



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 08 April, 2017

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- Part 2 of the Mont Adventure Race



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through Active Canberra, ACT*



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Coming Events:

- Sunday 9th April, 2017 – Race 3 PNSW Marathon 11 Series: CCCC, Wyong, NSW
- Sunday 6th May, 2017 – Bateman's Bay Challenge
- 22-24 April, 2017 – Oceania Canoe Polo Championships, New Zealand
- 28-30 April, 2017 – 2017 World Masters Games, New Zealand
- Sunday 30th April, 2017 – Race 4 PNSW Marathon 11 Series: LCRK, Lane Cove, NSW
- Saturday 20th May, 2017 – Race 5 PNSW Marathon 11 Series: WCC, Windsor, NSW
- Saturday 3rd June, 2017 – Race 6 PNSW Marathon 11 Series: Pacifica, Coffs Harbour, NSW
- 10, 11, 12 June, 2017 – Riverland Paddling Marathon; Berri to Morgan, SA
- Saturday 24th June, 2017 – Race 7 PNSW Marathon 11 Series: BWP, Davistown, NSW
- Sunday 23rd July, 2017 – Race 8 PNSW Marathon 11 Series: MWKC, Narrabeen, NSW



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President's Report: Patricia Ashton

It's been a busy time through February and March, hopefully there is now some time to do some planning for the longer term and training – don't forget the training.

Congratulations to the Canoe Polo players who were selected to play for Australia in the Oceania comp in New Zealand. Some of the regulars, Carley Goodwin, James Deakin, Mikey Young and (former member) Michael Lawrence-Taylor, as well as 5 junior girls – Emily Gates, Rebecca Gates, Jacinta Buckman, Alexis Miller and Sam McAlister - well done! That's a terrific effort from the girls and the coaches.

BGCC also had several paddlers take part in the Marathon Nationals, with Helen Tongway taking charge of the volunteers for the weekend. Thanks to those who went up to assist and to paddle. [Results are in the Marathon Convener's report.]

The club held a Special General Meeting recently, to gain member-permission to spend our grant and savings on the shed extension. We had a pleasing turn-out of 23 members and 18 proxy votes (these were not accepted at the meeting.) The proposal was unanimously accepted, so now we just need to start! One or 2 hoops to jump through first, but we're hopeful that Stage 1 – extra storage - will be completed mid-year, with minimal disruption.

The proxy votes have caused a flurry of activity: though not specifically mentioned in our constitution, the committee feels that point 11 in the constitution -

11. RULES i. Rules shall be made as required for the organisation of the Club at a duly convened meeting

This allows us to write Rules around elections which will include proxy votes – these will be voted on at the next committee meeting on Monday 3rd April.

We also have a Boat Sub Committee looking at what we have, what we want, what we need and when we might get it (in the longer term)! Please get your suggestions to Russell M, Craig E, Margi B, Kai S or David G.

We have finished our Taste of Paddling sessions now – they bring in about \$2500 and quite a few new members, so well worth doing. Thanks to Russell Murphy, David Gordon, Anne Cronin and Nic Jones for helping out with them.

With the temperatures starting to drop, members should be thinking about wearing **Lifejackets** - remember they will be compulsory through winter and **must be worn by all members using club boats**.

Also, don't forget Wetspot has a good range of cold weather clothing so there is no excuse for not paddling through.

See you on the water.

Patricia.



Want to be more involved in the running of the club?

The BGCC Annual General Meeting is held in September when all positions are vacated and are open for nominations and voted on by current BGCC members. Committee positions can only be held for 2 years, so this year most of these positions will need to be vacated, i.e., President, Vice President, Boat Captain and 2 Ordinary Members, though members are invited to volunteer for any of the positions, including Secretary, Treasurer and Training & Safety Officer.

If you are interested in seeing how the committee works, before actually volunteering for a full year, we will require a Secretary for a few meetings. Let me or Robin know if you are interested.

On a similar note – conveners can hold their positions for as long as they care to. Bob has been Triathlon convener for about 5 years, along with John Lockie, who held the position for many years prior to Bob and taking over when required. With the Club having just finished the last of our Triathlon duties for this summer, not surprisingly, they are hoping to hand the reins over to someone else.

Duties include liaison with the Triathlon organisers before and at the start of each event, advertising through the club for the required boat numbers and – the most time consuming – attending each triathlon for the duration. This could be carried out by two or three people taking turns. If you have an interest in triathlon, or just some spare time and enjoy some early mornings on the water – please contact either me or Bob. Bob will be around to offer advice and assistance. There are only about 8 triathlons over the season (with 4 being evening events) and one drinks station. These bring several \$1000's into the club - as well as allowing Triathlons to run safely.

Batemans Bay Paddle Challenge

Sunday 6th May: <http://batemansbaypaddlechallenge.com.au/>

Join this exciting event on the beautiful Clyde River in Batemans Bay, located on the unspoilt NSW South Coast. We have race and event categories for all levels, elite, social or those who just like to splash around.

Flatwater Marathon Convener's Report: Russell Lutton

Another busy marathon month has seen some of us scrambling to make the distance, so to speak—what, with Nationals, Race 2 of the PNSW marathon series and the weekly Wetspot summer time trial series, it's possible to spend a lot of time on the water and the road. Reports on these events—and more!—follow.

2017 Australian Canoe Marathon Championships

The 2017 Australian Canoe Marathon Championships were held at the Sydney International Regatta Centre, Penrith, on Saturday, 11 March (singles and junior doubles competition) and Sunday, 12 March 2017 (doubles competition and junior singles). BGCC was well represented off and on the water.

Off the water, as Volunteer Coordinator *el supremo*, Helen Tongway did a magnificent job to keep the championships on track and BGCC members featured prominently in her volunteer task lists for both days.

On the water, our club, as part of the New South Wales team, was also well represented. This major event on the Australian marathon calendar drew a large number of competitors from all Australian states and even a few from New Zealand.



Above: Marcello Cabezas in C1, mixing it with other boats in a multi-class start.

Left: Sam Wellings-Booth in K1



Left: Sunday dawned calm and beautiful – promising a very warm day.

Apart from the opportunity to compete against some great paddlers I won't see again for a while (thankfully!), one of the highlights for me was volunteering on Sunday and being assigned duty at the re-entry portage pontoon. It was absolutely awesome to watch the speed, skill and

agility of the top doubles paddlers exiting their kayaks, sprinting the portage run with kayaks and re-entering. Doing this well obviously can make a significant difference to your race placing and the top guys do it like an express train.



BGCC ladies portaging: Above: Margi Bohm



Above: Gabrielle Hurley

The boat class/age bracket categorisation employed at nationals is quite different from the divisional racing format that many of us are used to in the PNSW marathon series. The 59 race starts on Saturday and 37 on Sunday keep officials very busy throughout both days but also tended to small fields in some age/boat type categories.



Left: John Preston



Below: Gary Rake



Left: Dominic Hides in the yellow K1

Full results from both days are available on the Australian Canoeing website at <https://regattas.canoe.org.au/> Naturally, however, I would like to highlight the results achieved by our BGCC paddlers. Competing at Nationals is quite a personal achievement and a demonstration of commitment to our sport and individual development as paddlers.

While there is no decision yet on where 2018 nationals will be held, rumour has it that it could be in Adelaide.

Regatta results, Saturday, 11 March 2017

Mens open K1, 30km		
10 th	Michael Hanemaayer	2:33:14
Mens open C1, 22.5km		
3 rd	Marcelo Cabezas	2:16:42
Mens Vet 35 K1, 22.5km		
2 nd	Sam Wellings Booth	1:59:04
Mens Vet 45 K1, 22.5km		
4 th	Gary Rake	1:54:51
5 th	Nick Ziviani	1:59:03
8 th	Dominic Hides	2:06:04
Mens Vet 60 K1, 18.75km		
6 th	John Preston	1:49:39
Womens Vet 55 K1, 15km		
1 st	Margi Bohm	1:24:07
2 nd	Gabrielle Hurley	1:28:14
Mens Vet 70 K1, 11.25km		
2 nd	Russell Lutton	1:02:39
Mens Vet 75 ski, 7.5km		
1 st	Ian Castell-Brown	50:24
Men Vet 70 touring canoe, 11.25km		
1 st	Allan Newhouse	1:20:22

Regatta results, Sunday, 12 March 2017

Mens open C1, 22.5km		
1 st	Marcelo Cabezas/Sabastian Wakim (Vic)	2:02:03
Mixed Vet 55 K2, 15km		
2 nd	Gabrielle Hurley/Mark Rickard (Qld)	1:18:47
4 th	Patricia Ashton/Russell Lutton	1:19:40
Mens Vet 70 TK2, 11.25km		
1 st	Ian Castell-Brown/Allan Newhouse	1:05:35

2017 PNSW Marathon Series—Race 2, Woronora

Sutherland Shire Canoe Club hosted the second race of the 2017 PNSW marathon series on Sunday, 26 March on the Woronora River over a two lap 10 kilometre course—fortunate, because with 200 craft on the water, the longer course spread out competitors on the river.



Above: Russell Lutton and Craig Elliott in K2, in front of their opposition

Right: Kieran Lomas powering on to the finish



BGCC had great representation at the event, with 28 of our club members participating. In fact, unlike the first race of the year at Wagga Wagga, there was only one division - division 9 - in which BGCC did not have paddlers competing. Well done, all!



Above: David and Helen Tongway in C2, heading towards the finish



Above: Paul Atkins – Finished!



Above: Bob Collins and Patricia Atkins, showing impeccable Timing!



Above: Graeme Bacon - concentrating on his paddle-stroke



Above: Graeme Ison – kills the opposition

Right: Some of the less than considerate boaters on the water.

(Comment: “Just as we were all lined up for the div 1 start, that boat came directly at the line and wouldn't move until requested to do so by the starters.”)



While the weather was fine and warm with light winds, this was a challenging event, a fact demonstrated perhaps by a higher than usual DNF tally. The outgoing tide presented some very shallow, slow water to navigate in the upper reaches of the river and there were power boats—a lot of them in a bewildering array of different types.

It makes you appreciate how lucky we are to be able to paddle on waters that are largely devoid of motor powered craft. While you could be lucky or unlucky as to how much wash you had to deal with on the day, this event was up there with the worst I have experienced in terms of competitors having to cope with the wash consequences of inconsiderate ancillary boating activity.

Results for BGCC paddlers At Woronora are below.

Division 1		
9 th	Craig Elliott/Russell Lutton	1:41:09
Division 2		
4 th	Gary Rake	1:43:52 (2 club points)
Division 3		
7 th	Sam Wellings Booth	1:48:35
13 th	Dominic Hides	1:57:02
Division 4		
10 th	Patricia Ashton/Bob Collins	2:57:29
Division 5		
7 th	Graeme Ison	2:01:42
DNF	John Preston	
Division 6		
1 st	Paul Atkins	1:33:01 (8 club points)
6 th	Graeme Bacon	2:06:39
DNF	David Abela/Scott MacWilliam	
Division 7		
8 th	Kieran Lomas	2:20:59
Division 8		
4 th	Jack Jessen	1:31:32 (2 club points)
RNK	Larissa Cleverly	1:31:37
Division 9		
NO BGCC PADDLERS		
Division 10		
5 th	Stephanie Rake	1:02:41
7 th	Robert Bruce	1:03:57
Division 11		
2 nd	Peter Teichmann	1:05:21 (6 club points)
10 th	Litsa Polygerinos	1:11:30
12 th	Allan Newhouse	1:13:13
15 th	Nick Hocking	1:45:33
RNK	Jesse Bryl	1:05:27
Division 12		
4 th	Carolyn Williams	0:34:57 (2 club points)
8 th	Helen & David Tongway	0:38:14
DNF	Fiona Garbutt	



Prior to the races, the extremely calm Woronora River with the high bridge mirrored in the water.

Club points tally

This was always going to be a challenging year for our club to get a head start on other clubs in the cumulative points' tally, BGCC having hosted NSW marathon state championships in lieu of a home marathon race in February. While it is early in the year, this is perhaps already reflected in our sixth placing in the club standings.

Lane Cove River Kayakers	66
Manly Warringah Kayak Club	60
Sutherland Shire Canoe Club	50
Brisbane Water Paddlers	44
Windsor Canoe Club	40
Burley Griffin Canoe Club	36
Central Coast Canoe Club	32
Cronulla Sutherland Kayak Club	24
Newy Paddlers	18
Hunter Valley Paddlesports Club	16
Sharks	12
Wagga Bidgee Canoe Club	12
Penrith Valley Canoeing	12
Sydney Uni	8
Pittwater Paddling Club	4
Pittwater Outrigger Canoe Club	2

Next race is at Wyong on Sunday, 9 April. Yes, it is more distant races, but it is freeway driving for most of the distance. Hope to see you there.

2017 event calendar

EVENT	DATE	LOCATION
Race 3	Sunday, 9 April	Wyong (CCCC)
Race 4	Sunday, 30 April	Lane Cove (LCRC)
Batemans Bay Paddle Challenge	Saturday 6 May	Batemans Bay
Race 5	Saturday, 20 May	Windsor (WCC)
Race 6	Saturday, 3 June	Coffs Harbour (Pacifica)
Race 7	Saturday, 24 June	Davistown (BWP)
Race 8	Sunday, 23 July	Narrabeen (MWKC)
Race 9	Saturday, 5 August	Teralba (HVPC)
Race 10	Saturday, 26 August	Grays Point (CSKC)
Myall Classic	Saturday, 16 September	
Race 11 (and presentations)	Saturday, 14 October	Burrill Lake (Makai)
Hawkesbury Canoe Classic	Saturday, 28 October	Windsor – Mooney Mooney

Wetspot Summer Time Trial Series 2016-17

The final time trial of the 2016-17 series, held last Wednesday, 29 March, capped off a great summer of club racing. Club "historian" Helen Tongway advises that the club has been holding time trials since about 1990 – at first monthly – but they quickly became weekly. They were held later in the morning and followed by a barbeque lunch (byo everything, including wood for the fire). The separate summer and winter time trials probably started when daylight saving commenced. This summer 90 paddlers participated in one or more race in the series.

A feature of this summer for me has been seeing so many of our junior paddlers competing, enjoying their racing and significantly improving their paddling technique and fitness. Well done to them and to Kieran Lomas who puts so much time and effort into this aspect of our club.

While it is tradition that the winner of the series is awarded the perpetual trophy at the BGCC annual dinner in June, I would have liked to have announced the result at the end of season barbeque that Litsa did a great job of presenting. However, without being able to update the spreadsheet, the result was simply too close to call on the evening. Stay tuned for this in June!

Thanks to Scotty and the crew at Wetspot for sponsoring the series. A big thank you to all our volunteer time keepers and barbeque chefs. Without your time and support, we just could not conduct the time trials. Special thanks to Tony Mee, who did so much of the timekeeping during the season; to Carolyn Williams who maintains/updates the results spreadsheets; and to Geoff Collett, our club webmaster who publishes the results on the club website.

Wetspot winter time trial series

Just when you thought it's time for a Bex and a rest, shortly the Sunday winter time trial series will be upon us. We will publish the Sunday dates soon. We propose that the races commence at 9:30 a.m. and will offer one and two lap distances.



World Masters Games 2017

Best of luck to south coast BGCC member Nick Ziviani who is competing in the 2017 Games in Auckland next month. Nick said goodbye to his K1 at the marathon race at Woronora last weekend, after which it was carted off to be packed into a container bound for New Zealand.

Russell



Volunteers and Volunteering: Helen Tongway

Volunteers: 2017 Oceania and Australian Canoe Marathon Championships



2017 Marathon Nationals

While volunteers came and went – with a few no-shows and some who couldn't come along to help at the last moment, most who said they would help did so, with quite a few paddlers and helpers volunteering to help as they became available for that session. There were people from inter-state (particularly from Qld and Vic.) and from closer by, but I must say I was impressed by the number of BGCC people who volunteered! Well done and thank you to David T, John L, John P, Margi, Ted, Patricia, Carolyn, Russell L and Nick H. Sydney clubs also contributed: LCRK, SSCC, WCC and CSCC.

Without these generous people there would have been no event. Please think about that for next time helpers are called for

Helen Tongway

Volunteer Coordinator

Slalom & Wildwater Reports: Kai Swoboda

We have undertaken a number of paddles over the last few weeks; the most exciting being an extended paddle on the Childowla rapid downstream of Burrinjuck Dam on the Murrumbidgee on the weekend of 4 & 5 March.

The weekend was organised by the Rivers Canoe Club in conjunction with PaddleNSW and was attended by around 20 paddlers. On arrival, paddlers were assessed and divided into groups, with the more advanced (Sue, Louise, Emily, Angus and Matthew) heading straight into the river trip with those needing some more skills development (Max and Kai) staying back at the campsite rapid for some more instruction.



Source: River Canoe Club.
Emily (No. 5), Matthew (No. 4), Louise (Right next to Matthew), Sue (Right next to Louise) and Angus (No. 7).

Each group had a successful day, with the river trip taking in about 4 hours of paddling on some interesting white-water, including surfing and a few live rolls (well done Matthew!). Down at the campsite, Max was enjoying the instruction by Ros Lawrence (Australian slalom team member), along with other younger juniors.

The following day, after a night by the riverside, Max, Sue, James, Toni, Daniel, Jess and Kai did the full river trip as part of the bigger group moving down the river. While the rapids on this 8 km section of the river aren't large, they provide lots of opportunities for practising surfing, crossing the current and rolling. We spent 3 ½ hours on the river, including a lunch stop on a bend underneath magnificent gums. A great day of paddling for everyone, many thanks to our new friends from Sydney for making the weekend such a pleasure!



Photo: River Canoe Club:
Sunday group photo at the start of the river trip



Photo: Kai Swoboda: Max Swoboda on the left and James & Daniel Harmer on the right, at the start of the River Trip

Weston Creek drain paddle

In the search for a place to paddle that is easy to hang gates, we also paddled on Weston Creek just upstream of Cotter Road, before the creek empties into one of the ponds in the new suburb of Coombs (see photo below). Paddlers enjoyed the easy to hang gates in the narrow channel, with the water quality not being too bad! During these paddles we have been practicing basic slalom paddling techniques including working on sweep strokes, bow draws and reverse strokes to get the kayak in a more precise position going through the course we are practising.



Next time we will try a little further downstream directly under the Cotter Road bridge, which should provide even easier gate hanging and a deeper channel.

Kai.

kaikayak@outlook.com

A Reminder about Club Rules

This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat. Use your own if you want a nicely fitting one – or use one of the club lifejackets hanging in the shed if you don't own one. But wear one!

Also a reminder to those club members who have **Platinum Level membership** (i.e., 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. This is checked by leafing through the log-sheets in the shed, where you should be signing in and out whenever you use your own or club equipment. If your signature has not appeared for the requisite 25 times, you might not be able to continue as a Platinum Level member when renewal time comes up at the end of June.

The full set of **Club Rules** can be viewed at:

<http://www.bqcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

SUP Convener's Report: Joanna Nelson

Greetings paddlers,

There has been a lot of activity on the water with the BGCC CAP SUP team the past months, travelling to Sydney and with recent trip to QLD for the Noosa Festival of Surfing.

Sydney SUP Festival - Pittwater Classic 10 km Marathon

A 10 km Marathon downwinder race (unfortunately without wind and with temps high in the 30s).

Great efforts for participants, Greg Cockerill, Trent Shaw, Rohan Evans and myself (support crew Ross Bugg). Congratulations to - Rohan Evans 2nd and Trent Shaw 3rd in the Men's over40s Div.



Left: Rohan Evans 2nd place in Men's over 40 Div.



Right: Trent Shaw 3rd place in Men's over 40 Div.



Left: CAP SUP Team: Jo Nelson, Greg Cockerill, Trent Shaw, Ross Bugg and Rohan Evans

Bridge to Beach



Above: Rohan Evans, Matt Scott and Trent Shaw

On all accounts this was a gruelling paddle from Sydney Harbour Bridge to Manly Wharf Beach. Congratulations to all who competed and battled head winds and cross chop from Middle head.

Participants - Rohan Evans (6th) Trent Shaw (7th) SUP Over 40s Div and Matthew Scott (9th) SUP Opens

Noosa Festival of Surfing

The Noosa Festival was a fun week of sun, surf, training and competing in both distance and surf/BOP races. Most of the CAP SUP team placed in the top 10 if not within top 5.

Noosa Social SUP 6-8 km

Women's Over 40s – Joanna Nelson (3rd) Lana Read (8th)

Men's Over 40s – Trent Shaw (1st) Rohan Evans (4th) Greg Cockerill (13th)

Men's Open – Matthew Scott (2nd) Lincoln Gibson (4th)

Men's Over 50s – Rod Scott (18th)

Noosa Social BOP 3-4 km

Women's Over 40s – Joanna Nelson (3rd) Lana Read (4th)

Men's Over 40s –Rohan Evans (3rd) Trent Shaw (4th) Greg Cockerill (11th)

Men's Open –Lincoln Gibson (3rd) Matthew Scott (4th)



A special mention to our support crew Emily Cobb, Scott Hunter and Nick Johnson who provided transport (to and from Noosa), Nick for his cooking expertise and Pete Garbutt (nil attend) for use of his trailer. A most memorable week of great company and friendship, thank you. Xx

Joanna

Left to Right: Rod Scott, Matt Scott, Trent Shaw, Lincoln Gibson, Rohan Evans, Jo Nelson and Lana Read.

Canoe Polo Report: Graham Helson

After a successful summer on so many levels, Wednesday the 29th will be our last night on the river.

Starting the 5th of May it's back to the Lakeside Leisure Centre in Tuggeranong, 8:30 p.m. to 10:30 p.m. on Wednesdays. (Which, if you've ever thought to yourself, "I'd like to give this Canoe Polo business a go", is a much nicer environment to learn in.)

Juniors have also got a separate session on Sundays at 3:00 p.m.

Australian Nationals

This month has seen Canberra well represented at the Nationals in Nagambie Victoria. On the way to the event the Canberra players stopped to help out the hapless NSW team whose roof-racks had failed, leaving them unable to carry their own boats. Space was made on other vehicles and all boats were delivered to Nagambie in time for the competition.

After an intense weekend of paddling the results were as follows:

ACT Junior Women: Jacinta Buckman, Emily Gates, Rebecca Gates, Jessica Harmer, Sami McAlister and Anna Thompson (from Queensland) finished in 1st place, (and also competed in the Senior Women's with 2 QLD women where they finished 3rd)

ACT Women: finished in 2nd position

ACT Junior Men: Jonte Deakin, Matthew Gates, Daniel Harmer and Angus Whitford, finished in 3rd, playing most of the tournament with only 4 on the water.

ACT Men: finished in 5th position.

Great results all round.

Player awards for the tournament, as judged by Roly, are as follows:

Highest goal scorer: James and James; they can fight that one out, I don't care.

The most improved player: Michael Young; great play.

The best and fairest goes to Carley; well done.

The best goal, biggest smile goes to Mark Raymond.

The furthest travelled player goes to MLT, biggest commitment, thanks.

The biggest passion for the sport goes to me, (Roly), because I sacrificed my 28th wedding anniversary weekend dinner at Heston's fine dining restaurant. (Brave man Roly!)

The Honour roll

As a result of a fine summer series, the following players have been selected to Represent Australia at the Oceania Championships.

Senior Men, Team "A" James Deakin

Senior men, Team "B" Michael Young

(Special mention for Michael Lawrence -Taylor and James Parks, Former Canberra paddlers)

Senior Women Carly Goodwin, Vice-Captain

U18 Women (and this really shows the value in the development work that's going into our juniors)

Jacinta Buckman Emily Gates Rebecca Gates Samantha McAlister Alexis Miller

(Coach Mark Raymond)

Over 30 Men Mark Raymond

The Mudcake Challenge



Left: Tom races past Jonte in his super-fast red boat.

We also sent players down to the Shoalhaven "Mudcake Challenge"; a much more relaxed affair where teams play all Saturday for the right to claim a Mudcake, which they are then obliged to share with all competitors on the day.

Below: Laura and Sam compete for the ball



The Juniors were well represented again and certainly held their own in the B Grade competition. A highlight was definitely several

live rolls amongst those who have never or hardly ever live rolled before. The “Canberra Challengers”, a mixed team, (as were most on the day), played strong in the Grand Final to go down to the “Shoalhaven Commanders” 4-3, only to have the Shoalhaven team declare the game a draw during the presentations after agreeing that a dis-allowed goal was in fact probably good.

And in the end, there was cake.



To the victor go the spoils, the Challengers and the Commanders share the ultimate prize

See you on the water, (or in the pool)

Graham

Upcoming schedule

22 - 24 April	Oceania Canoe Polo Championships, New Zealand	New Zealand
28 - 30 April	2017 World Masters Games - Canoe Polo	New Zealand

South Coast Paddlers Report: Allan Newhouse

South Coast paddlers were well represented at the 2017 National Marathon Championships held on 11th and 12th March at the SIRC at Penrith.

On Saturday, Nick Ziviani competed in Men’s Vet 45 K1, Ian Castell-Brown in Vet 75 Ski and Allan Newhouse in Vet 70 TC1.

Nick finished in 5th place against some tough competition while both Ian and Allan were unchallenged in their classes, so they defended the title they won at the 2016 National Marathon Championship in Queensland. Both were happy with their times.

On Sunday, Ian and Allan combined to paddle Ian’s TK2. With no-one to challenge them, they retained the Vet 70 TK2 National title they won last year. Once again Ian was paddling in a much younger age division. Partners his age are a bit thin on the ground.

Although they had no competition both Ian and Allan were convinced that it was their best performance since they started paddling the TK2 last year. The GPS data logger confirmed that they had started well, maintained a consistent pace throughout the race and even had something left for a bit of a sprint at the finish.



Above: Allan Newhouse in his TC1, preparing to pass under the bridge from the warm-up lake to the main lake.



Above: Ian Castell-Brown on his way to a gold medal in the Vet 75 Ski



Above: Nick Ziviani preparing to portage in the Vet 45 K1



Above: Ian Castell-Brown and Allan Newhouse defending their Vet 70 TK2 title.

The GPS record that confirmed Ian and Allan's belief that they had maintained a consistent pace throughout the race (apart from the shallow water and sharp turn under the bridge.)



Allan

Adventure Racing World Championships 2016 (XPD) - Mont AR race report PART 2

MONT ADVENTURE RACING-MONDAY, 21 NOVEMBER 2016: [Dane Roberts](#)

We were now up around 20th position or so and also knew we had a 2.5 hour lead over the BMX Bandits in the all-male category as we headed down into the slot canyon, passing Team Canada AR at the top of the descent after Adam's lookout. Following the canyon all the way to the Shoalhaven, we arrived at the pack-raft section right on 8 p.m., the time that the dark zone commenced. A team was already sleeping here and we could see others coming down the White Track. We knew staying here for the full dark zone was not a good option, as BMX Bandits would catch us and be commencing the rafting next to us at the 5 a.m. lifting of the dark zone. So we started hiking down the western side of the Shoalhaven, finding the going surprisingly easy, with a reasonable track in many places. We hiked for around three hours, getting to about the 6th rapid or so, before deciding to call it a night and to grab a long, five-hour sleep on a nice flat patch of grass. We all slept fairly soundly here despite the cool breeze that blew throughout the night. We arose before sunrise and were on the water as soon as the dark zone lifted at 5 a.m. No sooner had we started paddling, when Lee and Tom decided to go for a morning swim, tipping their raft. A quick way to wake up; though Paul and I preferred to stay dry.



We thoroughly enjoyed this pack raft section, the rapids were great and we had a strong tailwind during the 14 km of flat water at the end of this leg. Arriving at Tallowa Dam around lunchtime, we were surprised to see Team Canada AR leaving the transition - they had hiked past us overnight while we slept. We headed out onto the next leg, a 56 km kayak to Nowra, perhaps 20-30 minutes or so behind the Canadians. We thoroughly enjoyed the many rapids in the first half of this kayak leg, and during it we were somewhat surprised to come across the Canadians paddling upstream past us. We pointed out that Nowra was the other direction, but they were looking for CP39. Unfortunately for them, we were still actually quite some distance from that CP, at least several km. So we pressed on, leaving them to work out where they were. A few cold rain showers passed over us during this paddle, we stopped to put on our Mont Slinx fleeces, which did the trick in keeping us warm.

Chatting to a nice lady on a SUP on the river, we eventually arrived in Nowra, with a wild sounding party on the north side of the river yelling what were presumably words of encouragement as we paddled into the TA on the south side of the river. It was raining heavily here, which encouraged a quick transition as we also put on our

rain jackets. Canada AR arrived in the TA soon after we arrived, however they had a hypothermic teammate so we could tell they were not leaving the TA in a hurry. Merrell also did an amazing job catching us here, however they too were staying in the TA for a long time, as they were waiting for the shops to open in the morning to buy a replacement derailleur. We are full of admiration for Merrell - such nice people, and many top teams, when unable to podium due to their mechanical problems, would have quit the race rather than continue to battle to the finish like Merrell did. Merrell are a fine example of the true adventure racing spirit.



We headed out onto the 13th leg of the race, a 99 km mountain bike, probably around about 10 p.m. or so, and enjoyed a clean run up towards Yalwal and along the edge of Morton National Park as we raced towards where the fire road would be intersected by Braidwood Road. Grabbing a CP near powerlines, we pressed on towards Boyd lookout, although the ride wasn't entirely uneventful; I had a nice stack when I wiped out in some sand, Paul's freewheel seized up which meant he had to peddle the down hills with brakes on (or lose his chain), and Tom was falling asleep and beginning to get some knee pain, which thankfully was taken care of by ibuprofen.

After a minor deviation where we took a wrong turn after Boyd lookout, we were caught by the young Kiwi team Cloud Base Nine. This was probably a good thing for us - the Kiwi's were moving faster than us which made us realise we needed to lift our speed and their comment that they'd seen BMX Bandits at the last TA was extra motivation for us. We raced through the last of this stage with the Kiwis, arriving in the final TA a few minutes ahead of them.

Here we transitioned very quickly for the final, 18km trek to the finish, basically just swapping the bike shoes for runners, and ditching everything but our mandatory gear, a little food and water. We were motivated and feeling good, so we ran pretty much the entire leg, surprised when we bumped into the Kiwis again, who had somehow snuck around us and had started crossing Lake Conjola entrance first. My hopes that the entrance would be sanded up were dashed – the entrance was open and with the high tide and wind chop, was actually quite a difficult crossing. We exited the water at the same time as the Kiwis, who started running down the beach, so we

ran with them for a few minutes before deciding we would press on and drop them. Paul, still as strong as ever, took my pack here - impressive because he was carrying his and Tom's gear in his pack already - and proceeded to take off down the beach. With no pack, I was able to easily increase my speed on the beach, as Lee and Tom shared Lee's pack and kept pace as well. The Kiwis were impressive in how long they continued to run to try to stay in touch, longer than we expected. But by the end of the beach we'd put a few hundred metres onto them and after rounding a rocky headland and running the next beach, we could see they'd eased up. We didn't realise that both teams also passed the Swedish Outnorth Adventure Team, who had headed up and inland while we ran the beach. We crossed Narrawallee Inlet just as the Kiwis arrived at the other side, I took my pack back from Paul and we proceeded to run briskly through the streets of Narrawallee, Mollymook, and to the finish in Ulladulla.

Arriving at the finish line at 11:30 a.m. on Tuesday, after 118 hours and 59 minutes of racing, including 9 hours of sleeping, we were thrilled to finish in 19th position, which would later improve to 18th position following allocation of time penalties to some teams above us. We had won the all-male category and were the first Canberra team to finish (and 5th Australian team), but we were most proud of being in the top 20 teams overall, mixing it with some very strong teams in the Adventure Racing World Series and finishing less than 24 hours behind winners Seagate.

I'd like to thank my teammates Paul, Lee and Tom. Paul was an absolute beast in his first adventure race; ridiculously strong on bike and foot, excellent navigator, a decent paddler and great company. For someone who stepped into the team 3 weeks before the race, with basically no paddle training, Tom did brilliantly as well; his excellent running ability was no secret, but his cycling was also strong and he is a great navigator as well. His pushing through the ocean paddle while so sea-sick gave me no doubt as to Tom's toughness to finish the race ahead. And Lee was his usual strong self, pushing throughout to the finish and focused on fast transitions. He must've battled along with that tick in his chest for many hours; he's a tough nut!



Also, a huge thanks to our sponsor Mont Adventure Equipment. Racing in such quality gear we can trust is such a great advantage, and one we are extremely grateful for. Thanks Mont - we love your gear!!!



Lastly, a huge thanks to the race organisers Craig and Louise, all the volunteers out there that made the race happen and finally, a big thanks to my partner Kath for following us at the race, including keeping our Facebook page updated and showing up at some of the later transitions - it was a real boost to see your face out there! Likewise to Lee's partner Jess and their daughter Clare, who showed up on the course and Paul's family - Tara, Zoe and Ella, who showed up at Lake Conjola and cheered us through the suburbs to the finish. Thanks to these people also for being so understanding with our training needs over the months leading up to the race - I owe a lot of dinner-cooking duties!

And thanks to all our friends and supporters who followed the Facebook page and our tracking dot throughout the race; we hope we gave you cause to cheer, and not too much cause for concern!

Until next time, *Dane.*

Perth's Annual Avon Descent, 5/6 August 2017

Looking for your next challenge, or to add something to your bucket list? The annual Avon Descent finishing in Perth may be to your liking. I am from Perth, having moved to Canberra mid-2016 for work, and suggest the two-day event.

The annual race is held the first weekend in August. It is a 124 km, two-day race from Northam to Perth. It is the longest white-water race in the world that finishes in a Capital City and is unique in being the only race that caters for both paddle and power craft. It attracts international and Australia-wide competitors. It is also the largest spectator sport in WA, attracting more spectators than the full football stadium.

The Avon River was named because the early explorers did not realise it was the upper part of the same Swan River in Perth. The name change occurs about 5 km and 5 rapids (one of which is a Category 3) before the last rapid, leaving 30 km of flowing then flat water to the race finish.

The first day, starting at Northam, is 52 km and is largely long pools and flowing water. Three Cat 2+ rapids, two weirs and 10 km through ti-trees add to your challenge. Elite will complete this in three hours, the finishers will do this in six. It is a tough day, except for when you compare it with day 2.

The 72 km second day starts with more of and the thickest, ti-trees. The last of the ti-trees gets you to the start of the big stuff. From here, for the next 40 km, you have approximately 10 Cat 3 rapids, 20+ Cat 2s, and 20+ Cat 1s. Elite complete day 2 in 5 to 6 hours, the finishers will do this in 10. Spectator viewing is possible for the first 6 km and the last 12 km of rapids. In the middle is National park with restricted access, though safety crews and recovery teams provide very good support.

The last 3 Cat 3 rapids: Championship Rapids (named because championship canoe and kayak races were held there in the 1960s) has a series of baffles across the 100m chute, or you can slip down the left side, Syd's Rapid (a 50m chute that starts with a big bounce and is watched, cheered and applauded by an appreciative crowd who walk more than 2 km to be there) and Bells Rapid with its main drop followed by 3 smaller but significant drops and watched by large crowds. Bells has a footbridge directly over the main drop and provides the signature backdrop photo for the race.

The event is only for serious competitors, of which there are two types: those serious to win or do well and those serious to want to finish. The Avon Descent is a real test of white-water skill and paddling stamina.

Competitors challenge the Avon/Swan River in a variety of power dinghies and paddle craft including single, double and triple kayaks and single or double surf skis. Long plastics are popular. Relay teams of two and four can also compete.

Visit <https://www.avondescent.com.au> or download:

https://www.avondescent.com.au/wp-content/uploads/2016/07/AD-EVENT-GUIDE-2016_lowres.pdf to see last year's guide. If you are thinking of competing, now is good to start early preparations.

If you would like to know more, want to see an extensive range of YouTube videos of major points and all rapids, to discuss some of the key rapids, logistics for entering and competing, or accommodation options, you are welcome to contact me:

Lindsay Jamieson

0422 000 966

ljamieson@inet.net.au

Boats for Sale

Ski for Sale:

Stephen O'Kelly: "I have a vadja hawx 46 elite lay up for sale (as new)"

<mailto:s.okelly@grapevine.com.au>

0411 602 336

(Sorry folks – Stephen didn't leave any other details – like a photo or a price!)

Contact Robin on: 0424 832 249 or r.robertson@adfa.edu.au

RPM \$500 or ono



Kaituna \$500 or ono



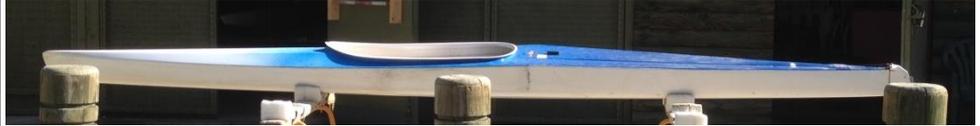
Sea Kayak \$1200 or ono (set up for the Hawkesbury and has done it)



K1 \$400 or ono



Viper TK1 \$400 or ono



This one is not Robin's!

**For sale at Wetspot: 8kg Competition Kayak Vector:
Kevlar hull. Excellent condition \$890**



Sladecraft Sonic for sale:



5.8m long. 46cm wide. Underslung rudder with foot pedals. Good to excellent condition. Always stored under cover. **\$1,500** Or offer. Contact Barry: 0419 603 119

Swap, or For Sale:

V-10 bought in January new. Has been in storage since Anzac Day. Excellent condition. I am Looking to swap for a K1 or sell for \$2400. Phone Nic: 0466 287 898; or email at: nicolas.jones96@yahoo.co.uk (Small boy not included!)



K1 – Chris Hurley – Nitro



Very low-volume boat: suitable for small, lightweight paddlers.
Stability: around 1 (very tippy).
Carbon/glass construction. Some cosmetic cracking/indentations in gel coat the underside of the hull –otherwise the boat is in reasonably good condition.
Listed on Gumtree: **\$350** Contact Roger: 0414 375 752

Inflatable SUP - Naish One 12'6"

Includes lightweight Makani 8 adjustable carbon/glass paddle plus heavy-duty leg leash. Minimal use.

Listed on Gumtree: **\$1650** Contact Roger: 0414 375 752



on

Other Item for Sale

- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)
- Phone Cherie on 0413 605 513

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



Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each

Latest Australian Canoeing Safety Guidelines

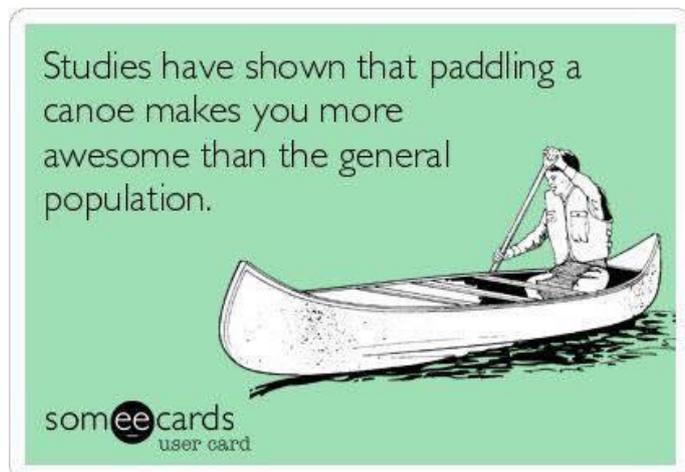
The latest Safety Guidelines are available at:

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

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!

Phone: 0418 861 613



Otherwise it will be filled with things like:see left.... Helen.

BGCC's 27th Birthday Party and Presentation Dinner – June!

Coming up in June – our club's 27th Birthday Party and Presentation Dinner. Start thinking about those in our club who have done amazing things – on or off the water! Feats of power, speed or endurance? Crazy stuff that perhaps they would rather the rest of the world to know about? Anything great or amusing 😊 Prizes abound.