



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

Volume 28 Issue 5, January 2018

**Your Committee:**

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**Secretary:** Kai Swoboda

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- 42nd Burley Griffin Bash
- 24-Hour Paddling Challenge report
- Final 2017 time trials report
- Shed cleanup



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



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## Coming Events:

- Saturday, 27 January, 9.30 am—BGCC shed cleanup
- Saturday–Sunday, 27–28 January 2018—Canoe Polo Summer Series #3, Adelaide, SA
- Saturday, 3 February—PNSW Marathon Series at Molonglo Reach
- Sunday, 4 February—42nd Burley Griffin Bash at Molonglo Reach
- Friday–Sunday, 9–11 February—Australian Canoeing National Sprint series, Grand Prix 2, SIRC, Penrith
- Saturday–Sunday, 10–11 February—Doubles: Frank Harrison races, Mitta Mitta Canoe Club, Albury. 16 km or 26 km, Hume Dam to Noreuil Park; Downriver!
- Sunday, 18 February—Sydney SUP Festival
- Saturday–Sunday, 24–25 February 2018—Canoe Polo Summer Series #4, Nagambie, Vic
- Sunday, 25 February—Sydney Bridge to Beach
- Saturday–Sunday, 3–4 March—12 Towers Ocean Paddle Race, Gold Coast

## President's Report

Welcome to 2018! It's been an unusually warm summer so far and a great one for paddling. I can only hope the warm weather keeps up. It's been a big summer so far but it only gets bigger as we move toward February.

The 3rd and 4th of February are the big days to look forward to, with BGCC hosting the season opener of the Marathon series and, the following day, the Burley Griffin Bash, which is even older than the club itself. I encourage everyone to participate, regardless of your skill or fitness level. It's definitely an experience with that many boats on the water. We also want as many people as possible participating in the Bash. There are many distance options available.

If marathon racing is not your thing, then please volunteer for one of the many jobs required to run the event smoothly. This includes marshals, officials and most importantly BBQ people. It's only through our volunteers that we can run such a high quality event.

You will also notice that stage 1 & 2 of the club shed are virtually complete, with the racks in the new bays nearing completion. I still can't thank the shed subcommittee enough for the work they have done in project managing, and picking up the tools themselves. If you are interested in getting a rack in the new shed then now is the time to get in (if it isn't already too late). The shed is a great addition to the club and will mean that we can improve the services we offer to members.

See you on the water.

*Russell*

## Wildlife Management on the Lake

From the National Capital Authority Lakes and Dam Team:

It has been brought to my attention that many lake users don't know who to contact when they observe issues or faults with the lake and its infrastructure. In particular, what to do when you observe stranded kangaroos in the lake.

Please call the NCA when you see lake infrastructure that is damaged, water hazards that need to be removed, stranded animals in the lake or any other general problems where you think we could help. The NCA switch number is ph. 6271 2888. Just ask for the Lake and Dam team. There is an after-hours on-call officer. The number is ph. 6271 4458 for urgent issues.

Additionally, all emergency requests for ACT Government assistance for injured or stranded animals (e.g. ACT Wildlife Rangers) is through Access Canberra ([www.accesscanberra.act.gov.au](http://www.accesscanberra.act.gov.au) or ph.132281). While this is a Commonwealth Government responsibility, the ACT Wildlife Rangers are experts in this kind of animal husbandry. Alternatively, the ACT Water Police can be contacted through ACT Police Operations (ph.131444) in emergencies.

## Shed Cleanup

### CALL FOR VOLUNTEERS

**SATURDAY, 27 JANUARY, 9.30 AM**

On the first weekend of February, the Club will be hosting two of the most important events on our annual calendar, the first race in the PaddleNSW 2018 Marathon series and the signal Burley Griffin Bash. With a major part of the shed extension and reconstruction work completed, there is an urgent need to make the shed and our equipment in it both more accessible and presentable, as befits one of the largest clubs in the NSW–ACT region. In the past volunteers have turned out in droves, so that the work is often completed within two hours. Any assistance YOU CAN GIVE will be greatly appreciated. Please bring rakes, brooms, dusters, mops and other cleaning utensils – in short, anything you would normally use to clean your own home.

SEE YOU AT THE SHED ON THE 27TH



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

## Your club needs you



Coming up, on Saturday 3<sup>rd</sup> February, **Race 1 of the PNSW Marathon Series** – here at Molonglo Reach!

Haven't paddled in a marathon race before? Here is your chance to give it a go. Start off in Division 13 – 5 km/1x lap on our course on the river. Who knows; by the end of the Series of races you could be up to paddling in the 20 km divisions! The more BGCC paddlers we have out on the water – in all the Divisions – the more chance the club has of regaining the Brian Norman Trophy for most club points.

This is a big event, with possibly over 200 paddlers taking part. And to run this event we need help from you – our club members. Helpers are needed from early on Saturday for things like erecting the club marquee, marshalling the parking area, erecting the awning for the food stall, and then helping with the Food Stall, marshalling boat entry onto the river, portage marshals, and afterwards removing the star pickets and border tapes and generally cleaning up afterwards. Most of these jobs do not need people with any special qualifications – just some common sense and for some, a bit of brawn!

You could help before and/or after your race, or take the time to look at some of the best paddlers in NSW strut their stuff. Come along for an hour or all day. Any time you can give will be appreciated.

And, if the thought of rushing around our 5 km lap course is not your style, then head out onto Lake Burley Griffin and see the sights of Canberra as you take part in our **42<sup>nd</sup> Burley Griffin Bash** on Sunday 4<sup>th</sup> February. This is usually a much smaller event (fewer paddlers taking part) but nonetheless a “big” event for the club. There are two beautiful perpetual trophies available for the fastest 30 km Canoe and the fastest 30 km Kayak paddlers to win. This year there will also be two new perpetual trophies to be won for those doing well in the mini-Bash, of 13 km. For the younger paddlers, we have a 3 km course; and for youngsters and novices and perhaps some older folk, there is the 5 km race.



Once again – please enter the race and have fun taking part. Or volunteer your time to help with the running of the event: at the food stall or at the water's edge.

A list of jobs and number of people wanted is included in this newsletter—have a look and let me know when you can help! Email to [info@bgcc.org.au](mailto:info@bgcc.org.au) or phone me on 0418 861 613.

Get out and give it a go!

*Helen*

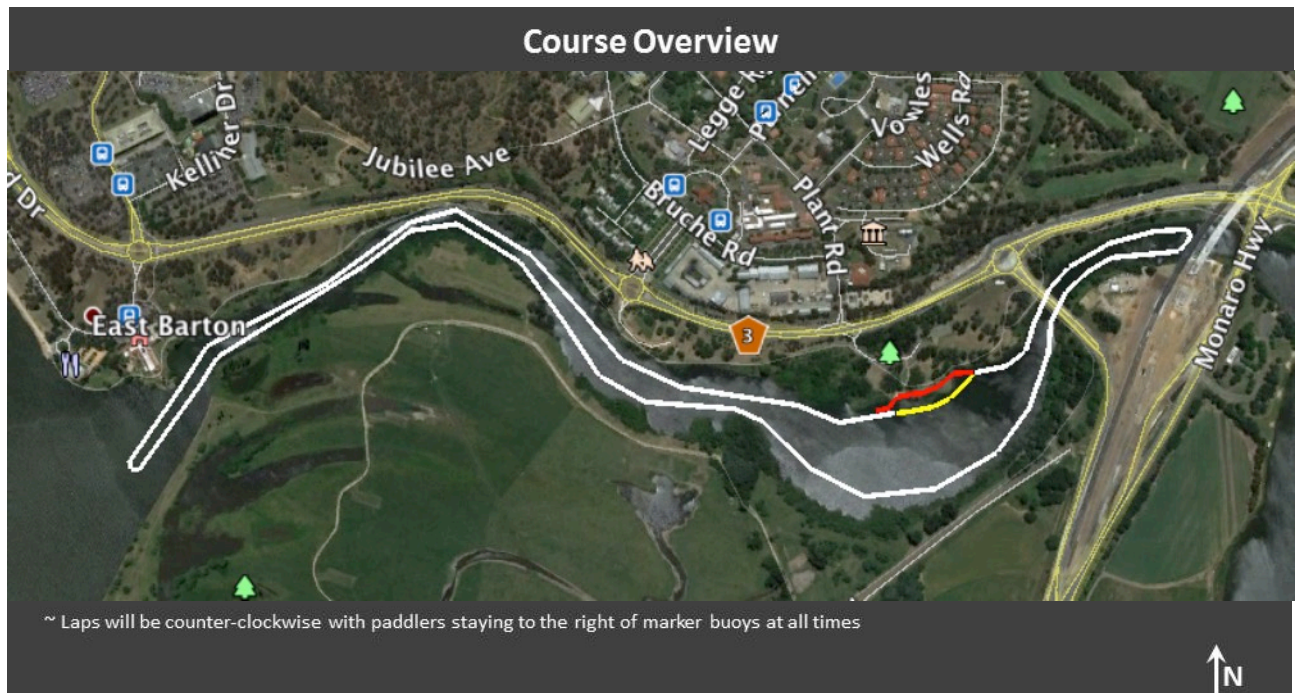


## 2018 PNSW Marathon Series

### Race 1

### Canberra

- DATE:** Saturday, 3rd February 2018  
**RACE:** Divisional Races over 20 km, 15 km, 10 km and 5 km  
**HOST:** Burlley Griffin Canoe Club [www.bgcc.org.au](http://www.bgcc.org.au)  
**LOCATION:** Molonglo Reach, Morshead Drive (opposite Duntroon)\*  
**ENTRIES:** Pre-race: Earlybird by Tuesday, 30th Jan.; Close Thursday, 1st February  
<https://www.webscorer.com/register?raceid=116839#.WICd3nQ7mU8.facebook>  
**BRIEFING:** 10:15 a.m.  
**START:** 11:00 a.m. (Div 7: 10:45 a.m.)  
**COURSES:** 20 km – Molonglo Reach - 4 laps (Div 1-7) (Div 1 portage)  
15 km – Molonglo Reach - 3 laps (Div 8)  
10 km – Molonglo Reach - 2 laps (Div 9-12)  
5 km – Molonglo Reach – 1 lap (Div 13)



Note: Course may be changed if weather conditions are adverse.

**CONTACTS:** Craig Elliott [elliottkayaks@bigpond.com](mailto:elliottkayaks@bigpond.com) 0466 153 843  
Patricia Ashton [patricia.ashton@gmail.com](mailto:patricia.ashton@gmail.com) 0457 053 520

**FOOD STALL** in operation for morning and afternoon tea and lunches on both days of racing at Canberra. A goodly selection of cool drinks, tea, coffee, cakes, barbecued meats and vegetarian dishes and salads will be available.

**SATURDAY EVENING DINNER** at 6pm at Snapper on the Lake, Canberra Southern Cross Yacht Club, Mariner Place (off Alexandrina Drive) Yarralumla (confirm your attendance with [htongway@iinet.net.au](mailto:htongway@iinet.net.au))

\* Paddlers and visitors should note that extensive roadworks on Morshead Drive have finished and we now have a new "exit left to turn right at the lights" system for access to Molonglo Reach. If you are travelling from Canberra City towards the airport, it is necessary to travel in the left lane, past the Molonglo Reach sign and make a legal U-turn at the lights ☺ This won't be an issue if you are travelling on the new Majura Parkway or from Queanbeyan.

## 42nd Burley Griffin Bash

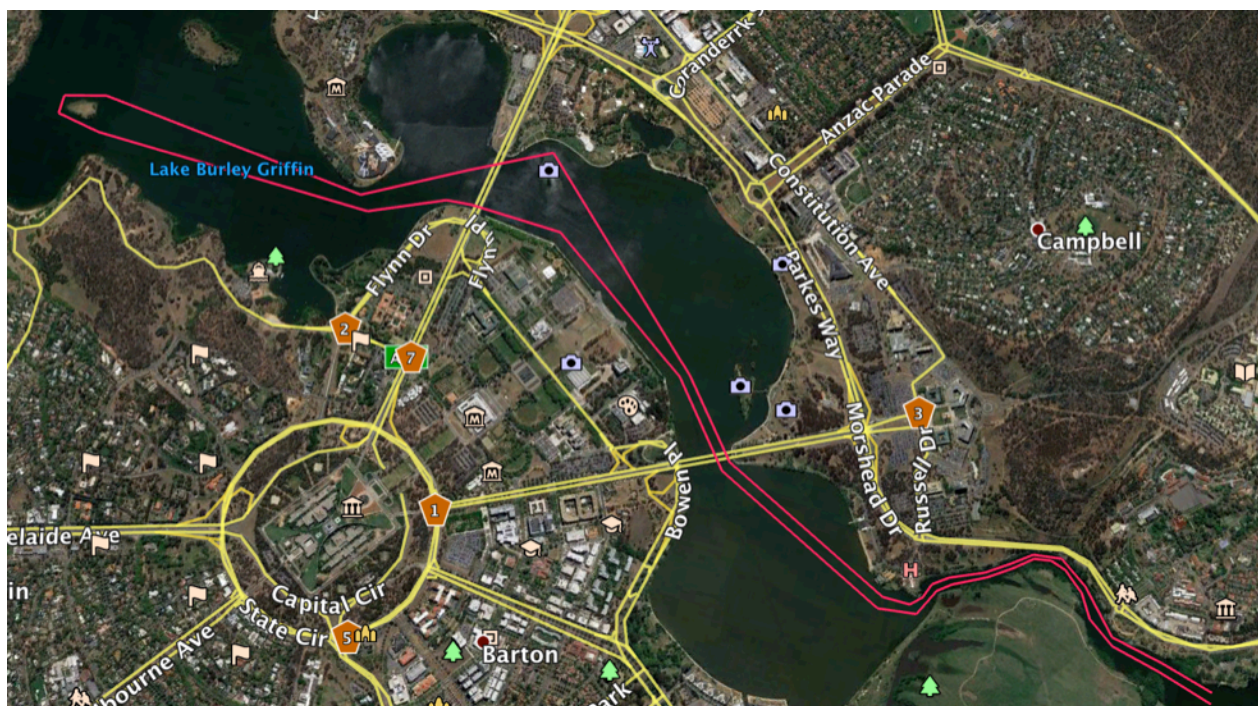
**DATE:** Sunday, 4th February 2018  
**RACE:** Traditional distances - 30 km & 13 km - class categories  
**HOST:** Burley Griffin Canoe Club [www.bgcc.org.au](http://www.bgcc.org.au)  
**LOCATION:** Molonglo Reach, Morshead Drive, opposite Duntroon  
**ENTRIES:** Pre-race: Earlybird by Thursday, 1st Feb.; Close Fri, 3rd Feb

<https://www.webscorer.com/register?raceid=123794#.WICdTTQ0WiE.facebook>

**BRIEFING:** 7:30 a.m.; 8:00 a.m. 8:30 a.m.  
 30km 13 km 5 km & 3 km  
**START:** 8:00 a.m.; 8:30 a.m. 9:00 a.m.



**COURSES:** **30 km** – Molonglo Reach, north of Capt. Cook Fountain, past the Museum, around Spinnaker Island in West Lake and return via a large red buoy near Kingston, return past Molonglo Reach to eastern turn near 3<sup>rd</sup> river bridge and repeat (two laps) return to Molonglo Reach, finishing paddling to the east. (Exact course TBA)  
**13 km** – one lap of course as below  
**5 km** – Loop to Kings Avenue Bridge & back for Under 14 years & Novice paddlers  
**3 km** – Loop on Molonglo River for Under 12 years & Novice Paddlers



**NOTE:** Courses may change if weather conditions are adverse.

**CONTACT:** Craig Elliott 0466 153 843 [elliottkayaks@bigpond.com](mailto:elliottkayaks@bigpond.com)  
 Helen Tongway 0418 861 613 [htongway@iinet.net.au](mailto:htongway@iinet.net.au)

***Don't forget: Perpetual Trophies to be Earned***

**30 km: Scrivener Trophy and Molonglo Trophy**

**13 km: Spinnaker Trophy**



## PNSW Marathon and Burley Griffin Bash Jobs List

Please have a look at the various jobs which need people to fill them and volunteer your time and effort to help your club run these events. Contact Russell Lutton, Craig Elliott, Patricia Ashton or Helen Tongway with your offer.

### PNSW MARATHON SERIES RACE 1 Saturday, 3rd February 2018

DATE	TASK/ROLE	APPROX TIME REQUIRED	Number of volunteers required
Fri., 2 <sup>nd</sup> Feb	Prepare portage run; star - picket/tape temporary parking area	A couple of hours; Probably in the morning if hot.	<b>Three people</b> Craig Elliott, Scott MacWilliam,
Sat, 3 <sup>rd</sup> Feb	Parking marshals	Approx. 7:30 a.m.-9.15 a.m.	<b>Two people</b> (but no weapons required!)
Sat, 3 <sup>rd</sup> Feb	Erect BGCC marquee	Approx. 7:30 a.m.	<b>Six people</b>
Sat, 3 <sup>rd</sup> Feb	Food/refreshment stall (Kevin Swain, coordinator )	First session: 8.00 a.m. - 12.00 pm  Second session: 11.00 a.m. – 2 p.m.	<b>Four people for each shift; six in the lunch-time overlap</b> Kerri Vaughan,
Sat, 3 <sup>rd</sup> Feb	Erect awning off club shed for food stall	8 a.m.	<b>Lots</b> Geoff Molloy Michael Gazzard, Dave Abela
Sat, 3 <sup>rd</sup> Feb	Safety boat 1	9:30 a.m. - approx 12:30 p.m.	Tom Hick, <b>&amp; (prefer male for this)</b>
Sat, 3 <sup>rd</sup> Feb	Safety boat 2	9:30 a.m. - approx 12:30 p.m.	Greg Chesher?? Jason Rantall
Sat, 3 <sup>rd</sup> Feb	Assistance for PNSW officials (in PNSW Marquee)	TBD	Barry Marshall Tony Mee Russell Murphy
Sat, 3 <sup>rd</sup> Feb	Boat marshals to get paddlers on water as expeditiously as possible	9.30 a.m. –approx. 10:15 a.m.	<b>Two people;</b> Can include portage marshals
Sat, 3 <sup>rd</sup> Feb	Portage marshals	10 a.m. – approx. 12 p.m.	<b>Six people</b>
Sat, 3 <sup>rd</sup> Feb	Remove portage pickets/tape	After races finish	<b>Two people</b>
Sat, 3 <sup>rd</sup> Feb	Remove temporary star pickets/tape (but leave star - pickets/ tape in unsealed parking area and a small area of the grassed parking area marked in case required for overflow parking for Burley Griffin bash on Sunday.	After races finish	<b>Three people</b>
Sat, 3 <sup>rd</sup> Feb	Clean up Molonglo Park area	Later in day	<b>Three people</b>

## BGCC 42nd BURLEY GRIFFIN BASH SUNDAY, 4th FEBRUARY, 2018

DATE	TASK/ROLE	APPROX TIME REQUIRED	Number of volunteers required
Sun, 4 <sup>th</sup> Feb	Entry/timing officials	7:00 a.m. - 8:45 a.m.	2 (or 3) Gary Rake
Sun, 4 <sup>th</sup> Feb	Parking marshals	Approx. 7 a.m. – 8:30 a.m.	One person
Sun, 4 <sup>th</sup> Feb	Food/refreshment stall	Session 1: 7 a.m. – 9:30; 11:00 a.m. - 1:30 p.m.?	3 or 4 per session
Sun, 4 <sup>th</sup> Feb	Safety boat 1	7:45 a.m. – approx.1:00 p.m.	Tom Hick & (prefer male for this)
Sun, 4 <sup>th</sup> Feb	Safety boat 2	7:45 a.m. – approx.. 1:00 p.m.	Jason Rantall & (prefer male for this)
Sun, 4 <sup>th</sup> Feb	Announcer – Courses, Safety	7:30 a.m. – 9:15 a.m.	1 (or 2)
Sun, 4 <sup>th</sup> Feb	Race Marshal	8:50 a.m. – 9:15 a.m.	1 (or 2)
Sun, 4 <sup>th</sup> Feb	Timekeepers	7:45 a.m. – 1:30 p.m.	2 or 3
Sun, 4 <sup>th</sup> Feb	Card Scribes?	10 a.m. – 1:30 p.m.	1 or 2; can also be timekeeper
Sun, 4 <sup>th</sup> Feb	Clean up Molonglo Park area	Later in day	Three people



*Above:* Russell Lutton leading a bunch of paddlers in the 2012 PNSW Marathon Race Series!

*Left:* Mark McDonald and Randall Fitzsimon, winners of the 30 km Burley Griffin Bash in 2012.

Why not try to win it yourself this year??

## Canoe Polo Report: Laura Kleinrahm

BGCC Polo has been enjoying the warmer weather and holidays as an opportunity to get out on the water paddling, as well as to have some rest in preparation for the final two Summer Series events prior to Nationals.

In December we had a pre-Christmas break at Capital Brewing, an event that coincided with Christmas markets and saw record waits for our deliciously nutritious BrodBurgers. Not to be deterred from an opportunity to sample a Canberran classic, we plowed on and enjoyed a night of banter, bevies, and eventual burgers.



Polo players sample some moving water at Uriarra Crossing (Photo Kai Swoboda)

Six Juniors, their parents and a stray junior adult also had a fun day at Uriarra Crossing, organised by Super Slalom Star, Kai. Although the water level was mostly mellow, it was perfect to practice skills whilst also having some fun 'whoosh' moments. Props also to Sue for making her fibreglass slalom boat the sacrificial lamb between kids coming down a rapid and a rather inconveniently placed rock.

Over the Australia Day weekend the ACT Men's Team, Capital Punishment, as well as two Youth Women will compete at the third Summer Series event in Adelaide. Five BGCC players will also be attending the respective Australian Men's and Women's Squads' training camps, with selections for the 2018 World Championships announced at the National Championships later in the season.

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

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

## Upcoming events

Event	Dates	Venue
Summer Series #3	27–28 January	Adelaide SA
Summer Series #4	24–25 February	Nagamble Vic
2018 Canoe Polo National Championships	30 March–2 April 2018	West Lakes SA



Polo players sampling some dirty water (beer) at Capital Brewing

See you on the water

*Laura*

## Slalom and Whitewater Report: Kai Swoboda

While local water levels have now receded, during early December the rain provided some good whitewater for paddlers around Canberra.

On the weekend of 9/10 December, a number of BGCC paddlers paddled sections of the Murrumbidgee River near Canberra. The river was at a good level, making for safe and easy paddling through the rapids.

A group of paddlers tackled the relatively easy section between [Casurina Sands and Uriarra Crossing](#). The



BGCC team at Casurina Sands (Photo: Laura Kleinrahm)

trip, which covers 14k took us about 2.5 hours. This section has a number of small rapids, most of which required no scouting and relatively little changes of direction.



Photo: Kai Swoboda

This section of the river passes through open country, but gives a sense of remoteness with almost no signs of civilization for most of the trip. Everyone got a good workout, paddling some exciting rapids and enjoying the fast moving river. It's great watching kids grow in confidence on the river.

Another BGCC member, Craig, teamed up with a group from River Canoe Club in Sydney and tackled the more advance section between [Pine Island and Kambah Pool](#), which takes in Red Rock gorge. This is a considerably more challenging section of the river. Many thanks to the Rivers team for organising the trip.



Photo: Dave Fisher

### Canoe Slalom

Event	Dates	Venue
Australian Open	16–18 February, 2018	Penrith, NSW

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

## SUP Report: Joanna Nelson

Holiday Greetings paddlers

**Merimbula Classic –**  
23-26 Nov 2017  
(Merimbula – Main  
Beach)

A great fun long weekend of Merimbula Classic SUP races including; Beach to Bar relay, Technical BOP Race and Distance race from Merimbula bar to Pambula river mouth (8km).



Kate Miller, Jo Nelson, Jason Rantall, Aiden Lewis

Congratulations to Ange Crawford for taking out 3rd place in the Women's Surf competition.



Ange Crawford – 3rd Women's Surf comp-  
Merimbula Classic

**Palm to Pines – 9 Dec 2017 (Fishermans Beach)**

The 9.5 km ocean race completed with result from competitors: Rohan Evans (o40s Mens 2nd); Trent Shaw (o40s Mens 4th); and Joanna Nelson (o40s Womens 4th). Welcome back Trent.



Jo Nelson, Trent Shaw and Rohan Evans

**2018 upcoming events**

**14 Jan** – SPSC Ten Foot Plus (Sydney)

**18 Feb** – Sydney SUP Festival

**25 Feb** – Bridge to Beach (Sydney)

**3-4 Mar** – 12 Towers Ocean Paddle Race (Gold Coast)

**10-11 Mar** – Australian Paddleboarding Festival (Gold Coast)

**11 Mar** – SPSC SUP Surf Open

**8 Apr** – SPSC Ten Foot Plus

**10 Jun** – SPSC SUP Surf Open

**8 Jul** – SPSC Ten Foot Plus

Travel safe over the holiday season.

*Joanna*



## Sprint

Australian Canoeing are getting ready for the 2018 National Sprint series and we would like to know if you could kindly help us run these events.

The events of the 2018 series are:

### **Grand Prix 2**

SIRC, Penrith

9 - 11 February, 2018;

### **Senior Selection**

SIRC, Penrith

4-5 March, 2018;

### **National Championships**

SIRC, Penrith

6 - 10 March, 2018.

If you are available to help, please let us know by filling out the form on the link below.

<https://goo.gl/forms/qTR7n9kJy12yQDvI2>

Australian Canoeing would like to thank you in advance as without your assistance we wouldn't be able to hold a successful Sprint events year after year.



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

## Evolution of the 2017-18 Club Shed Extension

After four or five years of hard work, multiple applications to multiple authorities (and multiple heart operations for Bob Collins) our multiple Grey Army of Bob, Scott MacWilliam, Robert Bruce, Barry Marshall, Scott Hunter and John Lockie – plus many others along the way – the latest extension to the club shed is now almost complete! In fact it is so near completion, the first Committee Meeting for 2018 was held in the new “Board Room”, complete with newly purchased Board Table (see below).



First signs of action: Above: 26 June & Right: 5 July  
Below: 22 August, 2017



Left & Right: Not qualifying as a member of the Grey Army, but more of a one-man army on his own, extra hard-working club member Shane Lund has been putting in many hours

Right: And here is our Committee, at the first meeting of the year, seated around our new meeting table with our new carpet on the floor! The shed is not yet finished, but the racks are filling and the walls are being decorated with meeting boards, etc.

Left to right: Craig Elliott, Chris O'Brien, Patricia Ashton, Russell Murphy, Kai Swoboda and Jane Lake. (Photo: Helen Tongway)



## Final time trials for 2017

We had a good turnout for the last time trial of the year. About 30 boats took part in something just a bit different. Thanks to Craig for mixing the time trials up a bit, with handicap and doubles races, this one was a Le Mans start - which was optional.

Most of our paddlers decided to take the 'on the water' option, heading the opposite way to usual. From the start buoy they headed towards the red buoy left of the pontoon (towards the bridges), with the Le Mans start paddlers starting on the beach, having to run to their boats, enter



and paddle to the red buoy, both groups meeting up before or at the buoy. It was then a couple of laps to the turning buoy under the bridge and back around to the start. Short fast laps were enjoyed by all.

After the frenetic racing there was a 'Christmas' BBQ with paddlers enjoying kababs and fillet steak and a variety of salads and cakes. Not on a par with Litsa's wonderful Christmas spread last year, but the



best we could do with little notice! Margi was presented with wine and shortbread to say thanks from the TrainSmart paddlers.

Club paddlers are reminded that time trials are open to all members, whether you're interested in cruising or racing. It's a great way to build up paddling fitness and meet other paddlers.

We also always need time keepers and BBQ'ers, so even if you don't want to take part in the racing, coming along regularly means you get to know a range of people and get involved.



### **PNSW Marathon Series Race 1**

The BGCC is also hosting the first of the Marathon series racing in the new year, on Feb 3rd. Again, this is open to any paddlers at any level, with 5, 10, 15 and 20km distances offered. We will be requiring members to help out with a variety of duties, from BBQ's to scoring, to policing the portages, driving or assisting in the rescue boats, setting up the course, the gazebos, taping off the parking and the bike path.....



### **Burley Griffin Bash**

On Sunday 4th, after the Marathon series race we will be holding the annual Burley Griffin Bash. This is a race which has been running in one form or another since the 1960's. Traditionally we run a 30km and 13km races out onto the lake, with a 5km race for juniors or novices. This is not part of a series, and should be supported by club members. Again, we'll need a variety of volunteers on the day.

Come along and test yourself!!

## 24-Hour Paddling Challenge 2017: Helen Tongway & Allan Newhouse

The BGCC's 24 hour paddling Challenge was held on the weekend of 9<sup>th</sup> – 10<sup>th</sup> December, 2017. While there was initially quite a bit of interest from out-of-town paddlers, particularly those taking part in the *Very Big Year\** of Marathon Paddling, they slowly dropped out for various reasons (a wedding to attend, illness, too much work... etc.)

The times were recorded and the totals worked out and a (vague) comparison by using the HCC adjustments to try to compare different ages/boat/etc. (I am open to protests – if accompanied by a bribe – or donation to the club's building fund!! *HT.*)

TEAM	Actual Distance	HCC adjustment
Team BSSB	175.75 km	208.30 km
Luke Willsmore	128.25 km	114.41 km
Craig George	114.00 km	115.50 km
Shane Norenbergs	99.75 km	103.48 km
Frank'n'James	80.75 km	84.91 km
Bob Collins	47.50 km	50.32 km
Anjie Lees	33.25 km	39.44 km
Kate'n'Steve	33.25 km	34.93 km

Team BSSB (**B**rothers & **S**isters of the **S**ingle **B**lade) were the only relay team and were able to have a continuous run of boats out on the water (apart from a couple of inadvertent “oops, not ready to go out yet” moments.) In fact the team of Allan Newhouse, Nick Hocking and Helen Tongway were having such good fun, Frank Kingma and James Miller decided to abandon their C2 paddling and join us in our C1/TC1 team. I think we were all happy with that decision!



Allan Newhouse in his wooden Diamond C1 about to take over from Helen Tongway in her River Rat TC1

Meanwhile, in the solo paddling competitions, three of the boys were paddling hard for their honour. Luke and Craig in particular were taking great note of each other's lap numbers. As it turned out, Luke managed a very honourable 29 laps = 128.25 km in his K1, while Craig was pretty close behind with 24 laps on his MR1 equivalent = 114.00 km. Because of the age and boat differences, Craig was able to just pip Luke in the adjusted distance – by just 1.09 km!

Shane wasn't being quite so competitive, but was keeping up a steady flow of laps throughout the 24 hours.

Perhaps the time since the start to the time of their last lap tells the story for the three remaining contenders:

Kate and Steve Dawson: 3h 13m 13s withdrew because of Steve's recurring shoulder injury

Bob Collins: had a bad time of it with cramps in his legs and stopped at: 6h 34m 44s (Drink more liquids Bob!)

Anjie Lees: decided that she had done enough paddling for one day at 6h 54m 17s

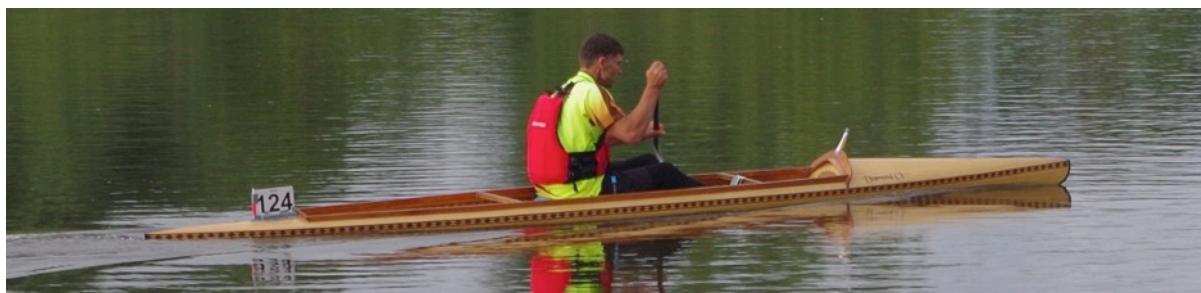
Thank you to all of you – for coming along, helping out, enjoying your paddling in beautiful weather, (some travelling great distances to take part,) some helping out but not paddling: In particular, thanks to Jane Lake, Dave Gordon and Bec Miller (time-keeping) and Greg Chesher (safety-boat driver); providing equipment and everything to help make our exclusive little event so good. If you have suggestions on how to expand the event, what dates would be better (remember that this is Canberra and winter is not a goer) how to advertise and run it all – then please let us know.

Thank you again,

*Helen*

[\**The Very Big Year* is for paddlers attempting to paddle 1000 km in races in a 12-month time-frame.]

The small number of paddlers in the 2017 24 Hour Challenge were fortunate to have particularly good paddling conditions with only very light breezes and comfortable temperatures both day and night. It was certainly more comfortable than the rain and hail we had to contend with in 2015.



With so many laps to be completed there were opportunities to swap canoes. James Miller showed just how quickly a young, fit paddler could go in Allan's Diamond C1.

There is an advantage to being part of a team that I hadn't previously considered. Not only does it offer a chance for an occasional rest and a chance to socialise with like-minded paddlers, but it also offers the chance to compare different craft by swapping for some laps. James Miller swapped the J203 for a lap in the Diamond C1 and Allan Newhouse did a lap in the J203.



James Miller from Victoria and Frank Klingma, an ex-BGCC member now resident in Queensland, in a Wenonah Mixer Pro

One fact that might inspire a few more single blade paddlers to take part next year is that when the event finished on Sunday morning, there were more canoes still going than the combined number of kayaks and skis.



Nick Hocking finishes his lap in his Wenonah J203 and hands over to Allan Newhouse

*Allan*

# Photos from the 2017 24-hour Challenge

Photos by Dave Gordon:



*Left:*  
**READY**



*Right:*  
**They're off!**



*Left:*  
**Shane  
Norenbergs**



*Right:*  
**Luke Willsmore**



*Left:*  
**The gaggle of geese  
& David Tongway**





*Left:*  
Around the campfire  
James Miller, Luke  
Willmore and Helen  
Tongway

*Below:*  
The first glow of dawn ☺



*Left:*  
Craig George

## Member Profile: Louise Yabsley

### ***“Going faster and faster, without falling in”***

Born on the NSW North Coast, 35 years ago Louise has begun a rapid rise to the front ranks of her chosen paddling discipline, a racing canoe (C1) in which the paddler kneels and uses a single-bladed paddle to propel the boat forward. Beginners in this discipline are easily identified by how often they fall in, for the canoe is narrow and requires both good balance and strong core strength.



Louise, who competes in the C1 sprint races over 200 and 500 metres, doesn't land in the water much these days which is testament to her commitment. Initially trained as a classical cellist, over the last ten years Louise has been a paddler in two distinct disciplines. Initially she took up Dragon Boating as a form of weight control, which eventually resulted in membership of an Australian team. Three years ago Louise moved to the solitary 6 day-a-week training of a C1 sprint paddler. Beginning with a borrowed boat, Louise has graduated to a sleek racing machine and is headed to the National Championships in March at Penrith.

Penrith is a second home to Louise, who has been travelling back and forth from Canberra to train under the National Sprint Coach. Doing 10-12 kilometres each session, mainly on the river is supplemented with the specialist coaching which isn't available here.

Louise feels that the training schedules she has been following have already made her competitive in the two sprint categories. Over the next two years she hopes to up the level of her training, even in the dreaded Canberra winters. As well as paddling, Louise is planning to add running to her training programme, with sights set on becoming an established member of the Australian sprint team. *Louise also hopes that a similarly committed other female sprint paddler will appear among the BGCC membership to join her in an Awesome Twosome.* (This is an unpaid advertisement: applicants contact Louise directly.)

Louise has a Bachelor's degree with Honours in History from the University of Sydney and a Master's in Climate Change Studies from the ANU. After working for the Department of Veterans' Affairs, Louise is now a consultant.

Her fierce determination to succeed is obvious from the effort Louise puts in to training, mostly on her own. Your correspondent has seen another side to her personality which suggests she would be a take-no-prisoners' competitor. Louise fronted a group of aggressive ADFA cadets who wanted her to move her boat from out the front of the shed so they could gain unlawful access in their car to the barbecue site. They retreated.




For those of us who share the river and lake with Louise, it is worth mentioning that she has a Pet Dislike: the driver of an SES Boat hooning on the river who ignored how hard it is to keep upright aboard a C1. Fortunately, she also has a Pet Like: considerate members of BGCC who give her plenty of room on the river, especially in winter. BGCC wishes Louise all the best for the coming competition and the years of further development ahead.

*Scott MacWilliam*



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



**MASTAFLOW**  
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**Contact Information:**

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

**Phone:** 0428 513 267

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

**About Us**

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

**Emergency Plumber**

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

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

**Our Electrical Service**

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

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

## New Year, New Shed, New Boats

I hope you'll forgive a bit of editorial indulgence. After spending the Christmas holidays in Tasmania, including an all-too-brief paddling session on the Pieman River in a hired double, we arrived back in Canberra to learn that the new shed was open for use and that we had rack space. What a terrific belated Christmas present!

We immediately headed off to Wetspot, where Trudy bought a new Delta 15.5 and Michael picked up a used Mirage 580. Christmas and birthdays all in one!

Below, photos from our maiden paddling session in the new toys, courtesy of Patricia Ashton.



One final word: I don't think enough can be said about the work that has been done by the Shed Subcommittee. It was a long, often frustrating process and the result is fantastic. So, a mighty and well-deserved Huzzah! to the team.

*Michael*

## For Sale

Fluid Solo, large with H2O paddle. Asking \$500 for boat and paddle together.  
Contact Michael Hanemaayer at [hanemaayerm@gmail.com](mailto:hanemaayerm@gmail.com).



## 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



## 2017-18 BGCC Membership

**Changes:** There is an additional New Member Fee of \$50. For those joining after 1<sup>st</sup> January 2018, there is a pro-rata reduction in the BGCC membership fee.

The Coded Levels have gone – now just Standard Membership (paid via PNSW/AC) plus Upgraded Memberships (paid via Register Now)

**Adult** BGCC membership: \$80 + PNSW Adult Membership: \$80. Total = \$160

**Junior** BGCC Membership: \$40 + PNSW Junior Membership: \$60. Total = \$100

**Family** BGCC Membership: \$200 + PNSW Family Membership: \$180. Total = \$380

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

Private **boat in Club Shed:** extra Membership fee: \$180

Both Key-hire and private boat in shed membership require an approved Application Form. See *club website for how-to-pay links*.

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### Australian Canoeing Safety Guidelines

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

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This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat.

Also a reminder to those club members who have the privilege of having your own boat residing in the club shed, that you have agreed to use your boat at least 25 times per year – or you may be asked to remove it.

**Club Rules** can be viewed at: <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

*Helen*