



Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 11, July, 2017

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Vice President: Russell Murphy

Secretary: Robin Robertson

Treasurer: Jane Lake

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Membership Secretary: Helen Tongway

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- Marathon, SUPs, South Coast, Sprint and Canoe Polo Reports
- 27th Birthday Party and Presentation Dinner – Photos & News



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Coming Events:

- Saturday 22nd July, 2017 - Sprint Series Round 1; SIRC, Penrith, NSW
- Sunday 23rd July, 2017 – Race 8 PNSW Marathon 11 Series: MWKC, Narrabeen, NSW
- Saturday 5th August, 2017 – Race 9 PNSW Marathon 11 Series: HVPC, Teralba, NSW
- Saturday 5th – Sunday 6th August, 2017 – Avon Decent, Avon River, WA
- Saturday 26th August, 2017 – race 10 PNSW Marathon 11 Series; CSKC, Grays Point, NSW
- Saturday 16 September, 2017 – Myall Classic, Tea Gardens/Myall Lakes, NSW
- Saturday 16th October, 2017 – Race 11 PNSW Marathon 11 Series; Makai Paddlers, Burrill Lake, NSW
- Saturday 28th October, 2017 – Hawkesbury Canoe Classic, Windsor to Mooney Mooney, 111 km
- Saturday 11 – Sunday 12th November – 24 hour challenge, Molonglo Reach, ACT
- Monday 20th – Friday 25th November – Murray River Marathon; Yarrowonga to Swan Hill, 5 days, 404 km
- 18 – 20 May, 2018 - Australian Marathon Championships; West Lakes? South Australia



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President's Report: Patricia Ashton

Well, as you would all know, we held our annual Presentation Dinner last week – see report later in this edition. As I said in that report, congratulations to all, not just our trophy winners but all those who make the club work – we often have new members tell us that we're welcoming and that there is so much assistance given (if you want to take advantage of it). So to all our committee, conveners, coaches, volunteers and regular paddlers – thank you.

The BIG news is that our extension will be starting next week – the fencing is up! (Like you, I did wonder if it would actually happen!!). There will only be minimal disruption to club members – mainly with some 'favourite' car parks being taken over!



This coming week will also see Shane and some volunteer labourers taking down some walls in the former men's toilets to get ready for some electrical work. Our shed sub-committee will need to work out the layout for the men's locker room so we can take advantage of the electrician. At this stage no further work will be carried out on the locker rooms.

September is fast on its way – why is that important? The club holds its Annual General Meeting in September. Our club constitution only allows for any committee member to hold their position for 2 years. Most of the committee will have served their 2 years. In the best interests of the club it is preferable if we get some new committee members, instead of current members shifting seats. Most of the positions don't take up too much time – meetings are once a month and generally less than 2 hours, depending on the position there may be some duties required at certain times, e.g., writing up minutes; the club boat sub-committee meetings; organise a training program; or overseeing an event as safety officer. If you are new to the club we have 2 'ordinary members' who don't hold an actual position, but will attend meetings and hopefully volunteer to do a specific job, e.g., organise quotes for the fire safety check.

New committee members bring fresh ideas and enthusiasm which can only benefit the club. PLEASE CONSIDER VOLUNTEERING FOR THE CLUB COMMITTEE – talk to us if you'd like to know more.

Robin has resigned from the committee as secretary as she and Paul will soon be leaving Canberra for work – so we thank her for all her work on this committee as well as both of them over the last 10 years. We wish them all the best. (That does leave us without a secretary if anyone would like to try it out? Thanks to Anne for volunteering if we don't get anyone else).

See you on the water – or at the next committee meeting?

Patricia.



Boat Captain's Report: Scott MacWilliam

At last! Extension and renovation of the club's facilities is underway and as always, development involves destruction. Over the last fortnight, bricks have been deposited at the site (generously donated and delivered by Shane Lund) and fencing erected. The final stages of approval for what is to be built have been received. Then have come the drills, sledgehammers, angle grinders, shovels, brooms, wheel barrow and trailer – all wielded by club volunteers and supervised by Shane.



Left: **John Lockie**, with (above) **Barry Marshall**, wielding a BIG hammer while John has knocked off work to carry bricks! (And just what was on that poster on the wall!!!)

The inside of the eastern end of the shed, where the old toilets were located, has been transformed with walls and door knocked down, urinal removed and space created for the new showers, toilet, lockers and improved lighting. Yep, the ceiling may now even be insulated to make for a luxurious early-morning change room!



Thanks to Scott Hunter, who provided muscle as well as the trailer to take two loads of broken bricks to the tip, Barry Marshall, John Lockie and Bob Collins (*and Scott MacWilliam Ed.*) - who just did what they were told; this initial work was completed in one busy, dusty and noisy day. The sense of relief that work is now under way after such a lengthy and often frustrating approval, finance raising and general support gathering process was palpable as we bashed, wrestled and cleaned out sometimes recalcitrant materials. In all: a very enjoyable effort.

Left: **Scott Hunter** and his trailer - being loaded



Right: **Shane Lund** supervising and Left: finishing off; the demolition of walls and troughs.



Below right: **Scott Hunter** making off with the men's trough
Not identifiable in photos: **Scott the Elder/MacWilliam**

Photographer: **Bob Collins**

The final stage of negotiations for having the roof fixed are underway and the trees to replace those cut down have now been relocated. Some final planning decisions on the interior are being made, including how exactly storage for all our boats and SUPs is to be arranged and then fitted out.

Over the coming weeks, as the major building work begins on the western extension, there may be more unanticipated hiccups and delays. However, nothing to come will dent the sense of optimism that has gone with this week's events, captured in the pictures which appear with this report.



Left: Whistle while you work: **Scott the Younger, Scott the Elder and Barry Marshall**

Scott Mac.



Club Presentation Dinner: Patricia Ashton

The Club's 27th Birthday and Presentation Dinner was held on Friday 16th June. We had a good turnout of members and family; **John Preston**, dressed in shorts (to put everyone at ease) was in fine form, sharing some highly amusing (and in some cases, embarrassing) stories from the early morning training sessions.

Patricia thanked the committee and conveners; farewelled **Robin** and **Paul**; and gave awards of appreciation to **Helen** and to **Nick Hocking**, while **Scott MacWilliam** said

words of thanks to

Bob, who awarded a



Certificate of Appreciation to our architect, **Bruce Fisher**.

Robin also presented **Sue Robb** a beautiful quilt showing her in white water, freestyle and canoe polo (accepted by people at the CP table).



Below: Club Committee members: **Russell Murphy**, **Robin Robinson**, **Kai Swoboda**, **Helen Tongway**, **Jane Lake**, **Scott MacWilliam**, **Craig Elliott** and **Russell Lutton** (not present: **Anne Cronin**)



Joanna Nelson awarded the following for the **SUP paddlers**:



Acknowledgement Award – (Stand Up Paddle) Ambassador / Service in Sport:

Matthew Scott (*at Left*) (*at Right*)

Most broken and injured Paddler: **Lana Read**

Jelly fish stingers award: **Jason Rantall**



BGCC Summer Series (fastest time): **Kiaran Lomas**; and



Trent Shaw and **Rohan Evans** for their ongoing battle against each other throughout the season and the great results achieved.

Right: **Trent, Joanna and Rohan**



Graham Helson recognised the following Canoe Polo players:

James Deakin, Michael Young, the U18 girls and :

Carley Goodwin



Each table was given pipe cleaners and asked to design a kayak, canoe or SUP, with paddler, Mark Raymond (as a late-comer) was volunteered to judge them. I had thought to ask our guest Bruce Fisher (shed architect) to judge however, he was too busy designing his table's boat. The entries were quite amazing – **Russell Murphy's table** won,



however the canoe polo table put up an imaginative design with goals, balls and players - with one upside down.



Left: Admiring the pipe-cleaner creations, Canoe Polo girls **Rebecca Gates, Laura Kleinrahm and Sam McAlister**

Jane Lake won a \$50 Westfield voucher for 'The Ice-berg Prize (for functioning as a club member into the winter cold') and **David Green** won the lucky door prize of a \$50 Wetspot voucher.

Novice Paddlers of the Year

Pam Beesley: Pam has been paddling for just over a year and has been attending Margi's Trainsmart program and working conscientiously on her technique.

Jesse Bryl: has also been paddling for about a year and has taken to racing, doing time trials when he can; paddled in the Bash; a Marathon series race and trains regularly early mornings with Gary's group.



Junior of the Year: Canoe Polo Junior Girls Team – have performed well in comps this year and at States, with 5 of Emily and **Rebecca Gates, Samantha McAlister, Alexis Miller, Jessica Harmer**

Encouragement Award: to **Charlotte Stimson** - Gold U14 Marathon State Championships in K1; progressing from basic boats through to K1 in a single season. Also in the top ten for most of the Summer Time Trial series.



Most Improved Male: **Sam Wellings-Booth** – he has consistently improved his times and has just recently moved into a faster K1. In the PNSW Marathon Series races, he has gone from Div. 3 to Div. 2. He's only been paddling with Gary's group for just over a year so has done really well. Other contenders were:

Scott MacWilliam: for his improvement through the Trainsmart program

Robert Stimson: he has gone from an OS1 to a very fast K1 in a short period of time and is consistently improving his times. An outstanding transition into the pointy end of paddling.



Dominic Hides: he too has been consistently improving his paddling and times in the PNSW series. Next PNSW race he moves from Div. 4 to Div. 3.

Graeme Bacon: who has been consistently improving his technique and racing times.

Jack Jessen: who has been consistently improving his technique and racing times.

Trent Shaw: his dedication to attending Paddle NSW Ocean Series, interstate representation at Noosa Surf SUP Festival and recently qualifying at the NSW State SUP titles in the marathon event.



Most Improved Female:

Patricia Ashton: While always a competent paddler, this year she has taken her paddling to a new level both technically and competitively, as exhibited by her result at Nationals, States and in the PNSW series.

Other nomination:

Louise Yabsley: Over the last 2 years going from doing small circuits in her C1 to now competing and medalling at GP, State and Nationals.

Coach of the Year: this year we have had some outstanding results from several disciplines, so we'd like to acknowledge several of our coaches who have contributed so much time, effort and enthusiasm to our paddlers, who in turn have achieved great results.

Kiaran Lomas: for his coaching of club juniors and seniors. It is producing terrific results for BGCC at States and the Marathon series.



Margi Bohm: (*Left:* with microphone) for her coaching of her TrainSmart group and general coaching she does – has inspired many of us to States and Nationals and improved times generally.

Mark Raymond: (*at Right*) efforts with getting 5 of their junior team to NZ and coaching the Aust. junior girls at Oceania.

Grand masters, grand master Award: for members over 70.

Ian Castell-Brown won this inaugural trophy last year and again he has participated in just about everything from the PNSW marathon series, States, Nationals to the World Masters Games in Auckland in April, where he competed with distinction. So while he is definitely a candidate, this year we've awarded it to:

Allan Newhouse: (*at Right*) he is a regular competitor in the PNSW races (being one of only a few who have competed in all races over several years), paddled singles and doubles in States and Nationals, (Allan competes in a range of classes including TK2's, K1's, TC1's and now C1's, many of which he builds himself.) His zest and enthusiasm for canoeing is infectious.



Other nominees include:

Robert Bruce: Another great paddler who competes in all the BGCC club events regularly places in his PNSW marathon division races, has paddled and completed the last 2 Hawkesbury Classics

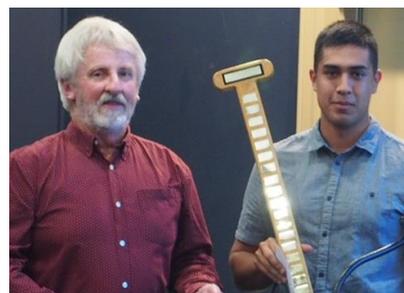
Scott MacWilliam: has had a reinvigorated season since taking part in the TrainSmart program, he and David Abela have placed in several of the marathon series races, improved times and paddling fitness.

Russell Lutton: but as he only just turned 70, he'll have to do even more impressive work! Congratulations to our many active and competitive paddlers in the over 70 age group.

Hole in the Paddle Award

Marcelo Cabezas: for his outstanding results at Nationals and his selection to represent Australia at Worlds, which he has achieved over 2 seasons, in C1 and C2.

Right: **John Harmer** presenting his award (for the club member most in need of a Hole in their Paddle to slow them down) to **Marcelo Cabezas**



Club Member of the Year:

David Gordon: for his work on the club boats and volunteering for BBQ's, shed cleans, sand shifting, peer paddles, safety boats.....

Female Paddler of the Year:

Gabrielle Hurley, her great results at States and Nationals and the World Championships last year – 3rd. As well as local time trials

Other Contenders:



Margi Bohm: with her results at Nationals this year, at Worlds and selection for worlds in South Africa later this year.



Jo Nelson: SUP – has taken part in a wide range of SUP comps over the last year and has placed well.



Carly Goodwin: continued excellence in canoe polo – rep for Australia in the Oceania competition



Male Paddler of the Year:

Rohan Evans: has been committed to attending all Sydney based SUP events including the Paddle NSW Ocean Series, Merimbula Classic, with interstate representation at Noosa Surf SUP Festival and recently qualifying at the NSW State SUP titles in the marathon event. Events ranged from the NISCO fun events to long distance ocean races. Rohan also performed well in the BGCC Summer Time Trials.

Other contenders:

Marcelo Cabezas: C2 Open Gold in sprints + numerous other achievements at the various GP, state and national events.



Gary Rake: placed second in Div. 1 in last year's PNSW series, competed at Worlds last year.

Patricia

Tribute to Bob Collins: Winner of the *Way Above and Beyond Award, 2017*

Many people have contributed to the work which has been necessary for the planning, design approval, money raising and final contract acceptance of our latest shed extension. It is wisely said: "If you want to go quickly, go alone. If you want to go far, go together". From the ACT government departments and agencies, to BGCC members in general who have contributed, to specific people – Bruce Fisher, Robert Bruce, Shane Lund, Scott Hunter and many others – the last four or so years have seen mighty collaborative effort to get us this far. Nothing has happened quickly and there is still much to be done, but we have come a long very way together.

However, one person has been more directly responsible than anyone else for the success of this venture, one person who has gone *Way Above and Beyond* what could reasonably be expected of a volunteer in any club such as ours. Without Bob's efforts, we wouldn't have advanced this far. Just ask the various public officials who dread opening their email boxes each day, fully expecting that there will be another harassing, pleading

message from the chair of the BGCC shed extension committee! And if they have lost or misplaced correspondence, no excuse! A duplicate copy will be forthcoming. Bob's record-keeping of correspondence, comprehensive contact lists and bureaucratic efficiency suggest a previous life as a public servant of the old school.



Add to these attributes his personal qualities of patience, persistence, charm and steely determination. As a networker, Bob is a wonderful role model. Within minutes of the ACT Deputy Chief Minister, Minister for Sport and Recreation, Yvette Berry announcing that BGCC had been awarded \$127,000 for the shed extension, Bob turned up at the Minister's elbow, oozing charm. Would the Minister be willing to attend the opening of the shed extension when it is completed? How could I refuse, answered the Deputy Chief Minister?

Thanks Bob, for all your work. A wonderful contribution and lesson in how to encourage people to work together, enthused by your example. *Scott MacWilliam*

Presentation Dinner, Worthy Awardees: John Preston

Rob Stimson

Rob has successfully evolved from being a ski paddler to a K1 paddler. This evolutionary step wasn't without its difficulties. He has spent more time underwater than Val Taylor and Jacques Cousteau combined.



Rob has spent so much time in the Molonglo River that he has developed an intimate knowledge of the breeding cycle of the purple spotted gudgeon and has been invited by the NSW Primary Industries Minister to present a paper at the next general meeting of the Habitat Management Committee. Rumour has it that he is also writing a book entitled "The best 500 places to re-enter a kayak on the Molonglo Reach". Reluctant as I am to exaggerate Rob's prowess in this regard I've also heard that the *Kayakcameraman* has declared his

determination to take a photo of Rob actually in his kayak by year's end.

Rob has shown that he is not a fair weather floater and has taken at least 2 swims since winter has been officially declared. To his credit he has not used a dip into freezing cold water as an excuse to stop training and race into the hot club shower or seek medical help for hypothermia; no, he has simply emptied out his kayak and got on with the session. It is believed though that he has some sort of turbo charged heater in his car.

As a result of this continued effort Rob has been awarded this magnificent 'trophy' which itself was rescued some time ago from the river.



Sam Wellings Booth

Sam is another paddler who has evolved from ski paddling to K1 paddling. Sam has earned a different sort of award this year. It was some time ago now but Sam, as a K1 paddler, has made a significant contribution to the non-chemical control of various riparian plant species.

Having taken a swim during a training session Sam re-entered his kayak amongst some thick scrub on the south side of the river. It was here that he demonstrated his fantastic skill at pruning and elimination of feral

flora species. In order to re-launch he swung his paddle with such ferocity it sounded like one of the Qantas Fokker Friendships was taking off from the club pontoon. Whole trees were uprooted and bushes were cut down in an instant. Sam's effort was referred to the NCA when the affected area appeared on Google maps as a defoliation event that rivalled some of the destruction normally seen in Brazil and Indonesia.

It is with great pleasure that we as a club can acknowledge such an effort and therefore present Sam with a prize tonight.

(Unfortunately Sam isn't here tonight so we'd like to award the prize to Dom Hides who initiated Sam's sudden immersion which pre-empted the defoliation. Without Dom's help Sam might never have achieved such magnificence).

It might have been noticed by astute listeners that the 2 awards presented so far have been earned by paddlers who have evolved from paddling inferior watercraft into paddlers of K1's. The next recipient is for someone who has actually devolved and that person is..... **Rohan Evans**.



Rohan used to be a ski paddler. A ski paddler who had aspirations to become something better, so a few years back he made an attempt to paddle K1's. To put it gently, he would have had more success trying to talk Tom Hick out of making a point of order at a club AGM. Nevertheless he persevered for minutes. Sadly not only did Rohan not evolve into a K1 paddler but he actually devolved into the lower sub-species SUP paddler. This by itself is not an award-winning situation as there have been others who have also taken this backward step along the evolutionary tree: Shane Lund, Jason Rantall and Pete Garbutt just to name a few. Rohan's award tonight is for his ceaseless desire to see others succeed where he himself has failed. Thus his continuous support and encouragement for those who still aspire to evolve as paddlers has earned him a selection from the award's table. On any given day during the warmer months, (apparently SUP paddling is a seasonal sport,) he can be heard, without a hint

of irony, offering encouragement and advice to the early morning training squad out on the water. E.g., "That's it John; keep those hands high you're going real well". "Scotty you'd be able to keep up if you stopped laughing" and "Gabrielle your tolerance of those creating dirty water during the warm-up is amazing". These sort of comments have a powerful effect on bolstering our sense of worth and ensures we make every effort to train properly and to continue to strive to fulfil our dreams. Rohan, on behalf of the others, I thank you.

John



PADDLER PROFILE

Most Improved Male Paddler 2016-2017: Sam Wellings Booth

Born during 1980 in Canberra, Sam is a flat-water marathon paddler as well as surf skier and snow boarder. He began paddling in 1996 and in the next two years won the fastest junior category for TK1 paddlers in the Hawkesbury Classic as well as competing in two George Bass races, from Batemans Bay to Eden. After ten years overseas, mainly in France where he snowboarded competitively, Sam returned to Canberra.





To BGCC's good fortune, in 2016 Sam joined the club and started competing in marathon races. He is a regular member of Gary Rake's early morning gang, which allows him to get a training session in before he goes to work as an ACT government field officer working on national parks. Sam is also studying for an applied science Bachelor's degree at Charles Sturt University, with a special interest in the control of feral animals. Easy to see why he is so comfortable among the K1 racers!

Sam's commitment to training and racing has produced a very impressive 10 minute improvement in his 20 km time (down from 1hr 50 mins approximately) since the start of the 2017 M11 marathon season. He now races in Div. 2, when he can get time off from work. Definitely a paddler to watch.

Scott MacWilliam

Flatwater Marathon Convener's Report: Russell Lutton

In sitting down to prepare this month's report, I am reminded of the training challenges our Canberra winters present, particularly to us distance paddlers. While we have thus far pretty much avoided strong winds associated with fast moving weather patterns; frosty and foggy mornings have certainly been regular "features" of our morning paddling. Don't forget if you are training in the fog that bow and stern lights can assist greatly in making your presence known to other paddlers.



Before reporting on the month's events, I would like to add my congratulations to the winners of the major awards at the BGCC presentation dinner earlier in the month, particularly the winners from the distance paddling group: **Patricia Ashton**, most improved female paddler; **Sam Wellings Booth**, most improved male paddler; grandmasters' grandmaster, **Allan Newhouse**; and female paddler of the year, **Gabrielle Hurley**. Also recognised was the enormous contribution made to our club by distance paddlers: **David Gordon**, club member of the year; and **Helen Tongway** and **Bob Collins** for their tireless years of work to support our club. And thanks too to distance paddler **John Preston** for his great MC-ing of the presentations' evening (if only his sartorial sense matched satirical skill). *Right: Greg Chesher* who was awarded his share of the Summer time trials point-score.



Two remote NSW marathon races to report on this month, plus winter time trials attract a stoic hard core of BGCC winter paddlers.

PNSW Marathon Series: Coffs Harbour

Pacifica Canoe Club hosted race 6 of the 2017 PNSW marathon series on the Bellinger River, 20 kilometres south of Coffs Harbour, on Saturday, 3 June. While it was the first time that a PNSW marathon race was combined with the Northern Marathon Series, the smaller than usual field—about 130 boats—reflected perhaps that even some Sydney district paddlers thought this quite a trek north to race.

Allan Newhouse



Gary Rake



Tom Hick



Given the eight hour-plus travel time to the race venue (each way!) from Canberra and the south coast, requiring would-be paddlers to take a day off work, BGCC competitor numbers were understandably down on usual. Congratulations though, to Gary Rake, Dominic Hides, Tom Hick, Jack Jessen, John Preston and Allan Newhouse, who made the trip north to compete; a really great effort yielding rewarding results for Gary Rake (second in Div. 2) and Tom Hick (4th in Div. 6) in particular. From all accounts, the conditions were quite windy, despite organisers' efforts to keep the course and competitors protected.



Above: Dom Hides



Right: Jack Jessen



Left: the course

As no paddlers from the Pacifica club made the short trip from Coffs to Davistown to reciprocate the support for their event, perhaps a rethink about including this venue in next year's race calendar is worth considering.

Results for BGCC paddlers at Coffs Harbour are below.

Division 1	20 km	
	NO BGCC PADDLERS	
Division 2	20 km	
2 nd	Gary Rake	1:43:26 (6 club points)
Division 3	20 km	
6 th	Dominic Hides	1:50:58
Division 4	20 km	
	NO BGCC PADDLERS	
Division 5	20 km	
	NO BGCC PADDLERS	
Division 6	20 km	
4 th	Tom Hick	2:04:27 (2 club points)
Division 7	20 km	
	NO BGCC PADDLERS	
Division 8	15 km	
8 th	Jack Jessen	1:35:30
Division 9	10 km	
	NO BGCC PADDLERS	
Division 10	10 km	
6 th	John Preston	1:05:28
Division 11	10 km	
5 th	Allan Newhouse	1:12:07
Division 12	5km	
	NO BGCC PADDLERS	

2017 PNSW Marathon Series: Davistown

Brisbane Water Paddlers hosted race 7 of the 2017 on Brisbane Water at picturesque Davistown on the NSW central coast.

This was a challenging race: the angular dog-leg course tested paddlers' technical skills at the manifold turns (about 10 for each the five kilometre loop of the 20 km race); the strengthening wind combined with boat wash to create tricky wave conditions; there was a strong flowing tide; lots of weed to catch on bows and rudders; and if you were unlucky enough to be in the wrong place at the wrong time, the local passenger ferry created a huge bow wave as it malevolently plied its way through the field on its business-as-usual route. Apart from that, it was all plain paddling.

The Marathon Technical Committee needed to exercise its discretion again to take account of a short 19.4 km course. Tricky, because average kph speeds were also distorted by the circuitous multi-turn course and the difficult paddling conditions.

Well done to Graeme Bacon, who won Division 6, in the process picking up eight points for BGCC. Good to see Richard Fox back racing again after a few months layoff. Could there be a Hawkesbury Classic approaching for him again?

Results for BGCC paddlers at Davistown are below.

Division 1	20 km	
	NO BGCC PADDLERS	
Division 2	20 km	
3 rd	Craig Elliott/Russell Lutton	1:40:42 (4 club points)
DNF	Gary Rake	
Division 3	20 km	
8 th	Dominic Hides	1:48:43
Division 4	20 km	
12 th	Patricia Ashton/Bob Collins	1:59:24
RNK	Richard Fox	1:53:00
Division 5	20 km	
7 th	David Abela/Scott MacWilliam	2:00:34
Division 6	20 km	
1 st	Graeme Bacon	1:59:23 (8 club points)
DNF	Tom Hick	
Division 7	20 km	
	NO BGCC PADDLERS	
Division 8	15 km	
14 th	Jack Jessen	1:30:51
Division 9	10 km	
	NO BGCC PADDLERS	
Division 10	10 km	
9 th	John Preston	1:03:45
13 th	Robert Bruce	1:05:32
DNF	Stephanie Rake	
Division 11	10 km	
6 th	Allan Newhouse	1:11:33
8 th	Ian Castell-Brown	1:12:38
11 th	Helen and David Tongway	1:13:49
DNF	Nicole Andrews	
Division 12	5 km	
4 th	Carolyn Williams	35:31 (2 club points)

Photos from Davistown Races, via PNSW Marathon Flickr:



Top left: Bob Collins & Patricia Ashton; Bottom left: Richard Fox;

Right: Carolyn Williams



Above: Graeme Bacon on his way to a win in Div. 6.

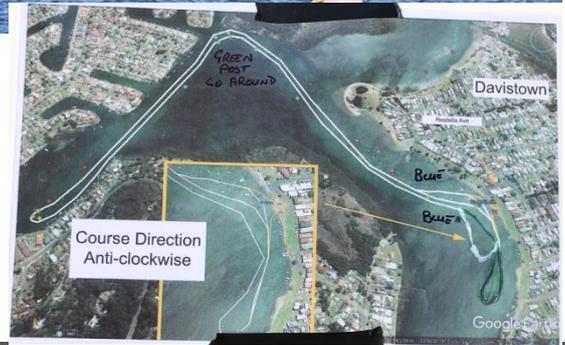
Below: John Preston on his way to a finish



Above: Scott MacWilliam and Dave Abela about to be "Saratoga'ed"

Below: David and Helen Tongway

Right: the course at Davistown!



Club standings for the series after race 7 at Brisbane Waters have BGCC holding equal fourth place (with Windsor) with 120 points.

LCRK	Lane Cove River Kayakers	250
MWKC	Manly Warringah Kayak Club	194
HVPC	Hunter Valley Paddlesports Club	136
BGCC	Burley Griffin Canoe Club	120
WCC	Windsor Canoe Club	120
SSCC	Sutherland Shire Canoe Club	110
CCCC	Central Coast Canoe Club	98
BWP	Brisbane Water Paddlers	88
NP	Newy Paddlers	84
PVC	Penrith Valley Canoeing	84
CSKC	Cronulla Sutherland Kayak Club	74
Sharks	Shark Island Paddlers	40
SYDU	Sydney Uni	16
AV	Avoca	14
WBCC	Wagga Bidgee Canoe Club	12
ACCA	Dragon boats	8
SSP	Southside Paddlers	8
JP	Just Paddlers	6
Makai	Makai Paddlers	6
POCC	Pittwater Outrigger Canoe Club	6
ICC	Illawarra Canoe Club	2

Four races remain in the 2017 marathon series. BGCC still has a good chance of placing in the club points series if, and only if, we can maintain, or ideally improve, our participation levels. Two of the races—Grays Point and Burrill Lake—are close to home, which could prove beneficial for us in accumulating club points towards the final results.

2017 event calendar

EVENT	DATE	LOCATION
Race 8	Sunday, 23 July	Narrabeen (MWKC)
Race 9	Saturday, 5 August	Teralba (HVPC)
Race 10	Saturday, 26 August	Grays Point (CSKC)
Myall Classic	Saturday, 16 September	Tea Gardens
Race 11 (and presentations)	Saturday, 14 October	Burrill Lake (Makai)
Hawkesbury Canoe Classic	Saturday, 28 October	Windsor – Mooney Mooney

2017 Wetspot Winter Time-trial Series

The program for the winter time-trials is below. Please note the Sundays when we do not have timekeepers and let me know if you can assist.

WETSPOT WINTER TIMETRIAL SERIES 2017

DATE	ACTIVITY	Timekeeper
Sun, 2 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 9 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 16 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 23 July 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 30 July 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 6 August 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 13 August 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	Timekeeper assigned
Sun, 20 August 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Sun, 27 August 2017	No timetrial, PNSW marathon weekend	Not required
Sun, 3 Sept 2017	Timetrial, start time 9am (two laps) 9.05am (1 lap)	
Wed, 4 Oct 2017	Wetspot summer time trials 2017-18 commence	

Russell

Canoe Polo Report: Graham Helson

Firstly, Congratulations to the Junior Girls team on taking out the Junior Paddler of the year award at the annual club dinner.

Also: a big thanks to all who were involved in putting on such a good night.

It's been a quiet month on the whole in the pool, with numbers slightly down on some nights.

Mid-winter in Canberra it can be difficult to get to enthusiastic about pulling on the paddling gear at 8:30 at night. However, once on the warm, crystal clear, (slightly chlorine-ish), waters of the Lakeside Leisure centre, enthusiasm takes over and a good time is had by all.

However, if that makes things sound tempting, you'll have to wait until the 19th of July to come down and try things out for yourself, we're taking a break for the school holidays for people to spend time with their families and head to the mountains to try and find snow.



In the meantime, here's a picture of Mikey giving Deaks a gentle nudge.

Graham

Cold water shock makes you gasp uncontrollably.

Regain control by floating for 90 seconds.

Float to live.

Slalom Report: Kai Swoboda

Cold weather and low local rivers have meant there has been little paddling action in recent weeks. Off the river, we have finalised our acquittal of our ACT Government slalom and wildwater grant of \$3300 through the purchase of materials for the construction of light weight slalom gates and safety equipment.

Throughout the cold evenings I have been tuning into live feed from the ICF canoe slalom world cup events in Europe, with races in Prague (Czech Republic) and Augsburg (Germany) over the last two weekends. With Australian paddlers well represented at the events it has been great viewing in the early evening. The accompanying summer sun at the events so far has also taken me out of my shivering here in Canberra.

One of the great things in watching these events has been the performance of the female C1 paddlers, especially now knowing that women's C1 (slalom) and C1 200 and C2 500 (sprint) have been added to the 2020

Olympic program. Women's C1 slalom has been part of the World Championships and World Cup program since 2010 (it was included as an exhibition event at the 2009 world championships). Australian women were early adopters of the discipline and have won most of the medals at the worlds since 2010.

Part of this early adoption was probably because junior paddlers in slalom in Australia are generally encouraged at club level to paddle in all classes (K1, C2 and mixed C2) at races and in training. For kayak paddlers, paddling C1 can certainly take some getting used to – it is a very uncomfortable seating position for those not used to it – but the rewards are a different (higher) view of the river, the ability to apply greater leverage and reach to stroked (albeit on one side only) and the challenge of maintaining balance from a higher position.

For me, paddling C1 as a junior enabled a smoother transition to paddling C2 later in my paddling career after I finished up racing in K1.

In slalom and wildwater, BGCC is well positioned in advancing the skills of aspiring C1 paddlers, with one of the boats we have acquired through the grant being a C1. If you are interested in giving it a spin one day, let me know and I can provide a few pointers – be warned however that it is very hard to get out!



Photo: Mike Druce - Australian Canoeing

Above: Jessica Fox winning C1 and with medal & trophy

Left: Australian women's C1 paddlers Jess Fox, Ros Lawrence and Alison Burrows win the worlds in 2015.

(kaikayak@outlook.com).

Kai.

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

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

https://www.avondescent.com.au/wp-content/uploads/2016/07/AD-EVENT-GUIDE-2016_lowres.pdf

South Coast Paddlers Report: Allan Newhouse

Race 6 of the NSW Marathon Series at Mylestom was interesting. Numbers were down a bit compared with other Marathon Series Races. Even with paddlers from the Northern Marathon Series boosting the numbers, there were only about 136 boats on the water. Burley Griffin had half a dozen paddlers with just one from the South Coast.

The start of the course was quite close to the mouth of the Bellinger River and around midday as paddlers arrived for the briefing prior to a 1 p.m. start, there were white topped waves on that section of the river. What looked like a turning buoy was in the midst of those waves. Consequently there were a lot of worried looks on the faces of the less confident K1 paddlers and on the face of the lone C1 paddler.

We were greatly relieved to learn at the briefing that race was to start on the far side of the river where it was quite sheltered and that the bottom turning buoy was several hundred metres upstream in an even better sheltered channel. The wind speed dropped a little between the briefing and the start, so that while the waves were still present, at least they didn't have white tops. That still meant that for nervous paddlers the most worrying part of the event was the trip across the river to the start. Many resorted to ferry gliding across. After that, the course up the river was very easy paddling with almost no effect from the wind.

I was happy with my effort in the C1. The run to the finish-line after completing the required number of 5 km loops took us out into the main channel with both the wind and the tide against us. That final section of the course not only dropped the average speed but also made the course a few hundred metres too long so that times look less impressive that they should have. Partly as a result of the reduced numbers in Div 11, but also because of my improved effort, I finished fifth.

A handful of Marathon Series paddlers stayed on for more paddling on Sunday with local paddlers including several youngsters from Sawtell SLSC on spec skis. An M shaped course was laid out across the river and paddlers were timed over the course up to three times. With four turns of about 120 degrees and quite a strong tidal flow, getting the turns right was a challenge. Most people improved their times as they learned on their second and third attempts how to get around the buoys.



Allan Newhouse in the "Diamond C1" on the Bellinger River at Mylestom

The importance of getting the turns right was dramatically demonstrated by the fact that Pauline Findlay, who won the fastest female prize in her K1 was seven seconds slower than I was in the C1 on our first attempts. It

seems that if K1 paddlers get it wrong they can be even slower around the turns than a canoe. I managed to reduce my time by seven seconds on the second run and a further ten seconds on the third run. On her third run Pauline was almost thirty seconds faster than I was. While the number of paddlers on Sunday was quite small, there were some very capable local paddlers there with one of them beating Brett Greenwood by two seconds. The fastest male and female paddlers earned \$100 each for their effort and six other paddlers were awarded \$50 prizes. The \$50 prizes were awarded at random, but I wonder whether the fact that I was the only canoe paddler helped me pick up one of the prizes.

Two South Coast paddlers represented BGCC at Race 7 at Davistown on Saturday 24th June. Ian Castell-Brown paddled his K1 Masters and I paddled my C1 in Division 11. We finished 8th and 6th respectively.



Allan Newhouse off to a good start in the C1 at Davistown. Ian Castell-Brown in the pack on the far side.

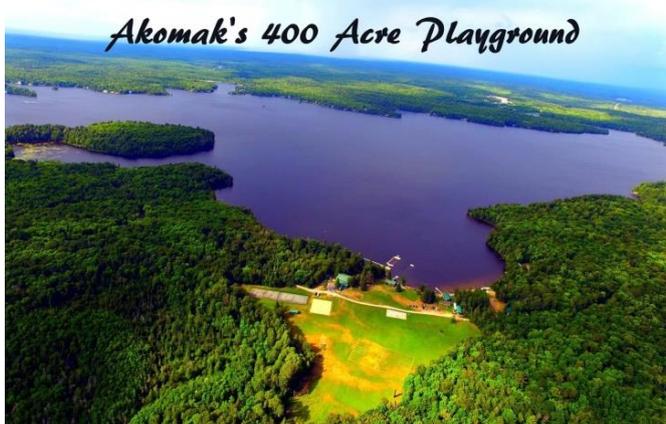
Ian had to contend with coming into contact with a rather erratic double kayak near the start, but an even bigger problem was the large amount of sea grass floating on the surface in some parts of the course. He caught the C1 at the bottom turn on the second lap, but having to stop a number of times to clear weed from the rudder cost him a couple of places. The weed of course was not a problem in the rudderless C1. Once again, I was the only C1, although there was one outrigger in Div11 and another in Div. 12.

The wind, the tide and the necessity of avoiding the ferry made our times a little slower than they might have been. However even though the wind was fairly strong, it didn't create the treacherous wave conditions that are common on some other waterways. Perhaps the large number of boats anchored near the start have a dampening effect on the waves.

There was a small presentation ceremony before the race as I was presented with the BGCC Grandmasters' trophy.

Allan

Breanna Reid, Canoe Camp, Canada: Cherie-Anne Van Baardwyk



Breanna is working at a Canadian Sports Camp, Akomak, during their summer and will return at the end of September. She will be coaching Swimming/ Kayaking and working as a fitness Instructor/Lifeguard and they will be coaching her in C1 and War Canoe. *(I can't wait to receive a report and some pics on her return. CV-B)*



A couple of pics of camp, day 1 (Aerial view of camp and war canoe training). I got an SMS from Bre, saying that our Aussie Adelaide canoe girls are also in Canada training where Bernadette Wallace is also living/coaching and training. They are trying to locate a C4, so Breanna will be paddling with Bernie / Izzy / Josephine Bulmar in a C4 in an Aussie team at Ottawa Regatta in the coming month. I can't wait for the pics and outcome!

Cherie

Boats for Sale

Contact Robin:

0424 832 249 or
r.robertson@adfa.edu.au

Kaituna \$500 or ono



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



Inflatable SUP - Naish One 12'6"

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

Minimal use

Listed on Gumtree: \$1450

Contact Roger: 0414 375 752



Sladecraft Sonic for sale:



5.8m long. 46cm wide.

Underslung rudder with foot pedals

Good to excellent condition.

Always stored under cover. **\$1,500** Or offer.

Contact Barry: 0419 603 119

Swap, or For Sale:

V-10 bought in January new. Has been in storage since Anzac Day. Excellent condition. I am Looking to swap for a K1 or sell for \$2400. Phone Nic: 0466 287 898; or email at:

nicolas.jones96@yahoo.co.uk (Small boy not included!)



Stellar S18 Excel Touring Kayak

Length: 5.46 m

Width: 54 cm

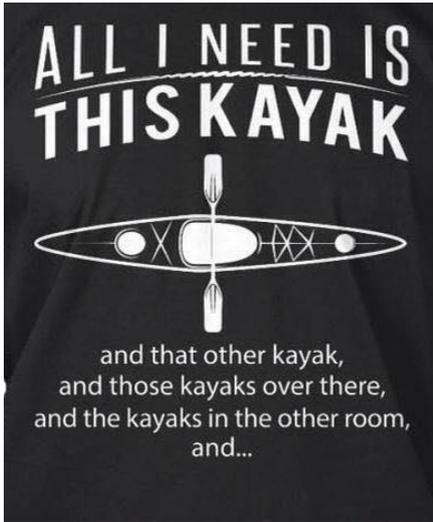
Weight: 15.5 kg

With cockpit cover

In excellent condition \$2900:00

Contact Colin: 6238 1060





Ski for Sale:

"I have a vadjahawx 46 elite lay up for sale (as new)"

s.okelly@grapevine.com.au 0411 602 336

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



Nelo Vanquish K1 size ML (would suit paddler 65-80kg). The boat is in pristine condition, with very few cosmetic blemishes. Always washed in fresh water and stored in cover in garage. Comes with full padded cover (+bag), racing weights & 2 rudders (1 anti-weed 1 regular). Only selling as I no longer paddle and the boat is too good to be sitting in my garage.

Full specs here: http://www.nelo.eu/kayaks/details/k1_vanquish_iii

Contact Robert Tener: robert.tener@hotmail.com 0423 361 204

For Sale: Boat Trailer: Holds up to 7 boats. \$1,600 (Negotiable)

Contact Roy: 0408 428 843



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

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



From Tony Hystek PNSW Chairman - June newsletter

After many meetings and discussions with interest groups within the PaddleNSW community, we have developed a proposal for the creation of club-based 'training zones' for competition paddlers. These will incorporate areas where club paddlers regularly train, and where the conditions are well known.

The proposal would allow for clubs to take responsibility for their own training areas, and determine whether conditions required the wearing of lifejackets or not.

Paddlers would be assessed by qualified club officials for their ability to swim in their training waters (say 100m), and their ability to self-rescue and rescue others.

The winners?

Well, everyone who wishes to train without a lifejacket in their training zone will have been assessed as competent to do so. Those who need to brush up on their skills will be reminded to do so. Those who don't mind wearing lifejackets will still wear them. And clubs will be encouraged to get paddler qualifications so they can perform competency assessments. Clubs officials will also determine whether conditions require lifejackets to be worn, such as during colder months.

The above proposal is just that...we still have to take it to NSW Maritime, so please wait till it has been approved (or rejected!)

NSW Rowing has used a similar management system to enable rowers a lifejacket exemption. They have coach boats attending, whereas we usually have accompanying paddlers who can render assistance. We are hopeful that common sense will prevail and enable our paddlers who are currently training illegally to become legal.

BGCC Fleet Renewal Plan

The new plan for gradual renewal of the BGCC boat-fleet is now available on the club's web-site under "Administration"



Photo: [David J Ingleton](#),
[Church of the Double-Bladed Paddle](#)

Can you provide a Caption??

Dear all,

25th June, 2017

My name is Fran and I am the Marketing and Media Manager for the Avon Descent.

I am aware, that our Sponsor Spirit Paddle Sports has previously approached you in regards to sponsorships for the Avon Descent. As they are currently deciding on who will be participating in their Interstate Challenge, I would like to inform you that there is another opportunity for unsuccessful applicants.

The Avon Descent offers to **sponsor 50% of the entry fee** for Interstate Competitors. Please feel free to share this information with your members and add me as a contact email, if any questions arise.

Best regards,



Fran Diettrich

Marketing & Media Manager

[0431 066 804](tel:0431066804)

marketing@avondescent.com.au

www.avondescent.com.au

PO Box 120 Bayswater WA 6933



Breaking News: 30th June, 2017

I have just been advised by the TCCS Leasing area that they are arranging to cancel our Licence and should have an offer of a Lease to us next week sometime. Apparently no surprises; the valuation remains the same and the annual lease cost is still \$4,000.

(Also, our new electricity meter will be installed next week so we need to register it and set up an account with ACTEW. Problem is they cannot register us as a Block and Section number!

After much consulting with his people, the ACTEW guy informed me that we are now listed on their books as: Burley Griffin Canoe Club Inc. ACT, 2 Morshead Drive, CAMPBELL, ACT. !!)

Cheers Bob Collins

2017 – 2018 BGCC Membership Fees: Helen Tongway

Unless you heard differently from me: Your current BGCC finished on 30th June, so unless you have already re-joined for 2017-18 you are now uninsured. (A list of current BGCC members is at the end of this newsletter.)

Changes: There is a New Member Fee of \$50. The Coded Levels have gone – now just Standard Membership (paid via PNSW/AC) plus Upgraded Memberships (paid via Register Now)

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

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

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

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

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

Both Key-hire and private boat in shed membership require an approved Application Form

Club Members, as at 01/7/2017: David Abela, Nicole Andrews, Patricia Ashton, Graeme Bacon, Kathryn Bell, Ian Castell-Brown, Greg Chesher, Geoff Collett, Bob Collins, Peter Connolly, Jeff Cordiner, Anne Cronin, Jason Downey, James Forgie, Theodore Gilbert, David Green, Clive Hagar, Chaya, Kalaa Megan and Malcolm Hall, Ainslie, Anna, Asher & Steve Harmer, John Harmer, Phillip Hayes, David Hearne, Graham Helson, Wendy and Tom Hick, Dominic Hides, Roger Hobbs, Nick Hocking, Marty Holden, Ellie House, Aimee, Kate, Josh & Scott Hunter, Gabrielle Hurley, Jack Jessen, Nicolas Jones, Meg Keen, Laura Kleinrahm, John Lockie, Tristyn Lowe, Russell Lutton, Scott MacWilliam, Liam & Marco Maldoni, Greg Manning, Barry Marshall, Jeanne Mclauchlan, Alexis, Kirsten & Natalia Miller, Hamish & Russell Murphy, Roger Murray, Allan Newhouse, Kirsten Nicolle, Christine O'Brien, Carolyn Page, Andrew Parkinson, Julie Quinn, Gary & Stephanie Rake, Michael Reed, Ella,

Aiden & Rohan Reynolds, Sue Robb, Dane Roberts, Megan Ruth, Daniel Smith, Frank & Lorraine Stevens, Emily Stewart-Reed, Charlotte, Robert & Zoe Stimson, Russell Swinnerton, Heidie Tallarida, Jacob Tapp, Michael Thompson, David & Helen Tongway, Claire Wallis, Scott Walsh, Norman Warthmann, John Watt, Alexandra Wedutenko, Greg & Jacqueline Wicks, Angus Whitford, Carolyn Williams, Daon Williams, Roy Willis, Kerrie Wilmot, Trudy Witbreuk, Jason Wright.



Paul Jurak - Kayakcameraman
Above: a busy Friday morning on the Molonglo River *Photo:* Paul Jurak.

Below: Followed by an icy Saturday morning's paddle at -7 degrees: 1/7/17. *Photo:* Gary Rake.

