polo Summer Series, Nagambie Lakes Regatta Centre, Vic.
- 2 – 6 March: 2016 National Sprint Championships; Champion Lakes, WA.
- Sunday 13rd March, 2016: Yarrowonga to Tocumwal: 3.2 km swim, 21.1 km run, 91.5 km bike ride, 25 km paddle. Enter as Solo, full event; Relay of 2 to 8 people; or Enter any of the four Single Discipline races: Contact Tim Roadley, 0417 373 376; www.murrayquad.com.au
- Sunday 13th March, 2016: PNSW State Marathon Championships; MWKC, Narrabeen
- 20th March; Kayak for Kids; register by 31st Jan to enter the draw for a 7-course degustation dinner for two!
- 25th – 27th March; Aust. Marathon Champs, Coomera Lakes/Regatta Waters, Gold Coast, QLD.
- Sunday 10th April, 2016; Race 2, PNSW Marathon 9 Series; CCCC; Wyong
- Saturday 30th April, 2016; Race 3, PNSW Marathon 9 Series; WCC; Windsor
- Sunday 29th May, 2016; Race 4, PNSW Marathon 9 Series; LCRK; Lane Cove

President's Report: Patricia Ashton

Welcome back from Christmas holidays, back to work and hopefully back to paddling – time trials, canoe polo, training sessions, etc.

Congratulations to those paddlers who took part in the PNSW State Sprint Championships in Penrith recently:

K1 John Preston

SUP Pete Garbutt , Greg Cockerill

C1 & C2 Marcel Cabezas, Louise Yabsley, Breanna Reid - especially congratulations to these paddlers who are quite new to an elite sport and performed so well.

The flatwater contingent is gearing up for the first of the PNSW Marathon series and the Burley Griffin Bash. It would be great to see large numbers of BGCC members taking part in one or both these events. Remember though, if you don't think you can compete we would love to have you help out in a variety of ways.

The BGCC again assisted with safety boats for a Triathlon event – helping out with several swim lengths. Without us, there would have been swimmers in trouble. It's a vital service and it's not too difficult, contact Bob if you're not sure and you need some advice. But if you are confident in a kayak – a stable kayak, sea kayaks, white water, SUP's or recreational type boats rather than K's, TK's or tippy ski's – and can steer it, then we need you to help out.

If you have an interest in coaching, there will be a flatwater coaching course run in Canberra in 6 & 7th February. The club will reimburse costs for participants who complete the course and become accredited. This is a great way to improve your own paddling technique and fitness, and be able to help others achieve better results. <https://auscanoe.sportingdna.com/iframes/view/961>

See you on the water,

Patricia.



Triathlons – BGCC's Service

As I am unable to paddle at the moment, I went along to the Elite Energy Triathlon on Saturday 16th January, 2016, to co-ordinate the Triathlon swims from the shore.

The swims were at Rond Terrace in Central Basin and ran from 7:00 a.m. to 11:45 a.m., so we organised boats in shifts.

Watching from the shore gives you a completely different perspective on what we do. I found that I was watching proceedings through the eyes of concerned friends and parents of swimmers. During the 1500 metre swim it was quite comforting to watch our paddlers moving up and down looking after the swimmers, latching on to those that appeared to be struggling and making sure they were safe.

We had 15 boats to look after the 1500 metre swimmers, but after that shift left we had only 3 boats and the tinny to look after the 400, 200 and 100 metre swims and there were now whitecaps on the lake (some of our other volunteer paddlers couldn't make it as it was too rough in Central Basin). Even stable sea kayaks or recreational boats can struggle when Central Basin blows up!

I now saw a bunch of mainly Novice swimmers battling Central Basin waves to complete their swim leg. Despite being down to 3 boats, our paddlers, John Lockie, Anne Cronin and Bruce Kentwell were able to look after sometimes two struggling swimmers at a time, until they could continue, or the tinny could haul them in and take them to the shore.

In the end it went well and having experienced it all from the shore while liaising with the Triathlon officials, I can now see why our service is valued so much by the Triathlon community and why we are constantly thanked over the loudspeaker system for our help. At the end of the 1500 metre swim on Saturday the crew of the tinny stood up and clapped our paddlers, thanking them for their help.

Our presence can save lives and without us it would be extremely difficult to TriathlonACT to hold some of these larger swims.

Seeing it all from the Triathlon swimmers and organiser's perspective, I will never again complain about getting up early to help them out.

Thanks,
Bob Collins.
Triathlon Co-ordinator



Boat Captain's Report: Scott MacWilliam

To all members an especially happy and successful New Year in whatever you do that is connected with BGCC and elsewhere.

1. It had to happen

Sadly, one of the Ice Dragon's boats has been substantially damaged by a large branch snapping off a tall tree on the northern side of the shed. To make matters worse, the falling branch fell across the newly purchased boat and did such an amount of damage that the boat cannot be used until repaired. While the boat is insured, nevertheless it is very disappointing for the paddlers who had committed so much effort and funds into buying a new boat and getting it to Canberra.

All members of the club share the Ice Dragons' disappointment especially because for some years now we have been warning the appropriate ACT authorities of the dangers the trees at the back of the shed pose. Time after time we have identified particular branches which, if they broke and fell, could do even more damage to the shed and possibly even paddlers. We appreciate that these particular trees shade the shed, keeping it cooler than it would otherwise be. They also screen our salubrious shed from the view of dignitaries travelling to and from the airport along Morshead Drive. As trees, breaking branches are an inevitable part of their growth and our shed area would be much less pleasant without them.

However our repeated requests have not been for the removal of trees but for attention to their maintenance: where branches grow across areas, including the shed, the cycle path, the bbq, benches and table, regular pruning is necessary. We have advised the appropriate ACT authority what has happened by way of damage to an expensive boat and have asked for another meeting to discuss what can be done. Hope springs eternal!

2. Boat Usage

There are signs in the shed which emphasise boats, lifejackets and all other club equipment is only for the use of club members. This means that friends/non-family members may not use club equipment UNLESS the appropriate form is filled out and a \$30 fee (\$20 for insurance and \$10 to BGCC for use of equipment) paid for each time the equipment is used. UNLESS this is done non-members may not use the boats and other equipment. IF the appropriate form is completed and the money paid, non-members MUST wear a lifejacket when using a club boat.

NB. Under the club rules a family is defined as: **Up to two adults plus any number of children under the age of 18 who reside at the same address. All family members who paddle must be insured with AC/PNSW.** A family member who does not paddle but does help around the club can be insured as a Volunteer at no \$ cost.

3. Child Supervision

An encouraging sign of how the club is growing is the increase in the number of young paddlers, for which Kiaran Lomas has been especially responsible as a highly committed coach of juniors. To have a range of boats suitable for younger paddlers, including the Guppys, is an important aspect of the club's fleet of boats. However with younger paddlers under the age of 14 there is also a special particular duty of care for the club. Accordingly club rules are that these paddlers must be closely supervised either by a parent and/or carer, or a qualified club instructor or coach. Supervision includes being close by at all times, not least because lighter weight children could have trouble recovering an overturned boat and themselves from the middle of the river. Simply bringing children to the shed, fitting them out with a boat 'to look after themselves' and then going off to train, does not meet these requirements. BGCC has a proud record of never having lost a member, young or old, so let's all keep the rules in mind when putting children in club boats, even if they are wearing a lifejacket.

4. Shed Clean-up Saturday 20th February, 9 a.m.

On the weekend of 27th – 28th February, the club is hosting Round 1 of the Paddle NSW Marathon Series and also our own 40th Burley Griffin Bash. To prepare for these showcase events, volunteers are needed once again for a shed clean-up. With the usual enthusiastic band of helpers and any members who have never experienced the pleasure of cleaning among friends, work is usually completed within two hours. So please roll up with your brooms, buckets, gloves - and anything else you usually use to clean around home, on **Saturday 20th February**. Assistance always greatly appreciated.



Scott



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

Sprint Report: Cherie-Anne Van Baardwyk



GP1, Adelaide, 4th-5th December, 2015

Breanna competed in her K1 Paracanoes and K2 U18yrs event.

We travelled as part of the National Talent Squad

I assisted as camp cook and bus driver, along with Glenn Pynne from AC.

Bre has thoroughly enjoyed her year as a NTS K1 Paracanoes Athlete and would encourage any Junior to go for their dreams as it is a wonderful experience. GP1 was an amazing 4 days of extreme heat, with the event almost cancelled for half day as the temperatures soared.

See below for pics and results.



Race 61	Para Canoe	Women's 18 years	K1	Multi-class	Direct Final
Place	Name	Club	Lane	200m	Margins
1	Reid, Breanna	Burley Griffin NSW	3	1:03.65	0.00 +0.00
2	Galovic, Monika	Patterson Lakes VIC	2	1:09.61	5.96 +5.96

Race 85	Para Canoe	Women's 18 years	K1	Multi-class	Direct Final
Place	Name	Club	Lane	500m	Margins
1	Neumueller, Jocelyn	West Lakes SA	1	2:47.48	0.00 +0.00
2	Reid, Breanna	Burley Griffin NSW	2	2:51.76	4.28 +4.28
3	Galovic, Monika	Patterson Lakes VIC	3	2:54.03	2.27 +6.55
Race 114		Women's Under 18	K2		Direct Final
1	Carbone, Monique Kaihau, Grace	Bayswater WA Kawana Waters QLD	5	0:44.82	0.00 +0.00
2	Backen, Ruby Burt-Poloai, Caitlin	West Lakes SA Sunshine Coast QLD	4	0:45.03	0.21 +0.21
3	Beere, Ella Bagnall, Jayde	Avoca NSW Illawarra NSW	6	0:47.21	2.18 +2.39
4	Yeates, Hannah Travers, Chloe	Sydney N'thern Beaches NSW Kawana Waters QLD	3	0:44.743	0.22 +2.61
5	Munro, Brittany Aves, Alex	Sydney N'thern Beaches NSW Sydney N'thern Beaches NSW	8	0:4.93	2.50 +5.11
6	Pope, Sophie Tatlock, Hannah	West Lakes SA West Lakes SA	2	0:50.03	0.10 +5.21
7	Goldner, Kelsey Ryan, Rachel	West Lakes SA West Lakes SA	7	0:50.09	0.06 +5.27
8	Haines, Sarah Jacobs, Nicole	West Lakes SA West Lakes SA	9	0:56.23	6.14 +11.41
9	Tunn, India Reid, Breanna	Encounter SA Burley Griffin NSW	1	0:56.45	0.22 +11.63
Race 120	Para Canoe	Women's Open	K1	Multi-class	Direct Final
Place	Name	Club	Lane	1000m	Margins
1	Reid, Breanna	Burley Griffin NSW	2	5:53.96	0.00 +0.00
2	Neumueller, Jocelyn	West Lakes SA	3	5:58.36	4.40 +4.40
3	Galovic, Monika	Patterson Lakes Vic	1	6:07.73	9.37 +13.77

PNSW State Sprint Championships were held at SIRC Penrith over 16th – 17th January, with BGCC competitors taking part in **C1, C2, K1, K1 Paracanoe and SUP** events.

A big thanks to Nick Hocking for the loan of the Vadja Nova and the BQSports Tornada C1. Also a big thanks to Kieran Lomas for driving the club trailer down to Goulburn and to John Preston for taking the trailer back to BGCC.

This was a big test event for the club C1 paddlers and a stepping-stone to help prepare for the GP2 in Adelaide, SA, over 12th – 14th February and the Sprint Nationals at Champion Lakes in Perth, WA, over 2nd – 6th March, 2016: Marcelo Cabezas, Louise Yabsley and Breanna Reid. Marcelo and Louise paddled well, with Marcello taking charge - competing in numerous events over all the distances: 200m, 500m and 1000m in both C1 and C2, plus 5000m in C1.

Breanna received a standing ovation and massive amounts of support from the crowd in the last 100m of her C1 500m event after the announcers, Mr Stewart and Lauren, announced that she had been paddling C1 for only 8hrs and explained her journey after surgery, etc. I can only say I heard the crowd, but I was race recording and wasn't able to catch an image! Bre has shifted her focus to C1 paddling after ICF new rules for Paracanoe rules her out for classification. She can only paddle in the new event called Open National Paracanoe (within the Oceania region, meaning she cannot compete overseas for Australia) which is for all paddlers who cannot be classified under the ICF classification system KL1, KL2 and KL3. She already holds the title for Oceania K1 Open National Paracanoe Champion, which she gained in July 2015, at the Oceania Paracanoe Championships which were held on the Gold Coast. She will still paddle this event and she is hoping the rules will eventually change. But in the interim, an ICF Assessor encouraged her to take up C1

paddling in the hope of making the Australian Team, as there is less rotation required and this suits the placement of the titanium rods in her back. She cannot go back to the U23 K1 class as her disability disadvantages her. So, with a new focus in the C1 come new challenges which she is ready for – and looking at 2020 as a goal – to compete in the women’s event at Tokyo – so she has a good lead-in time for growth.

Pictures by Nigel, from PNSW



Marcelo Cabezas

Louise Yabsley

Breanna Reid

Race 10		Men’s Open		C1	Direct Final	
Place	Name	Club		Lane	1000m	Margins
1	Cabezas, Marcelo	Burley Griffin	NSW	3	5:18.69	0.00 +0.00
2	Repeti, Pete	Non-Member	NSW	5	6:03.24	44.45 +44.45
3	Han, Jason	Lane Cove	NSW	4	6:04.79	1.55 +46.10
Race 24B		Men’s Open		C2	Direct Final	
Place	Name	Club		Lane	1000m	Margins
1	Cabezas, Marcelo	Burley Griffin	NSW	4	5:13.11	0.00 +0.00
	Repeti, Pete	Non-Member	NSW			

Race 24B	Para Canoe	Women's Open		K1	Multi-class	Direct Final
Place	Name	Club		Lane	1000m	Margins
1	Reynolds, Amanda	Patterson Lakes	VIC	6	5:06.86	0.00 +0.00
2	Reid, Breanna	Burley Griffin	ACT	7	5:55.78	48.92 +48.92
Race 43		Men's Open		C2		Direct Final
Place	Name	Club		Lane	500m	Margins
1	Cabezas, Marcelo Repeti, Pete	Burley Griffin Non-Member	ACT NSW	4	2:23.51	0.00 +0.00
Race 24B	Para Canoe	Women's Open		K1	Multi-class	Direct Final
Place	Name	Club		Lane	500m	Margins
1	Reynolds, Amanda	Patterson Lakes	VIC	3	2:26:18	0.00 +0.00
2	Reid, Breanna	Burley Griffin	ACT	4	2:54.20	28.02 +28.02
3	Bloom, Sam	Manley Warringah	NSW	5	3:34.01	39.81 +67.83
Race 60E		Men's Open		C1	Long Distance	Direct Final
Place	Name	Club		Lane	5000m	Margins
1	Cabezas, Marcelo	Burley Griffin	ACT		30:40.35	0.00 +0.00
Race 63		Men's 55+		K1		Direct Final
Place	Name	Club		Lane	1000m	Margins
1	Nichols, Warwick	Hunter Valley	NSW	3	4:47.04	0.00 +0.00
2	Little, David	Cronulla Sutherland	NSW	7	5:06.14	19.10 +19.10
3	Preston, John	Burley Griffin	ACT	6	5:06.45	0.31 +19.41
4	Baggett, Geoff	Manley Warringah	NSW	5	5:15.31	8.86 +28.27
5	Horsnell, Geoffrey	Manley Warringah	NSW	4	5:26.20	10.89 +39.16
Race 68		Men's 40+		SUP		Direct Final
Place	Name	Club		Lane	1000m	Margins
1	Garbutt, Pete	Burley Griffin	ACT	3	5:51.28	0.00 +0.00
2	Mackie, Paul	SUPs NSW	NSW	6	5:57.90	6.62 +6.62
3	Cross, Chris	Non-Member	NSW	5	5:58.93	1.03 +7.65
4	Cockerill, Greg	Burley Griffin	ACT	4	6:27.85	28.92 +36.57
Race 81		Men's 55+		K1		Direct Final
Place	Name	Club		Lane	500m	Margins
1	Nichols, Warwick	Hunter Valley	NSW	5	2:17.77	0.00 +0.00
2	Lee, Laura	Windsor	NSW	8	2:18.10	0.33 +0.33
3	Little, David	Cronulla Sutherland	NSW	7	2:23.05	4.95 +5.28
4	Preston, John	Burley Griffin	ACT	3	2:27.91	4.86 +10.14
5	McIntyre, Peter	Avoca	NSW	6	2:32.71	4.80 +14.94
6	Baggett, Geoff	Manley Warringah	NSW	2	2:33.19	0.48 +15.42
7	Horsnell, Geoffrey	Manley Warringah	NSW	4	2:37.95	4.76 +20.18



Pete Repeti & Marcelo Cabezas

Race 84		Men's Open		C1		Direct Final
Place	Name	Club		Lane	500m	Margins
1	Cabezas, Marcelo	Burley Griffin	ACT	4	2:29.24	0.00 +0.00
2	Han, Jason	Lane Cove	NSW	5	2:53.63	24.39 +24.39
3	Repeti, Pete	Non-Member	NSW	3	2:56.43	2.80 +27.19
Race 86		Women's Open		C1		Direct Final
Place	Name	Club		Lane	500m	Margins
1	Yabsley, Louise	Burley Griffin	ACT	5	3:33.45	0.00 +0.00
2	Reid, Breanna	Burley Griffin	ACT	4	7:17.78	224.33 +224.33
Race 93B		Men's 40+		SUP		Direct Final
Place	Name	Club		Lane	500m	Margins
1	Garbutt, Pete	Burley Griffin	ACT	5	2:54.25	0.00 +0.00
2	Mackie, Paul	SUPs NSW	NSW	3	2:54.77	0.52 +0.52
3	Cross, Chris	Non-Member	NSW	6	2:59.88	5.11 +5.63
4	Cockerill, Greg	Burley Griffin	ACT	4	3:02.86	2.98 +8.61
Race 115		Women's Open		C1		Direct Final
Place	Name	Club		Lane	200m	Margins
1	Yabsley, Louise	Burley Griffin	ACT	4	1:38.90	0.00 +0.00
2	Reid, Breanna	Burley Griffin	ACT	5	2:27.43	48.53 +48.53
Race 118		Men's Open		C2		Direct Final
Place	Name	Club		Lane	200m	Margins
1	Cabezas, Marcelo Repeti, Pete	Burley Griffin Non-Member	ACT NSW	4	0:52.40	0.00 +0.00
Race 135		Men's 40+		SUP		Direct Final
Place	Name	Club		Lane	200m	Margins
1	Mackie, Paul	SUPs NSW	NSW	5	1:04.05	0.00 +0.00
2	Garbutt, Pete	Burley Griffin	ACT	4	1:04.17	0.12 +0.12
3	Cockerill, Greg	Burley Griffin	ACT	6	1:06.00	1.83 +1.95
4	Cross, Chris	Non-Member	NSW	3	1:06.46	0.46 +2.41
Race 136	Para Canoe	Women's Open		K1	Multi-class	Direct Final
Place	Name	Club		Lane	200m	Margins
1	Reynolds, Amanda	Patterson Lakes	VIC	6	0:52.07	0.00 +0.00
2	Reid, Breanna	Burley Griffin	ACT	7	0:63.63	11.56 +11.56
3	Bloom, Sam	Manley Warringah	NSW	8	0:80.88	17.25 +28.81
Race 81		Men's 55+		K1		Direct Final
Place	Name	Club		Lane	200m	Margins
1	Lee, Laura	Windsor	NSW	8	0:49.50	0.00 +0.00
2	Nichols, Warwick	Hunter Valley	NSW	5	0:49.88	0.38 +0.38
3	Little, David	Cronulla Sutherland	NSW	7	0:52.68	2.80 +3.18
4	McIntyre, Peter	Avoca	NSW	3	0:53.60	0.92 +4.10
5	Preston, John	Burley Griffin	ACT	2	0:54.96	1.36 +5.46
6	Horsnell, Geoffrey	Manley Warringah	NSW	4	0:55.87	0.91 +6.37
7	Baggett, Geoff	Manley Warringah	NSW	6	0:56.55	0.68 +7.05
Race 140		Men's Open		C1		Direct Final
Place	Name	Club		Lane	200m	Margins
1	Cabezas, Marcelo	Burley Griffin	ACT	4	0:53.59	0.00 +0.00
2	Han, Jason	Lane Cove	NSW	5	1:03.21	9.62 +9.62
3	Repeti, Pete	Non-Member	NSW	6	1:06.52	3.31 +12.93
4	Yabsley, Louise	Burley Griffin	ACT	3	2:40.99	94.00 +107.45



Above: Bre Reid in K1
 Left: Marcelo and Pete in C2
 Lower Left: Louise in C1
 Below: Bre in C1



Canoe Polo Report: Kai Swoboda

Farewell Kim Roper (and good luck!)

In January 2016, BGCC canoe polo farewellled Kim Roper, who moved back to the UK after a couple of years study at ANU. Kim learnt most of her canoe and polo craft with us and was a member of the successful National Championship winning Burley Babes in 2015. Kim was also active in helping new paddlers and helping out at skills sessions with beginners as well as honing her own skills at our regular training sessions. In the last few months Kim also took on the challenge of white-water paddling on local rivers.



L to R: Stacey, Carley & Kim claiming their chocolate cakes
1st prize, Mudcake Challenge, November 2014
Above: Point Hut to Kambah Pool, November 2015
Photo above: David Burgess, with permission,
David Burgess Photography, www.davidburgess.com.au

We'll all miss Kim and wish her all the best for her paddling (and non-paddling) future.

Canoe polo goings on

BGCC paddlers have competed at a number of competitions in recent months, finishing 1st and 4th in the open category and 4th in the restricted category at the Sydney Invitational (December 2015) and then 4th in the open category at the Adelaide Invitational (January 2016).

There is one more competition in summer series (Nagambie at the end of February 2016) and then the focus will be on the Nationals, to be held on the God Coast in April 2016. We hope to get 2 open teams, 1 ladies team and a junior and possibly micro junior team competing at the Nationals.

BGCC polo also hosted a come and try canoe polo day in December 2015 at the Molonglo Reach, with a number of new paddlers attending. The regular junior paddlers also had a good hit out.

BGCC paddlers also attended, as players and coaches, a 3-day training camp held in Adelaide in January 2016, practicing paddling skills as well as learning about canoe polo strategy. A number of BGCC paddlers are looking to be selected for the national team for the 2016 World Championships to be held later in the year.

Other paddling adventures

BGCC polo paddlers have also been on a number of white-water adventures over the past few months, with trips on various sections of the Murrumbidgee, Kangaroo and Shoalhaven rivers. These trips have provided an opportunity to develop some additional paddling skills and to improve eskimo rolling. This included a trip with some of the kids in November 2015 (see photos below). A long standing tradition in white-water paddling (as well as polo) is that any paddler who swims is required to provide ice creams for all witnesses. While there haven't been too many ice creams to date, each paddle has provided opportunities for some extra ice creams for the other paddlers.



Top: Jess Harmer, Point Hutt to Pine Island, November 2015

Bottom: James and Daniel Harmer, same trip

Photos: David Burgess, with permission

David Burgess Photography,
www.davidburgess.com.au

Childowlah trip (January 2015)

Louise and Kai travelled with the kids to Childowla, downstream of Burrinjuck Dam on the Murrumbidgee, which is accessed via a quiet road which leaves the Hume Highway at Bookham. I haven't paddled here in probably 25 years and it was a great opportunity to get the kids on some more remote white water to test their skills with a bit more water in the river.

The finish of the trip, at Nanangaroo Reserve, is actually the start of a multi day paddle trail on the Murrumbidgee River to Wagga Wagga (and beyond). After a delayed start due to car failure, we made it to the start shortly after lunch. The main rapid on the trip, which was also once used for slalom competitions, is no longer accessible after the land was subdivided and sold in the last few years. The start of the trip is now about two kilometres upstream, which gave us a good little lead-in with a few small waves and rapids on the way down.

After negotiating the slalom rapid and practising some ferry glides and wave surfing, we proceeded for a further 5-6 kilometres to the get out at Nanangaroo Reserve. Congratulations to all the kids, who showed us their polo skills with some quick manoeuvres at times. There was one round of ice creams that will be required, but I think this was earned only because the paddler concerned was feeling a bit hot!



Left: Looking upstream from just above the slalom rapid

Right: Looking upstream from the bottom of the slalom rapid. Everyone is still dry!



Kai

Act Now to save Gunwale Bobbing before it's Gone

Act now to save gunwale bobbing. Grab a partner or go alone. Straddle bow or stern, grip the gunwales between bare toes, feel leg muscles flex and extend rhythmically. Stand up, bob and be counted.



Marathon Convener's Report: Russell Lutton

PNSW 2016 Marathon Series—Race 1, Canberra and 40th Burley Griffin Bash

It is perhaps an indicator of how close we are now to the start of the PNSW 2016 Marathon Series that the number of paddlers at the Wednesday evening Wetspot time trials has been steadily increasing. And with BGCC hosting the first race of the series on Saturday, 27th February, followed by the 40th annual Burley Griffin Bash on Sunday, 28th February, this big weekend of racing is now less than a month away. And on the subject of the Bash, how many paddlesport clubs in Australia or, indeed, the world, can boast that they have hosted a race event over 40 consecutive years!

This is one of the biggest paddling events of the year for our club and the fact that PNSW has consistently chosen Canberra to host the opening race of the annual series demonstrates how popular Canberra and our paddling locale is with interstate paddlers and PNSW's confidence in our ability as a club to host a successful opener to the series. Indeed, last year our race attracted a record number of competitors.

An unfortunate unintended consequence of conducting events that have become so popular is that they attract the attention of "officialism". The increased activity generated by the weekend's events has attracted the attention of both TAMS and NCA. They have made it clear in their event authorisation permits that, among a lot of other stuff we have agreed in blood to comply with, camping at the river area is not permitted. It is a shame but you can understand where they are coming from given the increasing number of interstaters who enjoyed camping at our beautiful river setting.

We need volunteers!

The success of hosting such popular events depends in large measure on club members volunteering to help run them. John Preston and I are the designated event organisers for the Saturday PNSW race. Bob Collins and Helen Tongway are the event organisers for the Bash. To cut straight to the chase, we need club members, their families and friends to volunteer to help with the myriad tasks before and on the race days.

I most sincerely thank those club members who are already actively involved in the preliminary work to make these races happen. Over the next couple of weeks there will be a lot of email communication about what needs to be done. If you are racing on the day, this is beaut; we need as many BGCC paddlers on the water as possible. By default, though, this means you can help in lead-up activities. If you are not racing, there is lots of stuff we need help with on Saturday and Sunday. If you can commit now to particular days/tasks, email me at rgl4762@bigpond.net.au and/or Bob at bobcollins@grapevine.com.au. Thank you.

Rule changes for 2016 Marathon Series

The 2016 divisional racing rules are now published on the PNSW website and there are some interesting changes that those who are intending to race in the series should note. Some that stand out include:

- all races now start at 11 am (something that should help us long distance ACT and south coast travellers);
- there are now nine races (rather than 10 as was the case in the last few years);
- the races are now conducted over an even wider geographical area of NSW, with the inclusion of Hunter Valley PaddleSports Club and Brisbane Waters Paddlers at Davistown;
- paddlers' six highest scoring races of the nine events will count towards their end of season point score total (which gives us the capacity to drop one or more of the far distant events);
- the open 25 km division has been dropped;
- Division 1 has mandatory portages where courses allow BUT paddlers promoted to division 1 may not be required to portage or to complete all portages (someone tell me how this is going to work?!);

- re-ranking in the 10 km divisions will be based on times 30 seconds faster or slower than the division time brackets (formerly 60 seconds); and
- the 5 km division appears to have been retained as part of the “marathon” series, rather than being relegated to the sprint series as was indicated would be the case at last year’s presentation dinner.

Could BGCC make it five successive marathon club wins as well as retain the inaugural ICF trophy for the most points accrued by a club whose paddlers race ICF class boats that it won last year? We most certainly have the depth of paddling talent in our club to win both trophies again if, and only if, we can achieve the outstanding participation rates we have over the last few years.

2016 Series Rules: <http://www.paddlensw.org.au/blog/pnsw-marathon-series-2016-updated-rules>

PNSW State Marathon Champs

This event is to be hosted by Manly Warringah Kayak Club on Sunday, 13th March. Originally it was scheduled for the Saturday (single boat events) and Sunday (double boat events). It is now going to be a long day for those who intend to paddle single craft on Sunday morning at 8 a.m. and double boats in the afternoon, starting from 1 p.m. Pack your lunch and anti-inflammatories!

Australian Canoeing National Marathon Champs

Unlike last year when we had the convenience of hosting Nationals on our home river, this year they are being held on the Queensland Gold Coast. There is little detail on the AC website at present, but several BGCC “sand, surf and glamour” paddlers are preparing for this event at what should be an interesting location, Coomera, which is now a Gold Coast suburb.

Wetspot summer time trial series 2015-16

That the number of participants in November and December last year was been down a little from previous years perhaps reflects a bit of race burn-out after a long hard year of marathon racing for many of our flatwater paddlers.

However, the new year seems to have focused paddlers’ minds wonderfully and numbers have increased significantly over the last couple of weeks. Thus far, 80 BGCC paddlers have participated in one or more time trial. So come along and participate. You have the choice of paddling one, two or three laps of the river—and socialise afterwards at the best post-TT barbeque in the country.



Many thanks to the volunteer time keepers, the fabulous barbeque queens and most particularly Jane Lake, who prepares the results spreadsheets—irrespective of where in the world she happens to be at the time—and Geoff Collett who promptly publishes the results on the club website.

Russell

Is anyone willing to billet an interstate paddler or two, to encourage paddlers to stay over on Saturday evening? There are plans afoot for an evening meal at a nominated dining-spot; e.g., a pub or club – similar to the “Wagga Solution”. We can’t get the minimum number for our Spit Roast because there are to be no interstate campers at Molonglo Reach (TAMS and NCA decree.)

The dates for the 2016 PNSW marathon series and other major marathon events are below:

- 27th February Round 1 - Burley Griffin Canoe Club (Canberra)
- 13th March PNSW Marathon State Championships - Manly Warringah Kayak Club
- 25-27 March AC Marathon National Championships (Gold Coast)
- 10th April Round 2 - Central Coast Canoe Club
- 30th April Round 3 - Windsor Canoe Club
- 29th May Round 4 - Lane Cove River Kayakers
- 25th June Round 5 - Sutherland Shire Canoe Club
- 17th July Round 6 - Brisbane Waters Paddlers
- 06th August Round 7 - Hunter Valley Paddle Club
- 3rd Sept Round 8 - Makai Paddlers
- 17th Sept Myall Classic (Tea Gardens)
- 1st October Round 9 - Wagga Bidgee Canoe Club (Awards Presentation & Dinner)
- 29th October Hawkesbury Classic
- 21–25 Nov. Massive Murray Paddle (save money be entering the race early)

Ocean Convener’s Report: Nick Ziviani

Hello all. I hope everyone has had a great Christmas and you are all enjoying the summer warmth. We are enjoying 23 degree water down the south coast in the deep blue with some outstanding paddling conditions for all who have been able to enjoy it.

The latest Ocean event to date was the George Bass Marathon which started on 3rd January at Batemans Bay and finishing at Eden on 9th January. This was a particular tough event as there were gale force winds, rough seas and torrential rain over several days of the event. There were 12 paddlers registered for this event with 2 of these paddlers pulling out after day 1 and another after day 3 with others having to DNF over several consecutive days. The ocean showed her ferocity on numerous occasions with 40 knot wind gusts to thick fog and 3 metre swells which tested all of the paddlers’ physical and mental toughness throughout the week.



The race committee did an excellent job of keeping competitors safe in these trying conditions. The decision was made by the committee to abandon two of the ocean legs. The first was the Moruya to Tuross Head leg.

This leg was transferred to the Moruya River where we battled .5 metre wind chop and tidal current with the odd log floating down stream.

The Tuross Head to Narooma leg was also abandoned due to huge seas. This was transferred to the Wagonga Inlet within the Narooma township which proved to be a great spectacle for onlookers as there were plenty of vantage points to view the entire race. Here we struggled with tidal currents shallow sand bars and huge amounts of ribbon weed floating down stream due to all the flooding rain from the previous days. This was practically tough as I counted having to jump off my ski 6 times within the 24 kilometre race to remove big clumps of weed from my rudder. The next day's leg from Narooma to Bermagui was also abandoned as the sea was still above 3 metres with a gale warning for coastal waters. This day's event was held at Bermagui with a triangular course within the bay which was also cut short for some when the wind gusted up to 40 plus knots from the southerly direction.

At last the wind died off and the ocean began to ease for the next 4 days of racing with basically no wind throughout the days and definitely no down-wind racing to be had until the Sunday - as we were packing our caravan to return home for a well-earned rest; we had a 20 knot North Easterly wind blowing which is what we ocean paddlers would have loved to have for the week of racing south down the coast.

Stewart O'Regan from North Bondi SLSC was victorious placing first for the event with myself placing second and Craig Vipond from Mooloolaba SLSC placing third.

Needless to say, after unpacking the caravan from the week's adventure, I loaded up my ski and headed off for a downwind that afternoon thinking how good it could have been, as the sun was shining with summer returning that very day!!!

Coming Events:

Makai Cup 13/02/2016 LOCK IT IN approx. 22 km of downwind bliss...

I urge anyone who wishes to have a great downwind paddle to attend. This club really know how to hold one of Australia's best downwind events. They also offer discount accommodation at the Burrill Lake Big 4 resort with lots of great prizes.

Manly Wharf Bridge to Beach 28/02/2016 Approx. 14 km

This event starts beside the Sydney Harbour Bridge and finishes at the sheltered inner Harbour beach at Manly.

Happy Paddling and I hope to see everyone on the water.



Nick

Level 1 Flatwater Coaching Course in Canberra: Next Weekend

Date: 6th & 7th February, 2016,
Location: Canberra YMCA Aquatic Recreational Centre
Time: 9:00 a.m. – 5:00 p.m. Saturday; 8:30 a.m. – 3:00 p.m. Sunday
Equipment: Boat and Paddling equipment; change of clothes
Costs: \$195 per student
Registration: Online registration via Australian Canoeing:
<http://auscanoe.sportingdna.com/events/register/807>

Additional Facilities: Coffee Shop with light lunches for sale

For pre-course study:

http://www.ausport.gov.au/participating/coachofficial/generalprinciples/community_coaching_general_principles

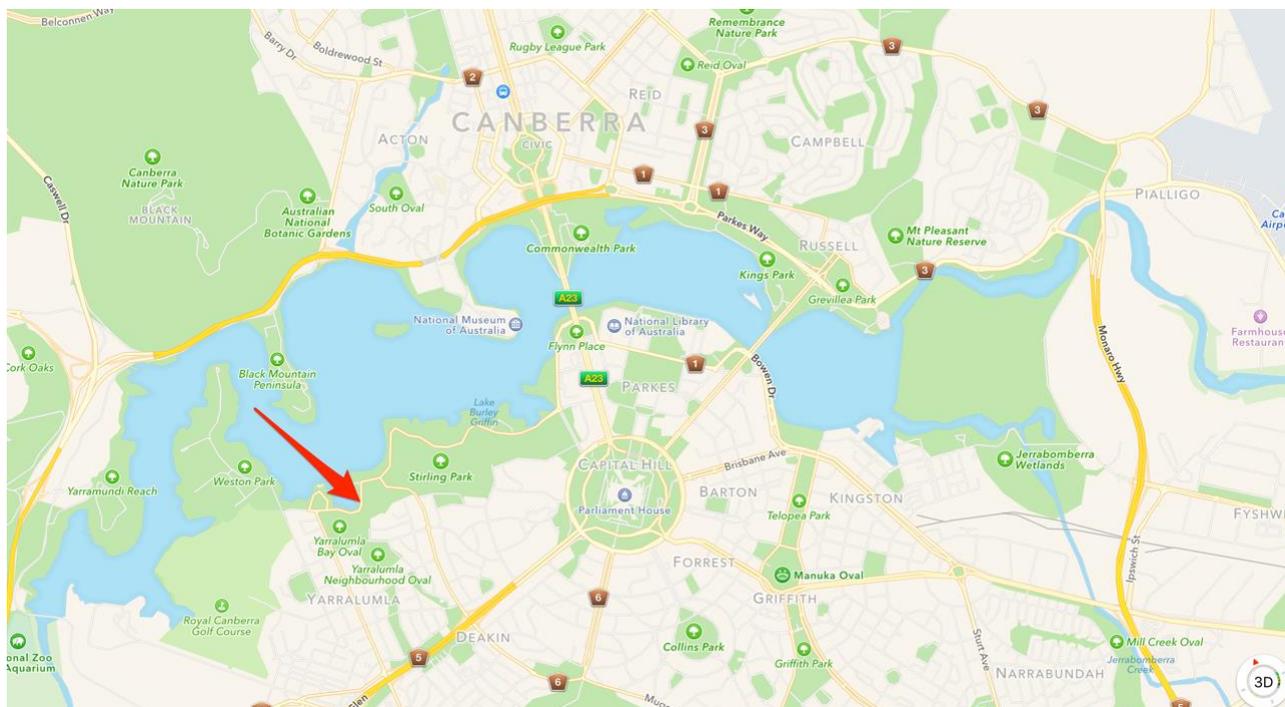
There is a limit of 16 positions due to venue size, so early registration is required

There may be an opportunity for current coaches to attend sessions. The cost will be from \$50 depending on the number of sessions you attend. Payment will be accepted on the day but you will need to confirm in advance to confirm space on the course. If you are interested in this opportunity please contact Kiaran on ad.bgcc@gmail.com and let him know the sorts of sessions that you would like to attend. The will include:

- Technique
- Risk and Safety
- Conditioning
- Program Planning

For those travelling to Canberra and are looking for accommodation please contact myself on the email above and I will try to point you in the right direction.

Kiaran Lomas



Paddle the Murrumbidgee: David Abela

I'm organising a trip down the Murrumbidgee from Gundagai to Wagga, about 125 km over the Canberra Day long weekend and would like to extend the invitation to interested club members. Details are:

Gundagai to Wagga over 3 days

Camping at designated camp sites

Saturday 12th March: Gundagai to Wantabadgery (56 km)

Sunday 13th March: Wantabadgery to Oura Beach (43 km)

Monday 14th March: Oura Beach to Wagga (26 km)

BYO food and gear for the 3 days.

Optional camping by the river or accommodation in Wagga: Wagga Beach Caravan Park or a Motel

My wife, Tisha, will be staying overnights in Gundagai and Wagga and is happy to assist with ferrying paddlers, excess camping gear or food supplies on each day. We should finish in Wagga by about lunchtime on the Monday, plenty of time to drive home.

Note: The main impetus for the trip is for my son Daniel (14) who is participating in "World Challenge Borneo" where he has organised several physical challenges over the course of 12 months including cycling, paddling, running and hiking to raise funds for a remote village in Borneo where he will going with his school in September, 2016. So far, we have Daniel and my brother (also a keen paddler) coming along for the trip. I've paddled the last two sections (Wantabadgery to Wagga) previously, but not the Gundagai to Wantabadgery section.

Any more suggestions or considerations can be discussed in more detail.

Dave

[NB: This is Not a Club Sanctioned Event]

Sea Kayaking Trip: Joe Roach

A BGCC member, Joe Roach, has organised a private, ten-day sea kayak tour of Port Davey and Bathurst Harbour in south-west Tasmania for 14th to 23rd March, 2016. The trip will be equipped and led by *Roaring 40s Sea Kayaking*, who have been escorting trips in Port Davey for some years. He is looking for three or four additional paddlers to join the six already in the group. All food and most equipment (including boats) will be provided by *Roaring 40s*. Cost is \$3,300 per person. If you have any interest in coming along please contact Joe on 0450 961 049 or at: joeroach@grapevine.com.au

Australian Canoe Racing; NSW Canoe Symposium: Helen Tongway

Over the weekend of 23rd – 24th January, a small group of NSW Canoeists gathered at the Kangaroo River, Bendeela Campground, Kangaroo Valley, for a teaching and learning weekend. While Canoeing was once a very popular form of paddling, over the recent years it has fallen away from paddlers' awareness and the Australian Canoe Racing group was started on Facebook to bring back the Glory Days (perhaps!) The group is currently at 385 members from all around Australia, but with the majority from Victoria.

The idea of the weekend was to have paddlers try out different canoes and paddles and learn various paddling techniques to help get us all moving along again. Four of those present are BGCC members: Allan Newhouse, Nick Hocking and David and myself. Three others were from Sydney, plus Mr Wenonah (Travis Frenay) from Moss Vale. Travis brought along a trailer-load of his canoes, in many sizes, for people to try out.

David and I trialled different spiffy paddles in our TC2, but decided we preferred our own home-made ones. Then I tried Nick's single carbon canoe, but I prefer my own River Rat TC1 (a grumpy lot aren't we!). Later in the day David and I had a paddle of the ICF class Wenonah and after a bit of discomfort with its handling, rather thought it pretty good. It is very similar to the C2 which John and Steve Harmer push down the Hawkesbury each October.



Helen & David in a C2

Meanwhile, the others trialled different boats and paddles and did lots of boat-leanings to either paddle in a straight line or to make a quick buoy-turn. The best entertainment of the day was various people trying to paddle Nick's Tornado kneeling C1 – with varying results. Mostly involving swimming.

We had Saturday dinner together at the local pub and on Sunday morning went for a 15 km paddle out and back on the Kangaroo River. It is a very pretty area with a well-kept camping area, though David and I opted to stay in a cabin in the township. Perhaps we were just lucky with the weather – just some rain early Saturday morning – being not too hot, not too cold, but I would recommend the area for a paddle weekend. It is not too far from Canberra (2 – 2½ hours' drive) and full of wombats, as those who camped discovered.

Helen.



Right: Nick in his C1
Left: Allan in his beautiful wooden TC1 & Travis out of Nick's C1



Clean Up Australia Day:

BGCC will not be taking part in this year's Clean Up day. However, if you feel inclined to organise yourself and a few friends, the link is: <http://www.cleanupaustaliaday.org.au/>

Newsletter Contributions Wanted!

Please send in your contributions – as soon as your paddling happenings happen. That way I have lots of lovely news to publish and don't have to chase you at the last minute!

Helen.

New K1 Paracanoe Cinco

Breanna Reid received her new Nelo Cinco Paracanoe k1 this month one week prior to NSW Sprint Championships, her very very first brand spanking new k1 and her very own 1 off custom design, 12mths in the making ordered at last years Aust National Sprint Champs and all the way from Nelo Kayaks in Portugal a big thanks Nigel Nelo Australia for coming to Bres training lake in Goulburn today to do the unveiling and adjust her fittings and for the support and the little things 😊 a big thanks to Andy Divall for the ongoing use of his lake for training its truly an amazing spot

[#nelokayaks](#) [#neloaustralia](#) [#nigelgregory](#) [#paracanoeaustralia](#) [#andydivall](#)



U-Turn Permitted.....

Many of us who travel to the boatshed/river along Morshead Drive have been bewildered and inconvenienced by the removal of the roundabout at the first bridge. However, in case you are not aware, there is a "U TURN PERMITTED" sign at the next intersection (second bridge) under the new overpass. *[thanks Russell]*



Boats for Sale

Contact Cherie-Anne on 0413 605 518 for the Perception and the Nelo below:



Perception Arcadia 370 touring no rudder but you can add as there is provision to do so
Near new only used a few times pd \$1295 Sell \$650ono
Our location is Gundary Goulburn NSW but we are regularly in Sydney/Nth Beaches /Penrith/Wollongong and Canberra

Item details

AUD650.00

Nelo Quattro Vintage K2.

Very Stable. Great for beginners.
A1 Construction Large 10-18 kg
Regretful sale: True Blue's deck has bodyguard (protective layer) installed professionally so you will not scratch or chip it with paddle blades. Signage done in reflective material – it glows in the dark.
Boat is in near new condition.
Paid \$6,800. **Sell for \$5,400 ono**
Located at Gundar near Goulburn.

Mirage 730 for sale.

Helen and David are putting up their "spare" Mirage 730 for sale. It has a slightly lighter build than the standard expedition model and carries a few minor scars from a Murray and three Hawkesbury CCs.

\$2,500 negotiable

041 886 1613 or dtongway@iinet.net.au



Other Items for Sale

- 2 of the new BGCC club bags - \$30 each (unused)
- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)

Phone Cherie on 0413 605 513

Taste of Paddling Courses

Taste of Paddling

This is a pre-paid course held on Sunday afternoons, 1 p.m. till 4 p.m., so as to not use club boats when the majority of club members want to use them. There is usually 1 course per month over the warmer months, so that members of the general public can be given a “taste” of a sport/recreation which we, as club members, already enjoy.

The next course will be on Sunday 7th February and then 20th March. A club coach or instructor leads each course with one or two other, experienced-paddler club members helping out.

Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

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

Club Uniforms for Sale: Get ready for the racing season!



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$50 each Shorts \$59 each

However you can buy both the shorts and a top for \$70!

You know its' hot when.....

Emus cooling off in the sea at Monkey Mia, WA.
Temperatures had been well over 40 degrees.





Lifestart Kayak for Kids 2016



Sunday 20 March 2016

GET INVOLVED

Get your team together to paddle in Sydney's kayaking event of the year at Lifestart Kayak for Kids 2016. Both professional and novice paddlers alike will tackle the paddling challenge in solo, double and triple crafts in an inspirational paddling event with a difference. Register your family, friends and workmates for a one of a kind team building experience while raising much needed funds for Lifestart, promoting inclusion for children and young people living with disability or delay.

THE COURSE

The paddling course runs from Blues Point through three transition areas to Clifton Gardens across 18km of sparkling waters on breathtaking Sydney Harbour. Paddlers including relay teams of 12 will race against the clock with the course being divided into four sections of 4.5 km each. Hire of a three seater kayak, paddles and safety gear are included in the registration fee.

Register online now at kayakforkids.com.au

FUNDRAISE FOR LIFESTART

Kayak for Kids is Lifestart's major annual fundraising event hoping to attract 1,400 paddlers, 5,000 spectators and \$400,000 in fundraising for 2016. Fundraising is simple... If you are paddling in Kayak for Kids, please create your own online fundraising page and encourage your friends, family and workmates to sponsor your paddle. Fundraise with Everyday Hero at everydayhero.com.au/event/kayakforkids16

Free shuttle bus service between transition points | View a short video of last year's event [here](#)
All inclusive food, drinks and entertainment from 10.30am at Clifton Gardens at the Lifestart family picnic

For more information go to www.kayakforkids.com.au.

Tel: 02 9364 0111 • Email: events@lifestart.org.au

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