



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 29, Issue 9, July 2019

Your Committee:

President: Russell Murphy

Vice President: Patricia Ashton

Secretary: Kai Swoboda

Treasurer: Trent Burkitt

Safety Officer: Vacant

Membership Secretary: Helen Tongway

Public Officer: Bob Collins

Editor: Michael Thomas

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In this issue:

- BGCC Birthday and Presentation Dinner report
- New upcoming events added
- Flatwater Leadership Training Course—Registration now open
- Sprint news and Marathon Convenor's report



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



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Coming Events:

Dates	Event	Location
Sat, 6 July	Winter Ski series, round 3	Burrill Lake
Sun, 14 July	PNSW Marathon series round 8	Davistown
Sat, 3 Aug	PNSW Marathon series round 9	Windsor (portage round)
	Winter Ski series, round 4	Moruya
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

Two exciting pieces of news this month.

Firstly, thanks to Russell Lutton's efforts in people wrangling, we managed to extend our lead in the Marathon series. This is despite Manly having many more paddlers than us. Of the final three races, two are on the central coast, and one is at Windsor, making it all the more difficult to retain our lead. I encourage everyone to pitch in and do what we can to get us across the line in the final three races.

Secondly, on Friday night we had our annual awards and birthday dinner. This is always a fun night, where you actually get to chat to the people you see in passing at the shed week after week. It's also good fun to see the partners of paddlers and meet the people behind the people. You'll find a longer article about all the winners, but it is worth highlighting a couple of them here. Firstly, Helen Tongway received the hole in the paddle award. While Helen is not the fastest paddler out there, she makes up for it with sheer determination. This year Helen has paddled more than 1,000 kilometres in competition. Patricia Ashton was this year's Rainer Swoboda club member of the year. She was also inducted as the club's fourth life member. Both of these are well deserved. As both a previous club president and vice president for several years, Pat has been the driving force behind the club, making it all happen. Previous president Bob Collins and I are particularly grateful to Pat for keeping us on track.

Lastly, I would like to thank Michael Thomas, who has been our Blazing Paddles editor for the last couple of years, but is now handing over the reins. Despite moving to Sydney, Michael stayed on as editor and has done a wonderful job in corralling, cajoling and otherwise herding cats in getting Blazing Paddles out each month.

See you on the water,

Russell

Club Presentation Dinner: Patricia Ashton



This year's dinner was held Friday 28th June at the Woden Southern Cross Club (we did manage to get one person to the Hellenic Club by mistake!).

Over the last few years we've followed the same format – because it's easy, and nobody volunteered to take over or come up with other ideas. Last year was very disappointing numbers wise & the committee thought a change might bring a bit more interest. As again, no one else jumped in, I checked out other ideas and venues, made a few suggestions that were not received with any real enthusiasm. So, for ease, it was back to the regular format – though we had to have a change of venue.

Ideas like finger food at the Old Canberra Inn required at least 60 people (for the room available on the Friday or Saturday nights) to make it at all viable and the drinks prices are nearly double that of a club. Canapés at several other venues sounded OK as options but all were more expensive with less 'food'.

So, 2 days before we had to confirm numbers we only had 22 attendees. Hmmm, if we cancelled we would be up for the full cost of 40, did we invite friends and just have dinner? Luckily, there was a last minute rush and we managed to gather 36 – out of 288 club members I know members may read this and think – there she goes again, always complaining BUT, it's hard for the committee and convenors to keep a level of enthusiasm for the club and its direction faced with these figures.

What we did decide was to go fairly informal and just have the main presentations, no fluff.

It was a very pleasant evening. All who attended were in good spirits, chatty and friendly, the food was quite good and some of the awardees were there to collect their trophies.

Jo Nelson awarded Lana a trophy from the Batemans Bay race: first female home over 6km, in SUP and overall, well done Lana.



President Russell did most of the presentations, with awards as follows:

Coach of the Year – Margi Bohm (Other nominations - Gary Rake)



Junior of the Year - Matthew Gates, Selected to national u18 canoe polo team for the 2019 Oceania Championships (Other nominations - Emily O'Rourke)

Most Improved Male Paddler – Robert Agistino, came in at the end of summer wanting to do K1 sprints with no paddling experience, then found C1s, vast improvements in technique, speed and distance also, taking part in sprints and marathon racing. (Also nominated – Jeremy Cook)

Most Improved Female Paddler - Emily O'Rourke is a new club member, having come from Victoria to train with Margi and to undertake tertiary studies here. While starting from a high level, she has gone from strength to strength here in Canberra, paddling in PNSW races, states & nationals, where she placed second in the U18 classification, making her the second fastest U18 in the country and now on the Australian team. (Patricia was also nominated)

Grand Masters Grand Master – for members over 70. Robert Bruce for his PNSW performances and Hawkesbury Classic results. Since training with Margi, Robert has been achieving PBs with almost every time trial and race. (Other nominees: Bob Collins and Allan Newhouse)



Female Paddler of the Year - Margi Bohm – from Nationals—first in her age category—to States—winner again, in singles and doubles, to PNSW races. A canny, experienced and committed racer. She is now in South Africa to compete in that country's national championships. Standout performances and deserves recognition. (Helen Tongway was also nominated)

Male Paddler of the Year – Steve Harmer for his lone paddle from the mainland to Tassie and his performances at Canoe Polo comps and the Hawkesbury. (Other nominations were Michael Hanemaayer and Jeremy Cook)

John Harmer presented the **Hole in the Paddle Trophy**. This year it went to Helen Tongway for her brilliant efforts with the 1,000 km challenge. To get there Helen paddled both double and single bladed in double and single boats. She had 4 doubles partners over the year and took part in each Marathon Series race, the Myall, the Hawkesbury, the Murray 404km, the Riverland Murray 200km, several races on the Murray – the Frank Harrison – both days single and double, the Great Toro race, as well as putting in a few extra kms at the 24 Hour. A massive effort that really shouldn't be handicapped with a paddle with a hole!! But it might let the rest of us catch her.....



As a bit of a warm up, each table was given a number of pipe cleaners and required to build a paddle craft. The efforts were all to be commended, with Danielle's kayak complete with footplate, seat and spare paddle was announced the winner.



The Swoboda Trophy for Club Member of the Year – this year we had both Kai and his mother Ursula to present this trophy, which is awarded to club members who go above and beyond. Patricia Ashton won the award.

I actually won it the first year it was presented in 2008 and was really honoured to receive it then and again now. While I often bemoan the state of the club, I really do enjoy being part of it and seeing it grow (and wane and grow again). I love coaching our new members, have great pleasure in seeing people getting faster (even if it means they then beat me!), seeing how our club can embrace various disciplines and how we can now start to purchase new boats for our membership – all makes it worthwhile.



This season has also been quite inspiring. I nominated Russell Lutton for this Award for his amazing efforts in organising the State Champs and how passionate he

is about the Marathon Series and how its now getting to the pointy end of the competition and BGCC is still on top! His efforts have given the Marathon Series a new level of excitement to members and I was quite sad that I had to miss a few due to travel and illness. Seeing the numbers at Batemans Bay was just so awesome.

The other person who motivates me and many others is Margi. The woman is amazing, her enthusiasm, dedication, knowledge and commitment is awe-inspiring.

If you have any time, get a little more involved, whether its joining the committee (our AGM is coming up and we've all had our 2 years except Trent, so will need to move on. New faces, new ideas are always required!), joining one of the training groups, taking part in time trials, volunteering for shed clean-ups ... just come along!! Who knows where you'll land up – I'm off to Worlds in China! Who'd have thought!

Life Membership – if receiving the Club Member of the Year came as a surprise, being presented with Life Membership was definitely not anticipated. Thought I'd have to put in a few more years yet. However, gratefully accepted and much flattered. Thanks to David Gordon for the beautiful trophy he created.

Patricia



Blazing Paddles – Farewell and thanks to Michael

Michael Thomas has been editing Blazing Paddles for the last 2 years – he volunteered the first year while he and his partner Trudy were paddling regularly, first in club boats then purchasing their own. Both started out in our Beginners sessions before venturing off by themselves, however, keen to be involved, often helping out in shed clean-ups as well. Last year Trudy's work took her off to Sydney and while Michael spent much of his time there as well, he again volunteered to keep the Editor position. With this new membership year however, Michael is now leaving Canberra so will not be continuing his membership with the club.

We thank him immensely for stepping in and doing a great job with Blazing Paddles and wish he and Trudy all the best.

HOWEVER, that now leaves us without an editor after this July issue. While I can say it's not a big job, it obviously does require some effort. These days though it is an editing only job, you don't have to write the stories yourself (as had been the case for many years previously). Thankfully, there is regular input – though it does require some nudging and reminding.

Why do we persist in a monthly issue? We have, at several times, thought of changing how Blazing Paddles is issued. However, it really is the best way of having a history of the club, great for when we're putting together our Annual Report for Paddle NSW, also for reminding us what club members have been achieving for presentations, as well as letting members know what others are up to.

If you are handy with formatting and have a couple of free hours each month we'd love to hear from you. You don't have to attend club meetings, you can do it from the comfort of your own home. All stories and photos will be sent to you. You will need to send out reminders to coaches and convenors about 2 weeks before and each issue should go out at the start of each month. The finished product then gets forwarded to Helen who will send the link to club members and put on up on the website.

Please let Helen or myself know if you are able to take it on.

Patricia

Sprint News: from PNSW

Hi Team NSW

We've had a bit to work through this year to bring you dates & locations for the 2019 Sprint Series but we've finally got it sorted:

August 18 @ [Avoca Kayak Club](#)
September 15 @ [Sydney International Regatta Centre](#)
October 20 @ [Sydney International Regatta Centre](#)
November 10 @ [Manly Warringah Kayak Club](#)

Make sure to lock dates in your diaries.

In other exciting news, our Committee members from SNBKC, are taking on the responsibility of organising the Sprint Series so there will be some upcoming in who to contact going forwards for these events!! We'll have details out to you soon.

See you on the water,
Laura

BGCC Marathon convenor's report

First, thanks to Jeremy Cook who, in my absence last month, filed the June marathon convenor report for *Blazing Paddles*. It has been another busy month for the distance paddling group of our club. Reports on last month's events are below.

Riverland Paddling Marathon 2019

Three BGCC paddlers—Gary Rake, Luke Willsmore and John Preston—paddled and completed the Murray 100 from 8 to 10 June. Competitors in this event paddle 93km over three days from Berri to Morgan.



Hosted by the Marathon Canoe Club of South Australia since 1988, the Riverland Paddling Marathon has firmly established itself on the Australian marathon calendar. Our intrepid long distance reporter John Preston has promised a full report on the event for the next edition of *Blazing Paddles*. Results are at <http://riverlandpaddlingmarathon.com/wp-content/uploads/2019/06/2019-RPM-Results.pdf> and congratulations to Gary, Luke and John.



PaddleNSW marathon series, race 7, Jamisontown



Most of the BGCC Jamisontown paddlers



Danielle Winslow & Bob Collins

entries out of the 153 racers who competed.

This was a very important race for our club, which was hosted by Penrith Valley Canoeing on Sunday, 23 June on the surprisingly boisterous Nepean River. Manly Warringah Kayak Club and Lane Cove River Kayakers, our main competitors in the series, also recognised the importance of throwing everything at this event with the goal of snatching the lead back from BGCC. Manly alone fielded 39



Andy Bosworth – imagine how fast he'd go if he shaved!

Manly's 737 points and Lane Cove's 623 points, thus increasing our overall lead by a slender, but psychologically significant, 82 points. Final top three club point scorers in the 23 club competition post Jamisontown are: BGCC 6517 points, MWKC 5898 points, LCRK 5479 points.

We went into the race in the lead in club points score on 5698 points to Manly's 5161 points. But despite Manly's numbers (we fielded 24 competitors), thanks to the great results achieved by our paddlers across a wider range of divisions than Manly was able to fill, amazingly we finished ahead again, gaining 819 points on the day to



Larissa Cleverly

BGCC paddlers' race results, Race 7, Jamistown

	BGCC paddlers	Time	Club points
Div 2 (20km)			
1 st	Simon Stenhouse	1:37:54	50
4 th	Andrew Parkinson/Russell Lutton	1:41:09	47
Div 4 (20km)			
4 th	Andy Bosworth	1:51:10	47
6 th	Richard Bontjer	1:51:30	45
7 th	Richard Fox	1:52:53	
Div 5 (20km)			
4 th	Danielle Winslow/Bob Collins	1:58:07	47
7 th	John Preston	2:02:01	44
Div 6 (20km)			
2 nd	Jeremy Cook	2:04:00	49
Div 7 (20km)			
4 th	Helen & David Tongway	2:26:31	47
Div 8 (15km)			
5 th	Marcelo Cabezas	1:22:43	46
7 th	Larissa Cleverly	1:28:13	44
Div 9 (10km)			
2 nd	Gary Rake	50:54	49
11 th	Roger Murray	1:03:53	40
Div 10 (10km)			
1 st	Jesse Robertson	59:59	50
7 th	Dave Abela/Scott MacWilliam	1:03:35	44
Div 12 (10km)			
5 th	Allan Newhouse	1:12:39	46
6 th	Bernhard Zimburg	1:22:02	45
Ranking	Robert Agostino	1:19:30	
Div 13 (5km)			
11 th	Carolyn Williams	43:04	40
12 th	Diane Bell	57:13	39



Allan Newhouse

Look at the table above and the great spread of our paddlers across divisions at Jamisontown (bearing in mind that the optimum for maximum club points is at least two paddlers per division). While we weren't able to field competitors in divisions 1 and 11, the other divisions have as good a spread as you could hope to achieve – ranging from Simon Stenhouse's great win in division 2 (50 points) to Diane Bells' gutsy finish in a club sea kayak in division

13 (40 points). Our club success this year is due to our great membership participation. Congratulations also to all on your individual race results, and thanks for making the effort to participate.

Unfortunately for us, the series moves north for the next race at Davistown on Sunday, 14 July, where it is critical that we limit as much as possible Manly's and Lane Cove's geographical advantage, which they will exploit. So if you can make this race, please enter. Several of our paddlers have committed to this race already, which is a great start. Ideally we need more. If I can assist with information, contact me at rgl4762@icloud.com.



Bernhard Zimburg

Enter at <https://www.webscorer.com/register?raceid=173688>

There are three concurrent competitions in the marathon series: winning the Brian Norman perpetual trophy for the club with that accumulates the most club points for the year (we're leading!); winning the International Canoe Federation Cup for the club that fields the most ICF-class boats in the year (we're currently placed second); and individual paddlers winning their cumulative divisional point score in the

Series Club Points series.

Burley Griffin	6517
Manly Warringah	5898
Lane Cove	5479
Sutherland Shire	4321
Windsor	2379
Penrith	1788
Cronulla Sutherland	1743
Brisbane Waters	1684
Hunter Valley	1465
Central Coast	1444
Newy	1143
Northern Beaches	905
Makai	859
Illawarra	326
Pacific Dragons	194
Coaching Evolution	144
Wagga Bidgee	143
Sydney Uni	127
Wollongong Paddlers	100
Barwon Heads	49
Salty Paddlers	48
Moruya Surf Lifesaving Club	46
Shark Island Paddlers	45
Warilla Barack Point Slsc	43



Jesse Robertson – Division 10 winner

In respect of this last competition, it is worth noting as we get to the pointy end of the series, that four of our paddlers are leading in their individual divisional point scores: Jeremy Cook in division 6; Gary Rake in division 9; Allan Newhouse in Division 12; and Barry Marshall in division 13.

It seems like a long time ago but BGCC won the PNSW marathon series in 2012, 2013, 2014 and 2015. It has taken most of the 23 clubs in the series, particularly the Sydney clubs,

by surprise that we are currently in the lead and an outside chance to win again. So hope to see you at Davistown and certainly at Windsor on 3 August.



Roger Murray

Series races, ICF points

Manly Warringah	104
Burley Griffin	75
Lane Cove	57
Sutherland Shire	32
Hunter Valley	25
Northern Beaches	21
Windsor	17
Cronulla Sutherland	15
Brisbane Waters	14
Makai	4
Coaching Evolution	3
Central Coast	3
Newy	3
Penrith	3
Salty Paddlers	1
Barwon Heads	1
Sydney Uni	1



Simon Stenhouse



Marcelo Cabezas



Dave Abela & Scott MacWilliam



Richard Bontjer



Paddler John tucking into post-Penrith pies and peas!

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 received an email from PNSW/PA with a link to pay your membership fees – Don't lose 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 you finances are such that you need a little more time to pay – then please contact me, to let us know that you are still in town and want to continue with BGCC, key and boats.

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>

You only need to apply for the first time – after that your approval continues – as long as you pay your annual fees on time!

Club members whose applications come in later in the year pay a pro-rata fee, up to the end of each membership year.

See club website Membership for how-to-pay links

Helen.