



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 29, Issue 10, August 2019

Your Committee:

President: Russell Murphy

Vice President: Patricia Ashton

Secretary: Kai Swoboda

Treasurer: Trent Birkett

Safety Officer: Vacant

Membership Secretary: Helen Tongway

Public Officer: Bob Collins

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In this issue:

- RussL's last Marathon Convenors Report and latest series results...
- Margi, Emily and Erin's fabulous South African Safari and Race Report
- Patricia's VP report and Broulee interlude
- Canoe Polo 'come and try day' details



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



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**** STOP PRESS ****

PaddleNSW has just published the updated club point score after last Saturday's races at Windsor.

And its official; BGCC paddlers smashed it, with our finishing the second-last round of the 2019 series 1638 points ahead of our nearest club competitor, Manly Warringah Kayak Club.

This puts BGCC in an unassailable position to win the series and the Brian Norman Perpetual Trophy as the 2019 champion marathon club. It's simply mathematically impossible for Manly or Lane Cove to score that many points and snatch back the lead at the final Teralba round on 23 August.

Surprisingly, BGCC has also jumped ahead of Manly in the ICF boat competition, taking a slender two-point lead to Teralba. We need K1/K2 boats there on 23 August if we are to make it a double 2019 win!

Full details of the Davistown and Windsor races are in the marathon convenor's report.

Coming Events:

Dates	Event	Location
Sun, 18 Aug	Sprint series round 1	Avoca
Sat, 24 Aug	PNSW Marathon series Round 10	Teralba (plus presentation dinner)
Sat–Sun, 31 Aug–1 Sep	Flatwater Leadership Training Course REGISTRATIONS NOW OPEN! https://www.webscorer.com/register?raceid=186206 Best not to delay as numbers are limited.	
Sat, 7 Sep	Winter Ski series, round 5	Tomakin
Sun, 15 Sep	Sprint series round 2	Sydney International Regatta Centre
Sat, 21 Sep	Myall Classic	Tea Gardens
Sat, 12 Oct	Echuca Mini	Barmah to Echuca
Fri–Sun, 18–20 Oct	Clarence 100	http://www.clarence100.com.au/
Sun, 20 Oct	Sprint series round 3	Sydney International Regatta Centre
Sat, 26 Oct	Hawkesbury Canoe Classic	Windsor to Mooney Mooney
Oct or Nov	Canoe Polo Invitational	Molonglo Reach
Sun, 10 Nov	Sprint series round 4	Manly
Mon–Fri, 18–22 Nov	Mighty Murray Paddle	Yarrowonga to Swan Hill
Sat–Sun, 7–8 Dec	24 Hour Paddling Challenge	Molonglo Reach

President's Report: Russell Murphy

Well folks,

I'm reading a book at the moment, *Canoeing Down Everest*, about a 1975 expedition to paddle the Dudh Kosi in Nepal during the monsoon. They did it, using fibreglass kayaks with polyester resin and wooden paddles with plastic blades. Something that would be entirely unthinkable today.

Of the 12 boats they took, how many do you think they lost? None?

No. Actually 10. Despite repairs and rebuilds along the way.

Knowing how often they were expecting to swim, you'd expect them to be wearing gear for long term immersion in very cold water. So dry suits, or, at a minimum, wetsuits?

No. The team weren't a fan of wetsuits, so it was wetsuit pants with cags on top.

So in water never paddled before, with numerous swims, in gear that wasn't particularly up to the conditions and losing most of their boats, surely some didn't make it?

No. They all survived.

Kind of reminds you of Canberra. Water barely above freezing, conditions that can change quickly, snow-capped mountains in the distance. Fibreglass boats and minimal time between exposure and hypothermia.

And this month the Himalayas came to Davistown. Anyone who has seen me knows that not a lot of thinking happens when I get dressed in the morning. But it goes something like this: "It's warmer on the Central Coast than Canberra. I'll wear less than I do in Canberra. That means shorts. What are the stupidest looking shorts I have?" Job done.

Of course, you get to Davistown, and the wind is blowing up, the course is fairly open, and there's a ferry. All of which I could have figured out had I done any kind of research at all. In many ways, I was very lucky not to have given myself hypothermia.

Having said that, all of those at Davistown, however they were dressed, put in a marathon (boom-tish) effort, to further increase our lead in the marathon series at a race at which we'd expected to lose ground.

The race at Windsor is an odd one, with bonus points on offer for portaging. BGCC tends to struggle at these races, especially when they are close to Sydney. More than 30 paddlers, including some we don't usually see made the trip up to Windsor, in perfect conditions on a lovely course. They then deviated from that lovely course, to run, jog, walk or waddle along a 50-metre section of beach.

While official figures aren't available yet, back of envelope calculations suggest that the lead we have in the Brian Norman Trophy is insurmountable. One statistic which shows how much of a team effort this was is that we scored our points from 102 different combinations of people (i.e. single boats or a new double combination). None of those combinations was probably as strange as Robert Bruce and my efforts in a double at Lane Cove.

My thanks again to Russell Lutton for his efforts in people wrangling to get the turnout we did, and Gary Rake, who has been the primary organiser for the marathon series as a whole behind the scenes. Without people like Gary and Russell, paddling would be a much more solitary affair.

Lastly, a reminder that the club's AGM is coming up on Sunday 15th September at 10am. We need your contribution, big or small, to keep this club running. Most current committee members have now served their maximum term, so we need new people to keep us going.

See you on the water,

Russell

Vice Presidential update: Patricia Ashton

WINTER TIME TRIALS - CANCELLED!

Yes, another club tradition bites the dust (well, frost in this case). Due to diminishing numbers the committee have decided to cancel regular Sunday morning time trials through winter.

It takes 4 club members to actually run the time trials – Russell to organise them, set up the rules and keep track of points; a time keeper, often Tony using the WebScorer system or others using the timer, but all sitting in the cold for over an hour; Caroline to format the times and Geoff to put them up on the website. We thank them for their efforts over the last few years.

Last year we had between 4 and 6 participants, this season its dropped from there, so it seems that time trials aren't meeting the needs of many of our hardy winter paddlers. There are many who do paddle on a Sunday so if you want to join in a training group or paddle with others there are still several opportunities:

- Gary's group goes out around 6.30am - contact him on: rakedover@gmail.com
- Bob and Danielle often do a dam wall run Sunday mornings, times vary contact Bob on: bobcollins@grapevine.com.au
- David Gordon has been taking out some of our novice paddlers at 9.30 dgbc@netspeed.com.au
- Margi will be back shortly & may also have a training group out marqi.bohm@gmail.com

If you'd like to paddle but don't have a shed key, make sure you are there by 9.20. Either David or I will be there.

NELLAGEN CHALLENGE (winter escape...)

The club's 3 race **Nelligen Challenge** is scheduled for Sunday 11th August, and 8th and 22nd September. Details on the website with more to be sent out closer to the time. Nelligen's temps are often 5 degrees higher, the water warmer and clear. There's a handy café for post-race food and race wrap up, and it's less than 2 hours away.



Refuelling and sunbathing after the Nelligen Challenge

AGM, Committee Positions, convenor positions.....

Winter Time Trials being cancelled are part of a range of activities which have disappeared from the club calendar. These include:

- Mothers Day Mayhem
- Fathers Day Frolic
- Christmas party – with Santa arriving in a canoe disguised as a sleigh compete with reindeer
- Regular Recreational Paddles
- Triathlon Safety boats
- Club Presentation and Birthday dinner

And quite possibly the club post evening time trial BBQ (maybe even Wednesday evening Time Trials if numbers don't improve this summer!). As you can see the club has had a much more social aspect to it over the years, however, it seems to be a sign of the times – we just don't have time.

Having said that, this year has seen Burley Griffin on top of the points table for the Marathon Series for the first time in many years. This is a huge effort and expense, that requires many paddlers travelling up to 4.5 hours to attend a race, many staying overnight. Racing also requires regular training for most of us, ***so the commitment to the club and to paddling is definitely still there.***

Just the emphasis has changed.

This then brings me to another point. The club committee.

The AGM is coming up soon – Sept 15th at the shed 10am

Our committee needs to stand down, we've all served the 2 years allowed under the constitution (except Trent as Treasurer, hoping he will nominate again!! PLEASE). This should be seen as a positive move as it allows new committee members to take up the reins, bring new ideas and enthusiasm. Unfortunately, what usually happens is the same people remain on the committee and just change hats. **THIS ISN'T GOOD ENOUGH FOR THE CLUB OR FOR OUR MEMBERSHIP.**

It's obvious from the cancellation of both the winter time trials and the Presentation dinner recently that those of us on the committee (several of us have been there for many years – Helen 29 years, Patricia 16 years, Russell M about 8 years, Kai and Scott 4 years at least), are doing the same things over again and it's not really working for you.

The solution is getting some new blood!! Trent, Christine and Jeremy all added a much-needed boost; however Christine will not be standing again, and heard a rumour that Jeremy can't commit too much time for the next year due to work commitments. Trent has had a huge impact on the way our accounts are run.

Much of the committee decision making is via email, meetings are usually monthly for about an hour. Many of the positions don't require a lot of time, especially now with the shed finished. If you haven't been on the committee previously, we have 2 'ordinary' positions which don't have specific duties. They are a great way to get involved. Otherwise, Secretary gives you a way to learn what's going on, without having to know much about the club generally. For those who have been around a bit, Vice

Pres or Boat Captain or, if you like making the decisions and have been around the committee and club for a while – President. We also have a Training position which hasn't been filled for several years.

PLEASE, SERIOUSLY THINK ABOUT BEING INVOLVED, IT IS THE ONLY WAY THE CLUB CAN KEEP GOING AHEAD. IF YOU ARE ON THE COMMITTEE, YOU GET TO MAKE THE RULES.

Maybe only meet every 2 months, at a Café on a Sunday arvo?

Same goes for our wonderful discipline convenors. All 3, Laura – canoe polo, Jo – SUP and Russell – flatwater have been in these positions for 4 years. Russell particularly has done so much during that time, from running the time trials, summer and winter, Nelligen races, 2 State Champs as well as 2 Marathon races and Burley Griffin Bashes. We would be happy to split the Flatwater convenor position, one for the club races and one for PNSW marathons.

We will also be looking for a Member Protection Officer at the AGM. This will not be a committee position and hopefully not a position which will necessitate much work. If you have had training for this for work, please volunteer your services. It is a requirement from Paddle Australia that each club has one.

Thanks also to Andy for stepping in and taking over from Michael editing Blazing Paddles.

the next club committee meeting will be held Monday 12th at 6pm - venue to be confirmed and all club members are invited to attend. with the AGM coming up, it would be great to see a couple of new faces. Meetings are usually around an hour, and please RSVP so we can let you know where!!

If you have anything you wish to add to the agenda, please let Kai or myself know.

CAPITAL CITY SWIM DECEMBER 1st - assistance required

We generally have swimmers looking for boats to accompany them during the swim which goes from the dam wall to central basin? usually takes swimmers around 3 hours. I have already received one inquiry for a swimmer coming from Melbourne. With Wetspot closed there will be more swimmers asking for assistance from us.

It would be best for us, if we had a list of club members who would be willing to help out. We can then send out requests to you rather than each time sending club wide emails.

So, if you can spare several hours for a very slow paddle on a stable boat or SUP on the 1st of December, please let me know. This would suit paddlers of any skill level, just need to be able to get a boat, or 2, to the venue as it would be easier if there are 2 cars - one at the start and one at the finish, otherwise it's a long paddle back.

Broulee interlude...

Over the last month and more, I've escaped the Canberra winter, spending time caring for Mum in warm, sunny Broulee. I've been living the life of the retired really. Late mornings, eating out, lounging around, lots of beach walks. I did make the trip back to Canberra to collect a kayak (the Sonic), and my SUP as well as some craft supplies to keep me occupied.

Training on the Tomago River at Tomakin/ Mossy Point comes with its challenges. Although very scenic, beautifully clear aqua waters with an abundance of bird life.....it is also very tidal, often extremely shallow and regularly windy. So no need for bungee's, against the tide in water only just deep enough for a paddle stroke offers plenty of resistance.

Unfortunately, the surf hasn't been quite right – either, way too big and messy or flat, so the SUP has only had some flatwater workouts. Again, delightful but still a workout.

Shorts and T-shirts every day. SO PLEASANT. But all good things need to come to an end. Mum is on the mend and I need to get home and find a job. If you know of anything going for an older, unqualified but reliable person...

See you on the Molonglo soon!

Patricia



BGCC Marathon convenor's report: Russell Lutton

Have we done enough to win the Brian Norman Perpetual Clubs Trophy in 2019?

At the time of going to press, the official results aren't published. But, based on the great performances of our distance paddlers in the last two races in the 2019 Paddle NSW series, at Davistown on the New South Wales central coast and at Windsor last weekend, it's a strong possibility that it will be a mathematical impossibility for Manly Warringah Kayak Club or Lane Cove River Kayakers to overtake us at Teralba on 23 August. Fingers crossed! Full reports on Davistown and Windsor races below.

PNSW marathon series 2019, Race 8, Davistown

Regular competitors and observers of the series were either despairing, or hoping, that the Davistown race at Brisbane Waters on Sunday, 14 July would be the race where BGCC lost its much unanticipated lead in the 2019 marathon series. It had all the danger signals for us as a club: a discouraging eight-hour round trip from Canberra to the NSW central coast; lots of boat traffic, including a large ferry—intent on keeping to its schedule—belligerently plying its way through competitors; and a dogleg, wind-exposed course.

Apart from all that, if you could choose your day, Brisbane Waters is a perfectly nice place to paddle. But with racing you can't, and when the wind came up and the ferry went about regularly making wash all over the course, it made for a challenging day on the race course.

Our strategy in organising for this race was to hold the Manly and Lane Cove clubs' points advantage to a minimum. But to do this, as always in the marathon series, we needed club participation across the divisions. And that is what we achieved thanks to the 17 very committed BGCC paddlers in 14 boats who stoically made the long trip north.

As club points tragics do, a few of us were anxiously toting the post-race points on the way home. Could our calculations be right? It seemed we had slightly increased our lead. The official point score result confirmed that we not only kept Manly and Lane Cove at bay; we increased our lead to 664 points.

The official clubs point score for the top three clubs post Davistown were: BGCC, 7180 points; Manly Warringah, 6516 points; and Lane Cove, 6093 points. This really was a race where so much at a club level was owed to so few paddlers to keep BGCC in front of the series.

Individual BGCC paddler results are below. Congratulations to everyone who competed in such difficult, distant waters, Dominic Hides (division 3) and Russell Murphy (division 12) for their first-place finishes and to Jeremy Cook for his gutsy second place finish in division 6 in a borrowed boat. Due again to our agility in being able to spread of paddlers across divisions, EVERY BGCC paddler who participated scored points for our club.



Some of BGCC's Davistown paddlers - clockwise from top left: Caroline Williams, Scott MacWilliam and Dave Abela, Jack Jessen, Richard Fox, the dreaded ferry wake..., Robert Bruce, Jeremy Cook, Dominic Hides. Photos courtesy I. Wrenford and L. Manley



Davistown continued clockwise from top left: Andy Birkett, Allan Newhouse, The BGCC crew, Danielle Winslow and Bob Collins, Larissa Cleverly, Russell Murphy. Photos courtesy I. Wrenford and L. Manley.

BGCC paddlers' race results, Race 8, Davistown

	BGCC paddlers	Time	Club points
Div 2 (20km)			
4 th	Andrew Birkett	1:39:33	47
Div 3 (20km)			
1 st	Dominic Hides	1:48:36	50
Div 4 (20km)			
5 th	Richard Fox	1:57:26	46
Div 5 (20km)			
3 rd	Danielle Winslow/Bob Collins	2:03:28	48
6 th	Jack Jessen	2:17:32	45
Div 6 (20km)			
2 nd	Jeremy Cook	2:24:40	49
Div 8 (15km)			
3 rd	Larissa Cleverly	1:26:05	48
Div 9 (10km)			
3 rd	Gary Rake	52:18	48

9 th	Russell Lutton	1:02:52	42
Div 10 (10km)			
2 nd	David Abela/Scott MacWilliam	1:03:22	49
4 th	Robert Bruce	1:07:09	47
Div 12 (10km)			
1 st	Russell Murphy	1:05:44	50
4 th	Allan Newhouse	1:16:07	47
Div 13 (5km)			
4 th	Carolyn Williams	47:16	47

PNSW marathon series 2019, Race 9, Windsor—the portage round!

You really couldn't get a much better day for race 9 held on the Hawkesbury River at Windsor last Saturday, 3 August. Sunny, cool and no wind made for ideal paddling conditions. Windsor Paddlesports Club did a great job of hosting the event that attracted 141 racers. And thanks to our paddler's response to our President's call for BGCCers to compete, 38 of those entries were BGCC paddlers in 34 boats – a standout representation for our club.

This was a race that really mattered to the leading clubs. Nominated as the portage round of the series, every boat that portaged attracted 50 bonus points, in addition to the usual finishing points.

Look at the near-perfect spread of BGCC paddlers across the divisions in the table below. It's almost laydown misere, in club points terms, with division 11 the only one in which we did not field at least one paddler—and we had no fewer than four BGCC paddlers in division 1. No club in the 2019 series has been able to match us for our consistent representation across divisions. This, combined with the great participation of our paddlers of all standards, has made a great contribution to our success this year.

BGCC paddlers' race results, Race 9, Windsor

	BGCC paddlers	Time	Club points	Portage points
Div 1 (20km)				
3 rd	Michael Hanemaayer	1:33:26	48	50
4 th	Andrew Birkett	1:36:58	47	50
6 th	Simon Stenhouse	1:39:14	45	
7 th	Matilda Stevenson	1:48:56	44	50
Div 2 (20km)				
8 th	Robert Stimpson	1:45:32	43	50
10 th	Luke Willsmore	1:48:07	41	50
Div 3(20km)				
1 st	Dominic Hides	1:44:27	50	50
9 th	Andrew Parkinson	1:47:53	42	50
10 th	Emily O'Rourke	1:49:10	41	50

Div 4 (20km)				
6 th	Richard Fox	1:53:08	45	
9 th	Andy Bodsworth	1:54:45	42	50
Div 5 (20km)				
4 th	Danielle Winslow/Bob Collins	1:59:59	47	50
5 th	John Preston	2:01:22	46	50
Div 6 (20km)				
4 th	Jeremy Cook	2:08:25	47	50
Div 7 (20km)				
3 rd	Helen & David Tongway	2:15:20	48	
Div 8 (15km)				
13 th	Margi Bohm	1:31:53	38	50
14 th	Peter Connolly/Denby Moylan	1:33:24	37	50
19 th	Madeline Hanks	1:43:28	31	50
Div 9 (10km)				
2 nd	Gary Rake	49:44	49	50
10 th	Scott Walsh	1:00:22	41	50
11 th	Ted Hall	1:00:53	40	50
12 th	Patricia Ashton	1:01:02	39	50
13 th	Gabrielle Hurley	1:02:14	38	50
14 th	David Pammenter	1:02:58	37	50
17 th	David Gordon	1:10:32	34	50
18 th	Drew Reeve	1:14:16	33	50
Div 10 (10km)				
7 th	Russell Lutton	59:50	44	50
12 th	David Abela/Scott MacWilliam	1:02:2	45	50
15 th	Stephanie Rake	1:05:37	36	50
17 th	Russell Murphy	1:07:56	34	50
Div 12 (10km)				
2 nd	Allan Newhouse	1:08:58	49	50
5 th	Bernhard Zimberg	1:18:04	46	50
Div 13 (5km)				
4 th	Barry Marshall	32:52	47	Not portage div
7 th	Carolyn Williams	42:53	44	Not portage div



BGCC Windsor paddlers clockwise from top left: Margi Bohm, Matilda Stevenson, Russell Murphy, Stephanie Rake, Allan Newhouse, Ted Hall, Scott MacWilliam, Rob Stimson. Photos courtesy I. Wrenford and L. Manley.



Windsor paddlers clockwise from top left: Dominic Hides, Andy Bodsworth, Bernard Zimberg, Danielle and Bob, Denby Moylan and Peter Connolly, K1 start and leading bunch, David Gordon and Russel Murphy, the BGCC Windsor contingent, Andrew Parkinson. Photos courtesy I. Wrenford and L. Manley.



Windsor paddlers cont: Madeline Hanks, Emily O'Rourke, Gary Rake, Jeremy Cook, Andrew Parkinson and Luke Wellmore, John Preston, David and Helen Tongway, Gabrielle Hurlly. Photos courtesy I. Wrenford and L. Manley.

NSW 2019 divisional race leaders

With one race to go in the 2019 series, BGCC paddlers lead their divisional point scores in no fewer than six of the 13 divisions. Congratulations and good luck for the final race to these BGCC paddlers:

Division 3, Dominic Hides

Division 5, Danielle Winslow/ Bob Collins

Division 6, Jeremy Cook

Division 9, Gary Rake

Division 12, Allan Newhouse

Division 13, Barry Marshall

And if you're looking for another challenge after the last race at Teralba... Why not try the **PNSW Ultra-marathon Series**: <https://paddlensw.org.au/marathon/introducing-the-ultramarathon-series>. That's 4 months, 5 races, 30 km – 200km!

Australian Masters Games 2019

The 2019 Australian Masters Games will be held in Adelaide in commencing in early October, with the canoe/kayak events between 10-12 October. Full information is at <https://www.australianmastersgames.com/extra.asp?ID=8523>

Nelligen Classic, round 1, Sunday 11 August - a reminder

The first of the three Nelligen Classic rounds for 2019 is next Sunday, 11 August on the beautiful Clyde River. Starting at 10am at Nelligen, and hosted by our BGCC south coast members, the course distance will be approx 10km. Come and join us, and the South Coast Paddlers group, to compete on this scenic waterway. Most important is the post-paddle brunch at the Nelligen Cafe. Hope to see you there. The second and third rounds of the series are on **Sunday, 8 September and Sunday, 22 September**.

And at right - Ted Hall proudly launched his new Roman Sail IV at the river last Tuesday morning. We're expecting big things, Ted!!



The Molonglo Reach geese (and Donald the duck) ...As most of you will have noticed by now, they're nearly all gone. ACT rangers herded and removed all they could catch on Monday, 5 August. There is still at least one, perhaps two, that could not be caught. "Going to a good home as they are starving here," I was advised by a ranger.

Shame about Donald. He was in training to be a great club mascot. Can't you see him accompanying us to 2020 PNSW races or canoe polo regattas; but, alas, no! He was the last to be caught after leading all on a mighty chase. Not sure whether their removal is good or bad, but the park certainly won't be the same without them.



... and it's goodnight from me!

Due to some long planned travel arrangements, this is my last contribution to *Blazing Paddles* in my capacity as BGCC marathon convenor. Thus I want to take this opportunity to say what fun it's been to meet so many of you, how much I and the club have appreciated your involvement in and contribution to our success in the 2019 PNSW marathon series and NSW State Championships that BGCC hosted earlier this year, and what a great experience it's been for me to be able to interact with so many positive people.

I thank the BGCC committee for their support in advancing our distance paddling endeavours and Gary Rake, chair of the PaddleNSW marathon committee, who seems to be perpetually available to respond to technical questions and to provide sound advice.

I ask you to provide the same support and assistance to my successor and look forward to seeing you at the shed.

Russl (Russell Lutton)

Ed: Huge thanks from all of us Russell, you've done a mighty job and are leaving the ship in very good shape!



Retiring RussL with Margi and Caro at Windsor... Photo PNSW/Flickr.



And showing nice form at Davistown. Photo PNSW/Flickr.

The Portagee's Lament: Scott MacWilliam

To portage, or not to portage

That was the question

Whether it is wiser to recall recent experience

Or suffer the opprobrium of others

And so had the recent Portage Round to be weighed up. Coming just a few weeks since I had face-planted in the sand and goose-poo leaving the end of the pontoon at Molongolo Reach, confidence was low that I could portage any distance. Friends, such as they are, kept from me that I could invoke a substitute clause and get someone to share the load with Dave Abela rather than do the exercise myself. And so the question remained.

And remained, the closer the Round came. We trained to portage. I had sleepless nights in which I fell over in front of the officials and massed spectators on the beach at Windsor. In falling, the boat rudder was bent so even if we got through the portage, steering was impossible, and we had to DNF.

However, unlike Hamlet I wasn't contemplating suicide, just the fear of letting the team down. So, we travelled to Windsor prepared to portage. The knowledge that others, slightly more athletic but still elderly, were going to have a go bolstered my confidence a bit. The sight of paddlers from other clubs also practising to portage double kayaks was further encouragement.

We missed the rapid-fire start instructions so for the first 5 kilometres before the portage attention was focused on making up ground missed. Judging pace was hard for we didn't know who was going to



Scott and Dave - portage maestros. Photo PNSW/Flickr

portage or not: when some of these were from competitor clubs which shall go nameless working out how we were going was extra difficult.

And so we arrived at the beach. Exit was as expected: slow, but without falling in. The waddle, boat in hand, went fine and encouragement forthcoming from the lady taking photos. She commented on how unusual it was to see smiles! Re-entry went fine, again slow but we didn't lose too much ground though we were passed by quite a few people who didn't portage.

The lesson learned? As some relatively insignificant national figure mutters, if you have a go, things don't have to be as feared. Bring on the marathon round next year and hope the knees don't deteriorate further too rapidly.



A relaxed Dave and the rear end of double trouble... Photo PNSW/Flickr.

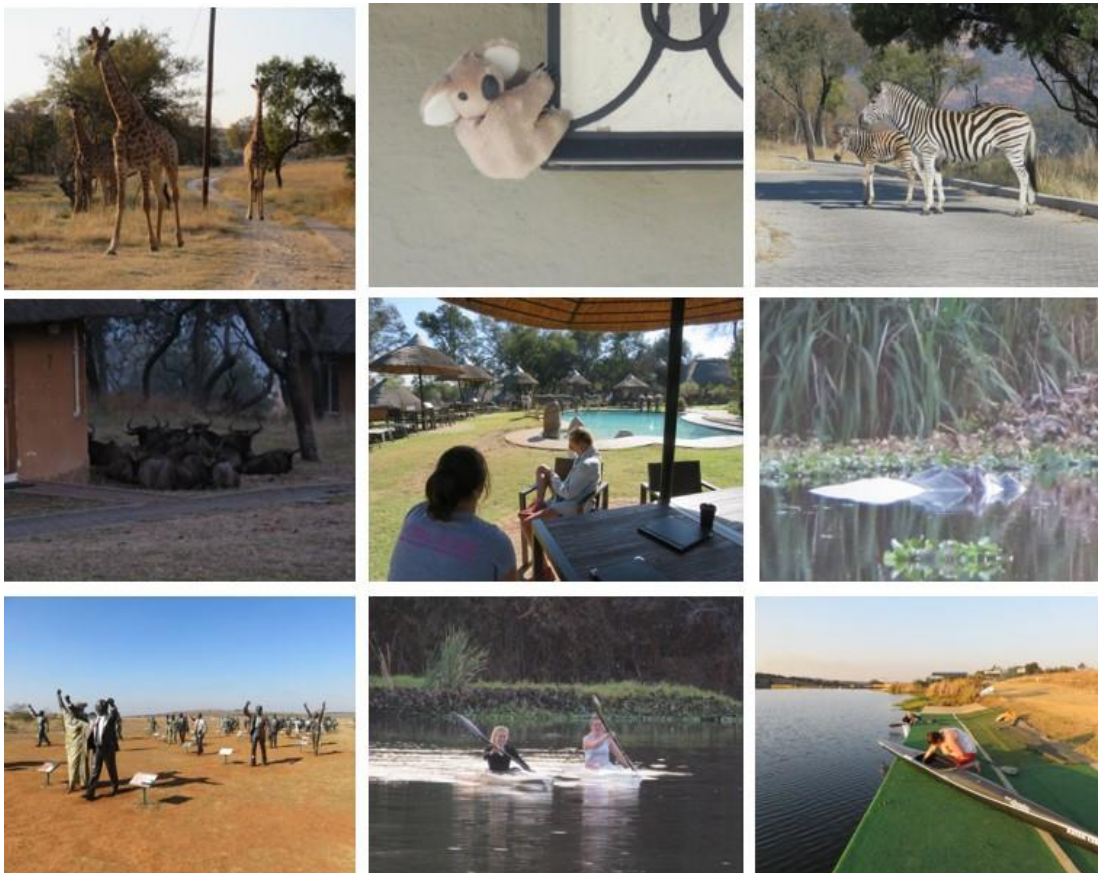
Emerging National Team Tour to South Africa: Margi Bohm

In late May, I took a small team consisting of Erin Blanch (Qld) and Emily O'Rourke (BGCC) to South Africa to train with some of their top marathon paddlers and to participate in the South African Marathon Championships. The tour started with a few issues that almost left us in the dark in rural Africa with no accommodation! Bad weather in Sydney meant Erin missed the Johannesburg flight. Despite my most earnest requests to put her onto the Perth route, they sent her via Hong Kong and managed to lose her luggage which meant that we were left with very little time to drive from Johannesburg to Imfolozi Game Reserve where we were to spend 3 nights recovering from the jet lag. Lucky for us, the rental car was a Toyota with some oomph and there was almost no traffic on the road so we made it into camp with 15 minutes to spare before the gates were locked for the night.



But then things looked up. The game reserve provided the team with ideal environs to relax after the stress of getting there and to get their heads around the job of learning as much as they can from the South Africans and doing well in the racing. We packed a great deal of safari, walks with the game ranger, and pushups with the locals into 2.5 days and left refreshed for a 1-week training and testing camp in Pietermaritzburg, paddling with some of South Africa's best marathon paddlers. We were hosted by Natal Canoe Club and Craig Mustard. Sessions included trying to keep up with Brandon van der Walk and his group of Maritzburg College students and paddling with Craig's marathon and sprint paddlers. Both Emily and Erin paddled at the 2017 World Championships so knew many of the paddlers and it was a very productive 7 days on and off the water. It was good too also catch up with Craig and compare our programs and testing protocols. Like us, he is having good success with a program like TrainSmart.

The next stop was Cradle Moon Resort near Johannesburg to acclimatise for the South African National Marathon Championships which were being held on the resort's dam. We went up 5 days before racing to try and get used to the altitude (almost a mile high) and the very dry atmosphere (RH<10 %). The resort was amazing and very good to us, helped by our team koala that kept us safe from the local fauna! Also special thanks to Dubalamanzi Canoe Club who were hosting the Championships and who lent us boats and looked after us for the week. We paddled Spectra Veloxes which was a bit different. Emily and I had no trouble once we trimmed the boats' noses down – we found them stable and quite fast but they do take a bit of extra effort when falling off the wash.



Highlights of our preparation week included (see photos above) running with giraffe, zebra, springbuck and impala, falling over a herd of wildebeest first thing in the morning when they decided to sleep next to the air conditioning unit of our bungalow for a bit of warmth, sharing the pool and Wi-Fi with the zebra, paddling with a hippo (not recommended and happened by accident – the hippos were not meant to be that close to the dam wall!!!), visiting the Cradle of Man and learning about our evolutionary heritage, and of course paddling on what must be one of the most scenic racing courses in the world.

The championships were run over a three-day long weekend and covered short course as well as the usual longer marathon distances. It was chilly in the morning and Erin drew the short stick with an 8 am start and frost on the ground. Both Emily and I raced later when it was still flat calm but a great deal warmer. We set up camp in the restaurant overlooking the portage and finish and in between racing, caught up with many paddlers who have become friends over the years. There were several paddlers from my old club at the regatta racing in the sub-grandmaster and grandmaster categories. I last saw them when we were all still at uni – and now we are retired! Lots to talk about. We did really well in the singles long distance racing with Erin coming 3rd in U23, Emily coming 4th in U18 and I finished first in the women sub-grandmaster K1. I try not to take a medal from a South African when I race at this event but the organisers insisted on giving me and the first South African lady both a gold medal which was really nice of them.



The South African Championships are heavily subsidised by sponsors to keep the entry cost to a minimum and as a result we also get a huge bag of goodies each (centre photo above). We had to make a quick egress from Cradle Moon straight after the end of Erin and Emily's Open Women K2 to

make the flight home. It was with heavy hearts that we left behind the hippo and the giraffe and good friends. Are we coming back to race next year? We have been invited to attend and Hmmmmm seems like a good idea!

Margi

South Coast Convener's Report: Allan Newhouse



Allan Newhouse approaching the finish at Davistown. Photo PNSW/Flickr.

The last two NSW Marathon Series races have seen South Coast paddler numbers sadly depleted. At Davistown and at Windsor, I was the only South Coast paddler. Medical issues have kept the other two regulars off the water.

Davistown offers its own special challenges. The timing of the passing of the ferry can make things very interesting. The inconsiderate powerboat operators can be an even bigger problem. During the last

two races the wind has been strong enough to be an issue for some paddlers. This year I avoided the worst of the ferry wash and managed to keep clear of the hoons in tinnies. My solution to the problem of the wind was a last-minute change to the lowest seat I have for my C1. That made the last part of the second lap more comfortable than I remember last year with my regular seat. So, I was satisfied with my 4th place in a time several minutes faster than 2018.

Windsor presented me with the choice of helping BGCC with extra points for portaging or trying to maximise my chances of maintaining my lead in Div 12. My portage in 2018 was probably best described as leisurely and unless I could do better this year, I was concerned that it might cost me a few places and a few individual points.

The way things turned out, my decision to portage didn't cost me anything. I was much quicker than in 2018 and probably only lost half a dozen boat lengths to the ski paddler in front of me who didn't portage. The paddlers behind were so far back that I wouldn't have lost any places if I had settled for a geriatric shuffle up the beach with my C1. The Webscorer results for Windsor offered lap times. I was surprised to see that despite the portage at the start of the second lap, I was only 37 seconds slower on the second lap. I'm convinced that most of that was because the tidal handicap was greater on the second downstream leg. I also noted that on the second lap I was only a second slower than the non-portaging paddler who finished eleven and a half seconds in front of me.



Allan portaging at Windsor. Photo PNSW/Flickr.

My second place in quite a respectable time left me with a one-point lead over the second placed paddler in Div 12. Tacoma will be interesting.

BGCC Committee Meeting 12 August: Agenda

Date: 6 p.m. Monday, 12 th August, 2019 Where: TBA (BGCC clubhouse?)

Attendance:

Apologies:

1) Minutes of the last meeting:

Proposal: That the Minutes of the July 2019 meeting be agreed to

Proposed by: Seconded by:

Outcome:

2) President's report:

3) Treasurer's report:

4) Correspondence:

In:

- ACT Government (undated) re changes to legislation from 1 July 2019 for Incorporated Associations.
- ACTEWAGL (4 July 2019) – Electricity invoice (\$228.40) for June 2019 due 25 July 2019.
- ACT Revenue Office (15 July 2019) Annual rates notice (\$6631.58)
- Crucial Paradigm Pty Ltd (18 July 2019) – Webhosting 1/8/2019 to 31 July 2020 (\$240)
- ACT Government letter – dispute resolution procedure and duties of club officers. Need to review existing provisions and draft provision.
- Land rates charges – follow up with ACT Govt to continue to have exemption from the Fixed Charge of the Annual Rates assessment
- GIO Insurance invoice

Out:

- Act Government (30 July 2019) re exempt from the Fixed Charge of the Annual Rates assessment
- Eurobodalla Council (2 August 2019) re copy of BGCC public liability insurance certificate
- Omni Executive (4 July 2019) re thanks for donation
- Email correspondence with ACT Govt. New Land Rates and prior years' overpayments

5) Out of session decisions

- Payment of Shane Lund's PNSW membership (\$80)
- Keys for Matilda Stevenson, Kolya Cook and Paul Lewandowski

6) AGM update: to be held on 10:00 a.m., Sunday 15 th September, 2019

7) Shed update: Shed clean up.

8) Event debrief: NSW marathon series

9) Convener reports:

- Marathon, Canoe Polo, Whitewater, SUP, Nelligen Paddlers, Membership, Boat Captain

10) Other business: Misuse of padlocks – what can be done to fix the dropped doors to prevent the need to buy new padlocks, at \$95 each.

11) Next meeting: Monday 2 nd September, 2019?

2019 -2020 BGCC Membership Fees: Helen Tongway

- Renewals (for everyone) were due on 1st July.
- If you haven't already renewed, nor heard from me to say you are still current, then **your fees are due**.....

The BGCC membership fees have been held at last year's level, while the PNSW fees were changed a little, The Adult fees have decreased by \$10, while the Junior fees have stayed at \$30. The Junior fees are for children between 10 and U18 years as at 1st July, 2019. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. **All PNSW & BGCC Memberships are paid via PNSW and Paddle Australia.**

You will have received an email from PNSW/PA with a link to pay your membership fees – Use it!

Label	Category	PNSW fees	BGCC fees	Total
1.1	Adult – New Member	\$80	\$130	\$210
2.1	Adult – Renewing Member	\$80	\$80	\$160
1.2	Junior – New Member	\$30	\$90	\$120
2.2	Junior – Renewing Member	\$30	\$40	\$70
1.3	Family – New Members	\$150	\$300	\$450
2.3	Family – Renewing	\$150	\$200	\$350
	Children under 10 years at 1 st July, 2019	Free	\$40	\$40
3	Non-paddler, volunteers, officials, carers	Free	Free	Free!
4.1	Adult Single-event Membership	\$20		\$20
4.2	Junior Single-Event Membership	\$10		\$10

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

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

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

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

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

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=34792>

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

Applications for permission to keep your private boat in the club shed and (after 3 months' BGCC membership) hire a shed key, are on-line at <http://www.bgcc.org.au/index.php/administration>

And now that most of you know how to use the present system – Paddle Australia/PNSW are changing it again! So, get your memberships in before Friday 23rd August. After that date you will not be able to join or renew your membership until 5th September, with the new system.

Membership entry will be via GoMembership (GoM), with credit/debit card payments via Stripe.

We have been assured the new system will be nice and easy to use – so here's hoping!!

See club website Membership for how-to-pay links

Helen.

Canoe Polo – Come and Try Day

Come & try Canoe Polo in a heated pool!

COME & TRY CANOE POLO

All welcome!

When: Sunday 1st September

Time: 1:45 - 3:30pm

Where: Lakeside Leisure Centre, Tuggeranong

Bring: swimmers - including rashie and shorts

Cost: Pool entry plus \$5

RSVP and queries: Louise Gates 0406195089

