



*Newsletter of the*

## **BURLEY GRIFFIN CANOE CLUB**

Volume 29, Issue 8, June 2019

### **Your Committee:**

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**Vice President:** Patricia Ashton

**Secretary:** Kai Swoboda

**Treasurer:** Trent Burkitt

**Safety Officer:** Vacant

**Membership Secretary:** Helen Tongway

**Public Officer:** Bob Collins

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In this issue:

- **BGCC membership renewals due by 1 July. See the Membership Fees page for details**
- BGCC Birthday and Presentation Dinner invite
- Reports from Nationals and Burrill Lake
- Bass Strait crossing



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



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## Coming Events:

<b>Dates</b>	<b>Event</b>	<b>Location</b>
Sat, Sun & Mon 8–10 June	Riverland Paddling Marathon	Berri to Morgan, South Australia
Sun, 23 June	PNSW Marathon series Round 7	Penrith
Fri, 28 June	Club Birthday and Presentation Dinner	Yacht Club (date and venue TBC)
Sat, 6 July	Winter Ski series, round 3	Burrill Lake
Sun, 14 July	PNSW Marathon series Round 8	Davistown
Sat, 3 August	PNSW Marathon series Round 9	Windsor (portage round)
	Winter Ski series, round 4	Moruya
Sat, 24 August	PNSW Marathon series Round 10	Teralba (plus presentation dinner)
Sat, 7 September	Winter Ski series, round 5	Tomakin

## President's Report: Russell Murphy

This month I have been reading a book about sports psychology. Nothing (or nothing much) about improving performance, but about the psychology of people who watch and play sports. You can find it here: <https://brainonsports.com/>. What insights can I give you into the sporting mind? None really, except that our brain (and the brains of athletes) work the same way in competition as they do in real life. A deadline, and you will push your body to the end, but no further.

But what does this all have to do with paddling? One psychological effect is that of the rival. If you have a rival (whether or not they think you are a rival), you push yourself harder. Your rival makes you better. Conversely, you make your rival better.

In the marathon series, we have our rival. Over the weekend we pushed ourselves, at the lovely Burrill Lake, to overcome our rival. There are too many individual performances to name everyone here, but there were very few divisions that did not have a BGCC paddler somewhere on the podium, including wins in Division 2, 3 & 12. Jeremy has all the details later in this issue.

Thanks to Russell Lutton, who even from another country can corral and encourage paddlers. We will need to keep doing that over the last four rounds to maintain our lead.

Also coming up is our 29<sup>th</sup> birthday party and awards night. This is a great opportunity to actually have a chat with the paddlers you say hi to on the river (or don't see) and see what people look like not in shorts and lycra, or in John Preston's case, still in shorts and lycra. It promises to be a great night.

See you on the water,

*Russell*



## The Burley Griffin Canoe Club's 29<sup>th</sup> Birthday and Annual Presentation Dinner: Friday 28<sup>th</sup> June

To be held at: **Canberra Southern Cross Club**, 92-96 Corinna Street, Woden

Time: **6:30 for 7 p.m. start**

Cost: **\$40 per person**

RSVP: **via payment on-line by 21<sup>st</sup> June**



<https://www.registernow.com.au/secure/Register.aspx?E=34830>



### Menu

#### Entrée

Roast Beetroot Tart: with goat's cheese, caramelised hazel nuts & balsamic thyme glaze

or

Moroccan Lamb Shank: in crispy filo pastry, with crumbed feta, sriracha mayonnaise, snow pea tendrils

#### Mains

Atlantic Salmon Fillet: macadamia pesto, crushed potatoes, red pepper remoulade, seasonal vegies

or

Slow Roasted Sirloin: with Desiree mash, buttered asparagus, sticky red wine jus (GF)

#### Dessert

Birthday Cakes (including gluten free if needed)

Tea and/or Coffee

A bar will be open all evening, for you to buy your preferred tippie!



**If you have any special dietary needs, please notify us as soon as possible!**

**Any memorabilia or trophies for display, plus any stories to be told - will be welcome**

**If you would like to arrange to sit with a group of particular friends and/or family, enter the details when you make your payment**

For further information, contact Helen: 0418 861 613 or Patricia: 0457 053 520

Or email: [info@bgcc.org.au](mailto:info@bgcc.org.au)



**Discipline Conveners and others** – please send in your recommendations for Club Member of the Year, Coach of the Year, Outstanding Paddlers of the Year (Senior and Junior), Most improved Paddler of the Year, any other Noted people you have seen, doing their bit around the club. But don't limit your nominations to the great and glorious – we love to hear of those "little" mishaps: missed starts, startling boat-exits, clothing malfunctions or other happenings around the traps.

Nominations to our President: [russell.murphy4@gmail.com](mailto:russell.murphy4@gmail.com)

**Free car-parking under the CSCC building**

## NCA Notice about Reporting Incidents on Lake Burley Griffin

From: **LUG** <[LUG@nca.gov.au](mailto:LUG@nca.gov.au)>

Date: Wed, 13 Mar. 2019, 8:24 am

Subject: [LAKE USER GROUP] Collisions and accidents on Lake Burley Griffin [SEC=UNOFFICIAL]

To: BGCC

### Security: Unofficial

Dear Lake Users

The National Capital Authority (NCA) has a statutory responsibility to report all incidents on or near Lake Burley Griffin, to our insurers. Incidents would include for example, boat accidents and collision with lake structures.

Please inform us of any incidents on Lake Burley Griffin by sending an email to Michelle or me at [LUG@nca.gov.au](mailto:LUG@nca.gov.au) with the relevant details (e.g. date, time, location, name of parties, sequence of events leading up to the incident, description of incident, name and contact details of the reporting person.) It would also be appreciated if you could provide us with a copy of any information given to Access Canberra, if applicable.

Any personal information provided in relation to an incident will be handled in accordance with the [NCA Privacy Policy](#), available on our website. For further information please email [privacy@nca.gov.au](mailto:privacy@nca.gov.au).

Should you require any further information or assistance, please do not hesitate to contact me.

**Peter Beutel JP** | Manager, Lake & Dam

National Capital Authority

(02) 6271 2853

**National Capital Authority** | Treasury Building, King Edward Terrace, PARKES ACT 2600

GPO Box 373, CANBERRA ACT 2601 | [www.nca.gov.au](http://www.nca.gov.au)

Water Quality: [www.theswimguide.org](http://www.theswimguide.org) or the free Swim Guide app |

Twitter: [@NCA\\_Media](https://twitter.com/NCA_Media) | [#LoveLBG](https://twitter.com/LoveLBG)

## 2019 Australian & Oceania Canoe Marathon Championships

**Congratulations to BGCC paddlers Patricia Ashton, Margi Bohm, Michael Henemaayer, Allan Newhouse and Emily O'Rourke on their great results at Nationals in Perth last month.**

Four of our BGCC members, Patricia, Margi, Allan and Emily, have been selected in the 2019 Canoe Marathon Australian Team to compete in China—Emily in Junior Women K1 and in K2 with Maddie Lamb; Margi and Patricia in both K1 each and K2 together (W55-59); Allan in M70-74 C1 and M65-69 C2 with Tony Bond. Full results of Nationals are available at <https://www.webscorer.com/race?raceid=180808>

Below we share accounts from some of the racers. Enjoy!

Russl

### From Margi Bohm

Patricia Ashton, Emily O'Rourke, Michael Hannemeyer, Allan Newhouse and myself made the long trip west to Perth to participate in the 2019 National Marathon Championships. Pat, Emily and I flew out on Wednesday. Michael followed the next day. Allan took the leisurely and far more scenic route. The organisation was spot on except for paying the weather bill! Why do organisers keep forgetting to pay the weather bill? We woke up bright and early and in the dark (no winter time change in Perth) for racing on Saturday morning to very chilly temperatures. According to the Bureau of Meteorology, it was warmer in Canberra. Ditto on Sunday. Sheez. All that way and we could have paddled at home in freezing temperatures!!!!

The singles racing for masters was intense, with over 200 boats on the course. Those of you who have been to Ascot know that the river is not that much wider than the Molonglo, so the course was bumpy with all the wash. Margi and Pat dominated the selection class in their age group, coming first and second.

Allan, as well as winning the most beautiful boat award, came second. An

interesting twist to masters racing in marathon is that Masters age groups are now an accepted part of the World Marathon Championships, so the masters team has to go through formal selection, including drug testing. Four masters paddlers were drug tested by ASADA after the singles event. This means that any masters paddler thinking of going to the World Championships now needs to meet ASADA standards.



Patricia, Margi, Michael and Emily

Michael and Emily started at a more civilised hour with warmer temperatures and no tidal flow – lucky sausages! Emily had an interesting race after some argy bargy on the first turn and had to fight her way back from 4<sup>th</sup> to eventually finishing 2<sup>nd</sup>. She did this mostly by herself as wash-riding out of start is not legal. It was really good to see Emily put her head down and power back – all those lone time-trials that she loves paid back dividends on the day. Michael has also been training hard with some pretty tough goals for 2019. He had a magnificent race, getting onto the 2<sup>nd</sup> pack of the Open Men K1 and looking comfortable through six of the eight laps (30 km). He was paddling to his goals at this point when the pack of far more experienced paddlers decided to wash him off on a slower paddler in a different class at the portage. They had done this on the earlier lap too but Michael had pulled them back. The second wash off was far more severe and Michael couldn't make it back to the pack but still managed to be the first NSW/ACT paddler home at a credible 7<sup>th</sup>, making up time on the front paddlers from last year.

In the doubles racing, Pat and I had no opposition in our age group so we raced a bunch on non-selection doubles in our start who did not portage. It was four laps of portage, get behind the pack, catch up, a little wash ride into the portage, get behind the pack etc. Emily and her doubles partner Maddie had a hard race for 2<sup>nd</sup> doing much of it by themselves.

A great deal was learnt but all in all, BGCC did exceptionally well. Four of our club members have been selected to represent Australia at the World Marathon Championships in China in October, with all making selection in the K1 and K2. Emily was selected in U18 WK1/K2, Margi and Pat were selected in the little ole feisty lady 55-59 WK1/K2, and Allan was selected in M70-74 C1 and M65-69 C2.

WELL DONE everybody who went to Perth. Next year the National Champs are in April in Geelong. It is time for us to think about putting up a big team of paddlers for both the state and national team.

*Margi*

### From Patricia Ashton



Well, we're on our way. Early last year, Margi asked if I would like to paddle in the World Championships in China with her in the doubles. Wow, that sounded cool, yes, why not? Well, not being a particularly good K1 paddler being a K2 paddler with someone so experienced (and somewhat competitive) takes a lot of training.

Over the last 14 months or so, training has consisted (in a single mainly), of 4-5 sessions on the water, with programs varying from interval training to longer sessions & most of it challenging, plus running – I can now run 5km, who



knew? Though usually it's a 3km run 3 times a week, or sprints with and without weights on the oval, portage practice with and without the boat, gym as well as stretches & core exercises at home. Have managed to lose about 5 kilo.

Margi and I paddled a couple of races and time trials with varying degrees of success – the Batemans Bay race was exceptionally challenging, but we stayed upright! There are 2 differing ideas of success in the boat – for Margi, its giving it your all to win, mine, unfortunately is, did we stay upright! Still we did OK, and we did well at States at Lane Cove. So we made the NSW team for Nationals.



Seeing as we were going to Perth for doubles, I decided I would put my training to work and paddle in the K1 womens Vet 55 -64 selection race as well. Now, many of you will know the issues I have with my K1 – it hates wash, waves, wind.....we go really well on flatwater though. I've been improving over the last few months, so not really confident but hopeful. Unfortunately, although the Ascot course is lovely & the weather was perfect, there were over 200 boats on the water for our morning race – 12 starts with 3.7km laps. The river being quite narrow meant there was wash & waves everywhere. So lots of bracing, stopping, repositioning, swearing....not much paddling! At least the start went well as did the turns, thanks to some extra training tips from Margi last week and the portages – the exit and the run, went better than expected, re-entries weren't good. I'm almost embarrassed to say I collected the Silver medal for this performance – 8 mins behind Margi.....I know 2 other women who could have easily been ahead of me.....still its about who's there on the day I guess. There were 5 boats in our Selection race.

Our K2 race went as hoped. We borrowed a K2 from one of the lovely Ascot members, it was an oldie but a goodie. Not quite as aggressive as Margi's K2 but still not super stable. Our test run on calm waters was very positive, our warm up on Sunday, with 60+ other boats was somewhat nerve wracking



– still our start was really good and found ourselves at the front of most of our start – there were only 2 K2 womens Vet 55-64 teams, but about 10 boats in our start. Our portages again went well, though the re-entries were a bit slow and required some repositioning of butts before getting balanced. We raced several boats not portaging, losing them, catching them up, overtaking them by the next portage, to lose them again. But we got them in the end. We finished

8.44mins ahead of the other ladies K2 to take the Gold.

The weekend was brilliant – watching the Open and Under 23's & 18's was quite exciting – some close racing and some great tussles through the portage. Ascot ran a very professional race, the organisation, facilities, food was all excellent, they even managed the weather. Scott Mac had some serious club house envy after visiting last year and I can see why! Makes us look like the country cousin! Still for the 600 members, they still only had 5 or 6 members cleaning up on the Monday morning.....

Photo: Margi Gold, Patricia Silver, Lorraine Harper-Horak, Bronze

*Patricia*



Margi Gold, Patricia Silver, Lorraine Harper-Horak, Bronze

### From Allan Newhouse

Sometimes you just have to be prepared to be a bit flexible. My original plan was to leave for Perth on Sunday 5<sup>th</sup> May, to arrive in Perth on Friday 17<sup>th</sup>, to paddle my Diamond C1 on Saturday, and to paddle TK2 with Ian Castell-Brown on Sunday. Three of those four things didn't quite go to plan.

With the cancellation of the Mylestom race, Sue and I had an extra week to travel to Perth and we were keen to make full use of the available time. Our previous trips to WA had taken us to Eucla in the 1960s and to Broome in the late 1980s, so there was a lot of WA that we hadn't seen.

I had been assured that the South West corner has a lot to offer, so we gave ourselves a day to pack the camper after the Batemans Bay Paddle Challenge and set forth on Monday 29<sup>th</sup> April. Our plan was to travel fairly quickly through places in NSW, Victoria and SA that we had seen before to maximise our time in WA.



Proof that we were following the plan to get to WA fairly quickly is evident in the fact that the first photo we took on the trip was the impressive silo art at Kimba. This was the first of several examples we saw of such artwork.

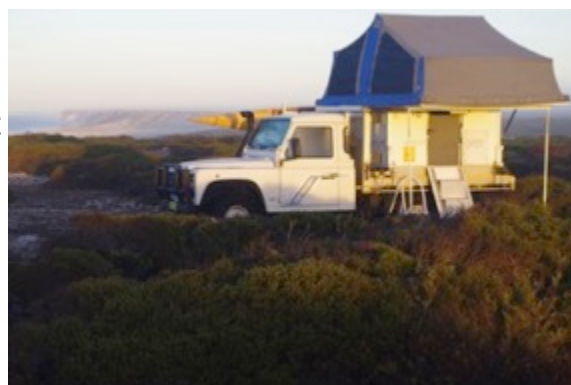
On the trip home we took another photo that shows how far we had travelled before starting our photographic record of the trip.

Somewhere near Kimba I received an email from Ian Castell-Brown that necessitated a second change of plan. Ian had already entered to paddle both days at Perth and would have been the oldest competitor, but



Unfortunately his heart and his doctor had other ideas. While I'm sure I was not as disappointed as Ian was, I was a bit let down to think that I might be driving all that way for just one race. However an appeal on Facebook and a couple of text messages led to a solution before the day was out. Tony Bond still owns the first Wenonah C2 to find its way to Australia back in the 80s and was looking for someone to join him.

Conversations with Tony to organise things led to a third change of plan. He mentioned that Ascot, the host club runs an event at 6PM on Wednesdays and suggested it would be a good time to get the C2 set up. So Sue and I arrived in Perth on Wednesday, two days ahead of schedule.



In the preceding weeks we had made good use of our time visiting interesting places and camping in some delightful spots.



One night we camped on the cliff tops overlooking the Great Australian Bight near Eucla.

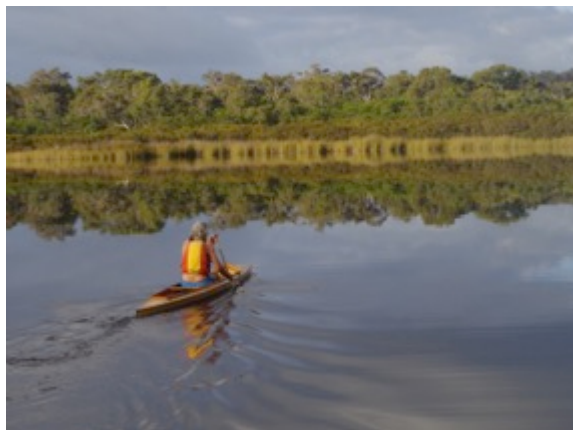
Near Norseman we enjoyed a remote bush camp beside a salt lake.

I had expected to fit in a few paddles on the way over, but it didn't quite work out. Stokes Inlet looked like a suitable spot, and it would have been except for the wind. Those were not the sort of conditions

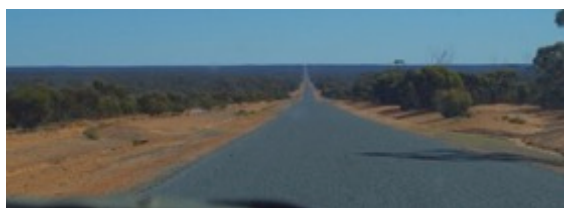
to head out alone in a C1.

In a few other places that looked good on the map, the water wasn't easily accessible, so I had to hope that long walks constituted good preparation for my canoe races.

However, I did manage an early morning paddle on Lake Yeagarup. It was one of those magic times when the air was so still and the water was so smooth that my wake was the only disturbance on the surface.



One thing we noticed was WA's fondness for straight roads. Apart from the 90 miles straight across the Nullarbor, there were other occasions when the road was straight all the way to the horizon.



Some of the road signs warn of things that we normally don't have to worry about back home.

When I called in to the Ascot Canoe Club on Wednesday, it was good to see a few familiar faces.

Some were NSW paddlers I had met at Marathon Series events and a few were interstate paddlers I had met at previous Nats and at Australian Masters Games events. Tony and I unloaded his C2 and the footrest was adjusted to suit me. When Ascot's 6PM event started, the sun had already set and by the time we finished some 20 minutes later, it was quite dark.



A few years ago, I had a very short paddle in Wenonah C2 with Helen Tongway, but this was the first time I had paddled with Tony Bond. Over the years I had found some of the larger starts in the NSW Series created interesting conditions as the K1s and skis got off the line faster than I could manage in a canoe. The number of paddlers on the water at Ascot was about twice the size of the biggest start I had previously had to contend with, so it provided a good test for our first time together in a C2.

By Friday, there were a lot more familiar faces, including a good number of BGCC members.

Saturday morning dawned every bit as cold as the forecast had threatened, but as I had discovered over thirty years ago during BGCC Sunday morning time trials, paddling hard gets you quite warm in spite of the chilly air.

One pleasing feature of the event was the number of very young paddlers taking part. My C1 was surrounded on the lawn by a large number of Guppies, paddled by Under 10s. The other junior categories also had good numbers of very competent young paddlers. There were 56 under 16 and 11 of them were under 10.



About half the field in the 600 start. There were two other canoes in that start.

As the default age grouping was 10 year divisions, I was competing against two paddlers who were seven years younger than me. I knew it would take some sort of minor miracle for me to keep up with Tony Bond. Not only is he younger than me, but he has vastly more experience



and was paddling a faster canoe, having bought "The Darkness" from Frank Kingma. However, I knew I was in with a chance of beating Roger French in his kneeler.

The race went pretty much as I expected. I was about five minutes behind Tony and about ten minutes ahead of Roger. With over twenty paddlers in our start, the confident paddlers got off to a much better start than I could manage. Tony told me later than he had been able to ride the wash of a K1 for almost all of the race, so that gave him a further advantage over me.

Sunday morning was every bit as cold as Saturday as we prepared for our early morning start in the doubles. There were not as many boats on the water as there had been during the singles events, so Tony and I had an uneventful race on our way to a gold medal. Having occupied the front seat, I



suppose I can claim that was my best chance of finishing in front of Tony Bond.

Some people seem to be quite unaware of the existence of canoes. I noticed that quite a few of the photographers posting on Facebook referred to Saturday as the "K1 Day" and Sunday as "K2 day". However, the

commentator who named each paddler as we passed the spectator area each lap understood the way things are. He made the comment on several occasions as a canoe went past, "Half the paddle; twice the paddler." A comment posted under John O'Sullivan's photo of Tony and me in the C2 also convinced me that some people appreciate the effort made by single bladers when he said, "This is a great shot epic to see these young fellas smashing it out. That's hard core no crazy glide machine there just good old power."

With the Nationals over and a silver and a gold medal for my efforts, it was time to head home and start thinking about the Marathon Series race at Burrill Lake on Saturday 1<sup>st</sup> June. We had taken 5,500km to get to Perth with all of our sight seeing and we planned a slightly shorter return trip. Even so, we covered 5,000km on the return trip for a total distance of 10,500km and a fuel bill of \$1,880. The dearest diesel cost us 209.7 cent per litre.



Our return trip included the Great Ocean Road and the thing that struck me most was how much things had changed since the last time I had seen it some 30 or 40 years ago. Back then, we parked quite close to most of the iconic attractions such as the Twelve Apostles, Loch Ard Gorge and were able to walk out onto London Bridge.



Part of London Bridge has since collapsed. So it looks different, but the biggest difference was the amount of work that has been done to handle the large number of tourists visiting the sites. The parking areas are further back and there are paths and safety railings. When we

visited the Twelve Apostles a few decades ago, there might have been a couple of other vehicles there and at London Bridge there was just one other vehicle and there were no facilities and very little information. This time at the Apostles we joined at least 50 or 60 other vehicles and a dozen buses in the huge carpark, walked past the kiosk, through the underpass to get to the other side of the road and walked a couple of hundred metres to the lookouts.

The path out to the viewing area at the Apostles was crowded. A few decades ago, there was just a dirt track and no safety rails. The wind made things interesting. People struggled to maintain their balance as they walked along the path and at most of the places we stopped to take photos, the salt spray immediately deposited salt on the camera lens. However, it added interest to most of the photos.

*Allan*



## Burrill Lake – where the wind blows, but not that hard—Jeremy Cook

Twenty singles paddlers and four doubles combinations represented BGCC at the Burrill Lake races from a total of 113 racers.

Two factors drove the BGCC entrants to participate:

- Russl's insistent emails calling for maximum entries across as many divisions as possible to ensure the club gained as many competition points as possible. (And the counter to this, paddlers just wanting to get Russl off their case!); and
- A simple enjoyment of paddling and racing.

Richard Fox was so driven to excel that he arrived at the Big 4 bungalow park the evening prior – and pitched a tiny tent. He was heard to say the following morning that he had had a reasonable night's sleep. And we all thought John Preston was the inveterate camper. At least Graeme Ison travels like a tortoise with his home around him – but he doesn't paddle like a tortoise, as his recent promotion to Div 9 attests.



Richard Fox

\*\* It's worth mentioning at this point

Big 4's showers. It's not often (ever?) that we have such facilities to enjoy after a race!! This was particularly welcome with a long drive home to come. Maybe knowing what a great location it is, more paddlers and families will decide to make a weekend of it and stay a night or two either side of race day next time we race at Burrill Lake!



David and Helen Tongway

The majority of paddlers departed an icy CBR around 6:30am, making their way to Braidwood for hot coffee and an apricot Danish (or was that just me). Then on to Burrill to unload boats and prepare for the race briefing.

The wind started to pick up as Div 7 lined up for the start. But even so, there was a general view that the weather was less inclement than many paddlers had planned for (courtesy of MetEye or which

ever weather app you use). At least one paddler had arrived at Burrill with two boats to choose from, and opted for the tippier craft without later regret. A more common choice was what to wear, as the air was slightly chilly but the sun warm.





Larissa Cleverly

Race conditions were generally only slightly challenging. Thoughtful layout of the course by organisers helped minimise adverse impact from wind and chop.

Paddlers warranting special mention for winning their divisions are:

- Craig Elliott (Div 2)
- Dominic Hides (Div 3)
- Russell Murphy (Div 12) – who returned to his sprint roots for the last 500m and blew the opposition away.

And a special mention also goes to me (as author contributor to this illustrious newsletter, I claim this right) for being last off the water for the day, except for the safety boats that were collecting the course buoys as I rounded them. I am jealous of faster paddlers who don't have to endure 'gluteal pain' for quite as long as I do.



Bob Collins and Danielle Winslow

And the final special mention goes to Helen who, within hours of results being posted, had totted up the points to put BGCC at the head of the club v club leaderboard. Earning 26% more points on the day than MWKC, BGCC is (unofficially at time of submitting this article) on 5,698 points to MWKC's 5,161 and LCRK on 4,849.

Anticipating Russl's emails, I must note that just because we are leading, this is no time for BGCC to rest on its laurels!! The last two events have been 'local' races at Batemans Bay and Burrill Lake; more commitment will be required for the final four races of the marathon series.



Ruth Burgess

I would personally encourage paddlers to get to Penrith (26 June) – a beautiful race up the Nepean with bush-lined shores. If you haven't raced before, or for some time, this could be the time to start, even if you don't think you're a real 'racer'. As Helen noted after Burrill Lake:

“As usual, David and I had good value-for-money in that we were in the first start and the second-last boat off the water. All those paddlers who rush around the course pay more/time/km. And we still earned 46 points for the club!”

It will take commitment and car sharing to get BGCC paddlers to Davistown and Teralba, but

Russl is sure to take on the task of herding cats – if he’s not holidaying abroad!



Dominic Hides



Scott MacWilliam and Dave Abela



John Preston

Take care on the water.

### *Jeremy*

P.S. Race photos are available on Flickr at

<https://www.flickr.com/photos/123301968@N08/albums/with/72157708880785786>



Jack Jessen



Jeremy Cook

## South Coast Convener's Report: Allan Newhouse

South Coast members of BGCC were well represented at Burrill Lake on Saturday 1<sup>st</sup> June. Last month I was so focused on getting packed to head over to Perth for the Nationals that I failed to mention a couple of South Coast paddlers who had competed in the Batemans Bay Paddle Challenge. This month I hope I have included everyone who lives on the South Coast, regularly visits the South Coast, wishes they lived on the South Coast, or knows where the South Coast is.

Division 2 had two competitors, but unfortunately one of them was doing a ranking race. Simon Stenhouse was first over the line, a couple of seconds ahead of Craig Elliot.



Stephen Bunney was a couple of minutes further back in 8<sup>th</sup> place.



Ruth Burgess took out 9<sup>th</sup> place in Div 8.



Graeme Ison, paddling a K1 rather than his usual Fenn ski was 9<sup>th</sup> in Div9.



Peter Fane and Stephen Ison teamed up to paddle in Div 10 and were over 6 minutes ahead of the pack. However, like Simon Stenhouse, they were paddling a ranking race.



Allan Newhouse was 6<sup>th</sup> in Div 12 in his C1.



*Allan*

## Club Birthday and Presentation Dinner

### A DATE FOR YOUR DIARY

PLEASE TALK TO YOUR PADDLING MATES AND PUT TOGETHER A TABLE FOR 28 JUNE.

Details and registration link are on page 5.

Awards for MALE, FEMALE & JUNIOR PADDLERS; MOST IMPROVED MALE & FEMALE; CLUB MEMBER OF THE YEAR; COACH OF THE YEAR; HOLE IN THE PADDLE AWARD; GRAND MASTERS GRAND MASTER AWARD.

If you have any nominations, or if you have any stories that may be award worthy please let me know.

*Patricia*

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### Do you like watching Surfing?

We have received an email from Lara Gamboa at *Adventure Entertainment*, and they have offered the club 2x free tickets to "Heavy Water" (a surfing film) in return for our advertising of the screenings



### About HEAVY WATER

Directed by Michael Oblowitz and produced by Red Bull Media House and All Edge Entertainment, Heavy Water follows big wave surfer Nathan Fletcher through the evolution of his surfing and his relationship with big waves.

Tracing his lineage back to his grandfather, one of the pioneers of Oahu's North Shore, Fletcher and fellow surf and skateboard legends share stories of the pursuit of their passion. It's a voyage through the eyes of the surfing community that delves deep into the roots and mindset of board sports culture, culminating in a spectacular, never-before-performed stunt, as Fletcher once again attempts to raise the bar of what's possible.

The film is coming to Canberra with three sessions on 26, 29 and 30 June 2019 at the Capitol Cinemas Manuka. Check out the trailer [here](#).

And these links for tickets:

[Ticket link - 26 June 2019](#)

[Ticket link - 29 June 2019](#)

[Ticket link - 30 June 2019](#)

If Lara comes good with two tickets, they might well come up as a prize at the dinner! If this film interests you and you would like one or two tickets – please let me know and I will see if we can get them for you 😊

*Helen.*

## And a word of thanks

Thanks to our BGCC Boat Captain for cleaning pontoon deck and improving access to it. The pontoon is an invaluable aid to us all, particularly in winter.



## Bass Strait Crossing: Steve Harmer

In early March Shane Lund, Justin Channells and I set off to paddle across Bass Strait. We were going to paddle the most popular route from Wilsons Promontory to Little Musselroe Bay. This included stopping at Hogan Island, Deal Island and Flinders Island. Of course, what we planned to do didn't quite work out.

Our starting time and departure location quickly fell apart with a scramble in to Melbourne to buy a new deck and PFD—I had left home without them! In the mean time Wilsons Prom roads had been shut down due to a bush fire. So, our new starting point had to be Port Welshpool. This changed our first day's paddle to a new point in Wilsons Prom – but we were underway!

The crossing to Hogan Island went relatively well. Our time on the water was great and we got to



Hogan with plenty of daylight and relatively unscathed. This was not to last!

We could not see Hogan Island until about 20km out due to the smoke.

Hogan Island is a small island 50km from the nearest bit of land and truly isolated. There is a small lighthouse (beacon), a survival hut for shelter with emergency supplies and an old cattle yard. We camped at the cattle yards. It was at the bigger of two beaches on the island at about 6m wide!

The next day was a day off paddling and we went about island life. Shane and Justin stayed at camp and went fishing while I explored the island. I spent a couple of hours trudging through the high tussock grass that strained the legs with every over-exaggerated step. Little did I know how much walking is required to cross Bass Strait. I managed to see most of the island and a lot of the wildlife—Cape Barron Geese, penguins and lizards.



As I walked into camp something was not quite right ... only two tents!

Justin appeared from up the hill.

“Shane has stabbed himself; a chopper is on the way to pick him up; a police boat is following after to pick us up!”

Our adventure had changed!

A chopper came and picked up Shane and then a police boat came and picked up Justin. I had already considered my options and decided to continue. Shane was safe. I had done extensive navigation planning, and just days before leaving had benefited from the expertise of Nicholas – a Canberra paddler who had previously done the same trip solo (only in Canberra could you meet someone on Lake Burley Griffin who has done the same extreme trip you are planning!). I could not see how I could ever again end up in this spot, with a loaded boat, three weeks of leave and a year of planning under my belt ... this was my time!



The rescue chopper helping Shane off Hogan Island

So back to business, it was only day 3 and I had paddling to do! The next crossing was to Deal Island. It is a shorter trip than the first crossing but nevertheless a crossing. I had an early night and was ready to jump in my boat at first light.

The crossing went well especially the last kilometre where the tide was high enough to slip between Dover and Erith Islands. This is not a huge deal but saving a kilometer or two, especially at the end of a day's paddling, seems like a win. I later found out that someone who didn't luck out with the tides slipped and broke their hip while walking their boat through the shallows.

I landed on the beautiful main beach, where there was a yacht moored in the bay. I made my way up the hill to find phone reception and call home. On the way up, I bumped into a couple of the yachties. The first thing they said to me was, “Hello, you must be Steve! Kim, the caretaker is expecting you.”

And this was my first glimpse of the camaraderie and friendliness of being in the Strait.

It turns out that my wife Anna had given the ranger on Flinders a heads up about me continuing alone, he had let the caretakers know, the caretakers had been having a cuppa with the yachties. Also, everyone had heard about the evacuation over the marine radio the day before. It had already become legend in the Strait and was known as the “Knife Fight”!

This pattern of everyone sticking together continued throughout my journey. It gave me confidence of someone having my back every time I crossed paths with the rangers, other tourists, professional fishermen, residents and of course the caretakers.



Museum and houses on Deal Island.

I stayed on Deal Island for four nights, two nights near the caretaker’s cottage and two on the other side of the island. I walked a lot of kilometres in those four days. When planning paddling days on Bass Strait you need to know the weather. The best way to see the weather forecast is to check the internet, and internet access is only available at the highest points on the island. So walking up and down hills at least twice a day, plus general sightseeing really clocked up the land-based kilometers.

When the weather finally gave me a good paddling day, I was off to Flinders Island. This was to be the longest open water crossing of the trip. I set off into the blackness well before daylight. The wind was changing during the day and the later I was on the water the more likely I would hit a headwind at the end. This crossing went well. I made good time and finished early afternoon, well before the wind picked up! I managed to find the campground in the olive farm and met Jude the owner. She showed me how to light the fire to heat up the water for a shower and gave me a tour of the olive farm.

The next day was the best day for paddling for the three days to follow. So, without deciding exactly where I was going to camp that night I set off down the Flinders Island coast. A very popular spot to camp is on Royden Island. There is a hut with a bed and is quite sheltered but it was only 20km from where I started so it wasn’t for me. As I continued the wind picked up. I was planning to sit out the next day as the winds were going to be 60km an hour from the other direction. I had to find a beach with shelter. I had satellite images and nautical maps of the whole area but these images do not do justice as to how flat and exposed the entire area is. I was really wanting to camp near Whitemark, the only town I would pass. I wanted a sit down to a meal in the pub. With the exception of an most amazing dinner with the Deal Island caretakers, I had been eating freeze-dried meals for the entire trip! The beach at Whitemark is exposed so I also passed it up and continued to a campground on Trouser Point. This is a beautiful spot and served me well for the next few days.

From Trouser Point I was able to walk to Mt Strzelecki, the highest mountain on Flinders Island. Signage tells walkers it is a four-hour walk. Fair enough, I should be back in three hours! That is my

experience for most walking trails around NSW. I was wrong. Even by myself with minimal stops, it took me the full four hours! These island people are a tough bunch.



The view from Mt Strzelecki to Trouser Point.

After a few days off the water at Trouser Point (I got my pub meal, caught up with the rangers again and met many great people), I set off on my last day. I was hoping to make the 65km to Little Musselroe Bay to meet my family, but I kept the option open of one more night camping. The morning began with me making good time, but this was soon to change. I knew the tidal current through Banks Strait was strong, but it nearly stopped my boat. I went from 8-9km/h to 2-3km/h. This changed everything. I had planned a wide course to use the tide to help me in but this had to change. I had slowed down so much I was going to be on open water when the tide changed. I straightened my route and headed directly for Little Musselroe Bay. It was amazing when the tide slackened and my boat speed picked up again (over 10 hours in a boat can sap your energy). The islands and beaches to the south of Flinders are also very flat. Exposed camping would be possible but not ideal.



My favourite photo of the trip!

And so I landed at Little Musselroe Bay and my trip was done.

My family bore the brunt of many coast trips training, weekend sessions, and hours of hearing about camping, navigation, safety and kayaking gear. The trip wouldn't have been possible without their extensive support. Mum, Dad, wife and kids were there to meet me as I landed, having watched my course for days. It was a huge boost for me after a long crossing.

If anyone would like further information on any aspect of my trip, please ask. I have some great maps and would be glad to share my experiences of crossing Bass Strait.

*Steve* (harmersteve1@gmail.com)

## For sale

Competition Kayaks Regina K2:  
carbon, 14.5kg, full footplates, foot  
straps, updated carbon seats, foot  
pump, replacement rudder, GPS  
mounts. Some marks and scratches  
reflecting its age, but a solid,  
structurally sound, stable and fast  
kayak. \$550.

Call Russell 0401005274



## 2019 -2020 BGCC Membership Fees: Helen Tongway

- Renewals (for everyone) are due on 1<sup>st</sup> 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 1<sup>st</sup> 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	\$170
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 <sup>st</sup> July, 2018	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 financial year.

See club website Membership for how-to-pay links

*Helen.*