



BLAZING PADDLES

Newsletter of the
BURLEY GRIFFIN CANOE CLUB

Volume 27 Issue 05 December 2016



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- Big 40th Hawkesbury Canoe Classic Report
- BGCC Christmas Party – 12 noon - Sunday 8th December
- New push for Training Programs.....[Membership Renewal!](#)

 **SPORT&RECREATIONACT**

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Coming Events:

- Saturday 10th December, 2016: 23 km, Twenty Beaches Ocean Race; Station Beach to Palm Beach.
- Saturday 10th December, 2016: Ben Ward Memorial paddle: Yarrawonga to Cobram
- Sunday 18th December – BGCC Christmas Party; 12 noon; Molonglo Reach; RSVP Litsa by 12th December!
- Friday 9th - Sunday 11th December, 2016 – Sprint Grand Prix 1 - West Lakes, SA
- Sunday 22nd January, 2017: Murray River Classic: Yarrawonga
- Friday 3rd - Sunday 5th February, 2017 – Sprint Grand Prix 2 - SIRC, NSW
- Saturday 11th – Sunday 12th February – Frank Harrison Races – MMCC, Albury, NSW
- Saturday 25th – Sunday 26th February, 2017: PNSW State Marathon Championships: Molonglo Reach, ACT
- Sunday 5th - Thursday 9th March, 2017 - Canoe Sprint National Championships - SIRC, NSW
- Saturday 11th March, 2017: Australian Marathon Championships, SIRC, Penrith, NSW



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President's Report: Patricia Ashton

I always seem to start with the weather, but it's playing such a role in what's going on or not going on, at the river! The prolonged cool, wet and windy weather means that many of our paddlers are staying at home. Hopefully we'll see more of the hot weather soon; and for more than a day or 2.

It seems to be evident in our time trials, numbers have been consistently low, which is a shame. This is something that most of our members should be attending, if not to race, to improve their fitness, to meet other paddlers, to join in the BBQ afterwards. Make it part of your routine each week, 5:30 p.m. for a 5:50 – 6 p.m. start.

The other area it's impacting is our Taste of Paddling sessions. These are 3-hour sessions which we run for the public, normally we get 8 -10 at each session @ \$95- each. It's a good money-raiser, however last week we only had 3, the month before we had 6 participants. Can only put it down to the weather.

Thank you to all those who came along to support the Wetspot Demo day on Sunday 13th; this was also adversely affected by strong winds and occasional showers.

Not because of the weather but probably the time of year, the BGCC 24 Hour Paddling Challenge, which was to be held on the 3rd & 4th of December, has been cancelled due to low numbers. This has been running since 1992, so it's quite a shame to have to cancel it.

Litsa will be catering for our Christmas lunch on Sunday 18th. Details will be out soon, but last year the food was wonderful, so spare some time to chill out by the river with some good food and (we think) good company!

For those of you wanting to improve your paddling skills please note that Margi is running several training groups. These have been well attended and are beneficial to all level of paddlers. Details were in last Blazing Paddles and Saturday times can be found on the website under coaching along with other coaching sessions, though she is also available Sunday mornings and Thursday and Friday evenings.

As summer approaches, the Triathlon season starts. Bob has sent out requests for volunteers for the first triathlon of the season on Sunday 11th December. So far the response has been underwhelming!! This is a great way to get on the water with others, help out swimmers and raise funds for the club. Guidelines are on the website, you only need to have a stable boat and a lifejacket. There won't be as many this season as in past seasons, so, don't hold off with your offers of assistance!

See you on the water,

Patricia.



Advice to members on BGCC Financial management arrangements, 2016

At the 2016 AGM some constitutional amendments were made that will change the mix between internal and external financial management controls regarding financial management within the BGCC.

At the AGM, the previous Committee emphasised the importance of strengthened internal procedures, controls and reporting to provide a sound base for transparent and accountable financial management. The following covers three aspects – Expenditure Approval Procedures, Bank Account Arrangements and Financial Reporting.

Expenditure Approval Procedures

All expenditure requires approval (in writing) by at least two committee members prior to expenditure taking place;

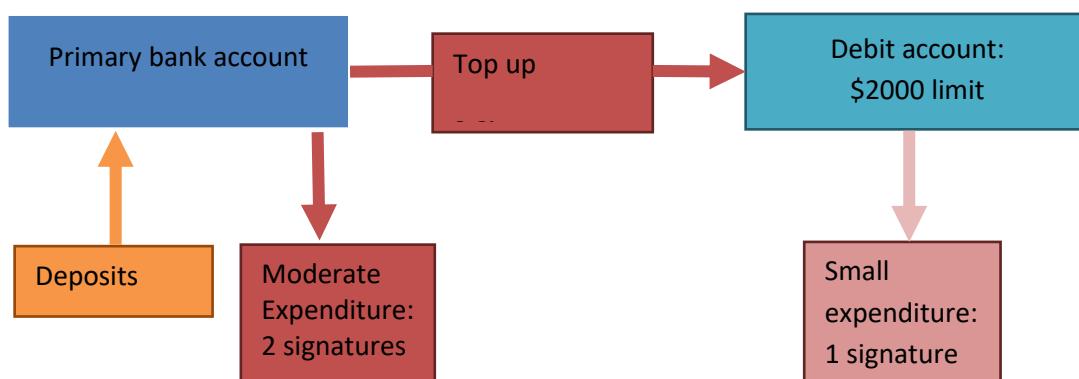
- Minor expenditure (less than \$1,000) requires approval by two of the following committee members – President, Vice-President, Secretary and Treasurer;
- Moderate expenditure (between \$1,000 and \$10,000) requires approval by a majority of the committee, which is then recorded in the Minutes;
- Major expenditure (greater than \$10,000) requires majority approval by a Special General Meeting (SGM) or Annual General Meeting (AGM.)

The Secretary is responsible for ensuring that decision of the Committee and SGM / AGM are recorded in the Minutes. The Treasurer will be responsible for maintaining the records of the approval process for expenditure. (see reporting below)

Bank Account Arrangements: The current double signature arrangements for the bank accounts will be maintained for all accounts and transfers between accounts apart from the yet to be opened, debit card.

The Committee has confirmed with the Bank that any changes to Bank arrangements still require written advice to the Bank, signed off by two of the account signatories.

The debit card account will have a limit of \$2,000. All transfers (top-ups) to the card will require two signatures (from President, Vice-President, Secretary, Treasurer.) There will also be a limit to the sum expended for each transaction using the debit card. The following diagram illustrates:



Reporting

The Treasurer will maintain the accounts and keep the records of expenditure and deposits. These should be maintained up to date and be available for inspection through the Committee.

The Treasurer will provide to the monthly committee meetings a written (cash) financial report covering:

- Bank statement;
- Income (broken down into basic categories)
- Expenditure by item and approval;
 - Cheques
 - Debit card
- Outstandings
 - Invoices / outstanding income not yet received;
 - Cheques / payments not yet showing in the Bank statement;

And the

- Reconciliation between the Bank Statement and account activity

These reports can be made available to members through the Committee

Club Shed Clean-up Thank you

To all the volunteers who cleaned the shed, reorganised and repaired the club's equipment that is needed and threw out things which are not, a very big THANK YOU for your efforts this morning. In less than two hours their work turned the untidiest of sheds into a workable space: as one volunteer said at the end of the nearly two hours it took: "I didn't realise how much room there is in the shed!" We also collected unwanted clothing for St Vincent's from the 'Lost Property' pile and fortuitously found plastic and other material wrapped around the motor of the refrigerator, which could have led to a fire. Over the next week or so members will notice new packets of Ratsak scattered around the floor and other places, perhaps even in boats that haven't been used in ages.



Above: "Stuff" taken out of the club shed (Tardis?). Photo: Dave Abela.

Much appreciated.

Scott MacWilliam

Boat Captain

John & Steve Harmer and the 2016 Hawkesbury Classic: John Harmer: 40th!

I believe that somewhere in the darkest night, a cyalume glows, to show the way (with apologies to Perry Como and others.)



Left:

Steve
Harmer
plus
Family
Harmer
helping
to get
the
canoe
through
scrutin-
eering

This was the Hawkesbury River on a moonless night where many paddlers relied on the faint glow of leading boats to show the way through the near total darkness. Hopefully those leading boats knew the course and were heading in the right direction. If so, the following boats would be OK.

Paddling in our C2 with my son Steve on his 29th Hawkesbury Classic and me on my 40th, with a number of other BGCC members, we headed off from Windsor on Saturday 29th October to paddle overnight to Brooklyn, 111 km down the river. Our canoe was equipped with GPS navigation so we were confident there would be no difficulty staying on course.



Above: Family Harmer assisting John to get into his canoe for his 40th HCC! Poor Steve – only his 29th ☺

Steve and I were happy with our progress until about the 35 – 40 km mark when darkness set in and there was no moon. For many years the Hawkesbury Classic was timed to be as close as practical to a full moon in October. In recent years to help with coordinating the hundreds of volunteers and the needs of participating schools, the event is now fixed to the last weekend in October each year regardless of the moon phase.

Guided by our GPS we were doing OK. When it became fully dark the brightness of the GPS backlight became a problem and I could not see beyond the light in front of me. We paddled for about 20 km with my cap covering the GPS so I had some vision and I would take a quick look at it every few minutes to check if we were still on track. At about the 55 or 60 km mark I had had enough of that so I then attempted to reduce the brightness of the GPS but only succeeded in turning the damn thing off! Unable to see the GPS buttons in the dark to reset it, we paddled the rest of the way to the major checkpoint at Wisemans Ferry without the help of the GPS.

Our only stop was the Wisemans Ferry checkpoint after 65 km. Food and drink supplies were replenished and of course the GPS was reset **and** its brightness reduced. We set off again and I think it was now even darker than before our stop. Much happier now we could follow the GPS without being blinded by its light it was most disconcerting to be paddling so fast without being able to see anything in front of the canoe.

Any fear we had of hitting something in the dark was realised when we encountered a stump. We must have been very close to the bank to find this thing. The canoe must have missed it by only inches but it ripped the paddle out of my hands. If we had hit it with the canoe it would have almost certainly tipped us over. We backed up and with our torches we recovered the paddle. Having recovered the paddle and turned the torches off we were ready to go but a canoe paddle with a curved shaft can only be held one way. It was so dark that I could not see the paddle I was holding in my hands and to find the way the shaft curved I had to feel along its length.

Underway again and a short time later and on the other side of the river we were again too close to the bank and charged through branches of a tree. That only took about one and a half seconds but for most of that time I was thinking there may be a substantial branch among those leaves and light twigs. But there wasn't. The only damage was a slap in the face with a bunch of leaves and I lost my cap.

Further down the river we caught up with a couple of paddlers who were totally lost in the darkness and they were happy to follow us.

The rest of the trip was uneventful. The highlight of every Hawkesbury Classic is rounding the last bend and the finish line coming into sight. Usually at this point Steve and I tend to relax a bit and after congratulating each other for completing yet another Hawkesbury. His 29th and my 40th, we talk mostly about the events of the night, what we did wrong and what we did right and so on. But not this time. Three other boats caught us and proceeded to pass us but we decided that was not going to happen and from where we found the energy I do not know; but we beat them to the finish line by a few minutes. If we could paddle like that for the entire race we would be amazing. Our plan was to paddle the Hawkesbury in eleven hours, but eleven hours and sixteen minutes was OK.

Steve and I every year have our own dedicated landcrew and this year we had the biggest and best landcrew ever. Headed by James with Toni, Anna, Heather and grandkids Jessica, Daniel, Ainslie and Asher. They were all most noticeable at the major checkpoints with their whistles, trumpets and other din as Steve and I paddled past.

Thank you everyone for your enthusiasm and support. You can all be on our land-crew next year.

John Harmer.

HCC – from the land: Patricia Ashton

Well, I was relieved that Bob's son was getting married over the Hawkesbury weekend, so I didn't have to find an excuse not to take part! However, I did volunteer to organise the land crew for the event during the course of which, I did have moments when I thought maybe I should have entered. You get a bit carried away with everyone's preparations, the anticipation, etc.



Above: the BGCC Mirage 580 ready for Geoff Molloy

Anyway, organising land crew details was a bit like herding cats. There weren't too many taking part, but there were several last minute cancellations, some very inexperienced paddlers in boats they weren't very familiar with, cars which needed transportation and, with several doubles entered, we had to cater for the possibility of paddlers or teams pulling out at Sackville or Wisemans and have cars with racks to cater for that.



Above: Dave Abela and Scott MacWilliam being helped onto the water by Geoff Collett.

The weather is always a bit dicey and weather reports can't always be believed, so shelter tents, hot soup, tea and coffee should be on hand for all at Wisemans and the finish. We needed extra lifejackets, spare parts, spare clothes and just lots of 'stuff'! Cars were packed to the ceiling.

At Windsor all the paddlers arrived safely, as did the boats. It was quite warm but with a storm brewing. Luckily nothing came of it, paddlers and boats got through scrutineering although there were some last minute bits required, torches, number holders, a lifejacket; all of which were available.

If you've never land crewed, think about coming along next time; it's quite fun. There is a fair bit of sitting around waiting but there are also a lot of people to chat to, boats to check out, your paddlers to assist and help organise. Once it's time to get them to the water, there is the spectacle of the race starts.

After all our paddlers were on the water, our land crews split up, with Geoff and Anne heading off to Sackville and David, Allan (Geoff M's land-crew) and myself heading to the first checkpoint (12 km) Cattai. While we don't offer any assistance here usually, it's a good vantage point, above the river and it's great watching everyone starting out and cheering them on. You do look at some in amazement wondering that they even got that far with their 'non - technique'! Conditions at that stage looked almost perfect.

David and I then skipped Sackville and drove to Wisemans – spectacular scenery - while Allan joined Anne and Geoff at Sackville.

At 65 km we should have had time for a snooze, however, I think it took us an hour to fight with the tent, finally getting it set up. We got updates from Sackville as our paddlers came through, though, after chatting to their

land-crew, we also got news that Adam and Richard had pulled out at about 40 km, which was bad news. Anne and Geoff arrived, as did James and Tom who were looking after Ceara and Cara, so we had quite a camp set up, except that my bedding, cooker, tea, coffee and soup as well as our light up vests were all with Allan. Then, as Geoff M pulled out at Sackville, all my gear went home with them, so the next I saw of them was back at the club house. So much for that plan! Luckily, James comes well prepared so he had everything we needed. Our paddlers came in, in various states of tired. While conditions on shore for us seemed perfect, that apparently wasn't the case for those on the water. Scott and David – who had done a lot of training in varying conditions, came in and had decided not to go further. Denby, who had only been training for about 6 weeks in the double mirage, had had to change to the V8 a day before the race, also pulled out at Wisemans due to discomfort and instability. Robert came in all wobbly-legged, but after a rest, some hot soup and chips and a change of clothes was poured back onto his ski and set off into the darkness. Ceara and Cara came in giggling and chatting, spent some time on shore, giggling and chatting, eating hot chips, got changed and set off again, giggling and chatting (oh to be so young and fit)!

Things got a little tricky now, as we had to get everyone into cars with boats to the Finish to wait for Robert. Denby's car was so full, we had to repack it to fit him in the back seat. We hadn't counted on 3 pulling out and Geoff not arriving. It's quite a long drive at 3 a.m., from Wisemans to Mooney Mooney – we had a few wrong turns, but eventually made it. Most of us managed to have a kip in the cars for an hour or so, then went to watch others coming in and the sun come up. Robert looked stronger at the finish than he had at Wisemans. We helped him off the water, cleaned up his boat, passed him over to his partner. Then took the scenic way home.....

It's a long night, but it is fun and you are appreciated, the paddlers do need your assistance at the various stages of the night then in the morning on the way home. Its inspiring and daunting at the same time, you go from thinking: '*I should be out there*' to '*I'm glad I'm not out there*' to '*wow, I should do that (again)*'.

Patricia

Ceara and Carra: ("Giggling and Chatting", but) Finishing: Ceara Clark

With only one 10 km training session together in the V10 double, a lot of people had their doubts about us finishing the Hawkesbury. But Carra and I are not quitters. We believe that once you start something you must finish no matter what!

Below: Ceara Clark and Carra Sheldon at the Finish!



We met some wonderful people on the water, heard some incredible stories and sung our lungs out with other paddlers till our speakers ran out of battery.

With a tailbone injury for me and very little training, Carra and I finished in just over 16 hours. We were just happy to finish the race and were not fussed on our time.

We would like to thank Scotty, who got the loan of the boat for us; and also a huge thank you to Tom Hick and James Suthern for being an amazing support crew and driving us home.

Ceara

Dave and Scott's HCC: Dave Abela

I teamed up once again with Scott MacWilliam to tackle the Hawks with the aim of finishing it in under 12 hours. It was three years since we last completed the event, so we knew exactly what to expect. Our training leading up the event was very well planned, thorough and we both felt strong and confident on the day..... but alas!....we were soon to find out how this event can bite you when you least expect it!

I was in the front the double ski doing the easy stuff (operating the steering pedals) and Scott was in the back seat dishing out the horsepower in the engine room. We had a great start, in strong headwinds at times and with the tide helping us, we regularly saw speeds of 11 to 12km/hr. Sackville arrived surprising quickly where we had a very brief stop to prepare for the dark. After Sackville however, the story begins to turn sour very quickly. It's as if a switch had been flicked...literally. It got dark. Really, really dark. This year there was no moon at all, so our forward visibility was about the same as paddling with a paper bag over your head. Even with GPS for guidance, it wasn't very long before we started colliding into things. First, we strayed too close to the bank without realising it and slammed into tree branches at high speed and to make things worse, someone was wash riding us and they ended up crashing along-side us as well – a tangled mess of branches and paddles! Not long after this we ended up in a bed of tall reeds. Apparently, we also missed a jetty by about a metre....I didn't even see it!! There were many Clunk!...."What did we just hit?" moments.

For me, the total darkness completely robbed my ability to keep our boat stable. With no visual references, we soon developed the wobbles and found that a lot of our energy was spent in simply trying to keep the ski upright. Combine this with the tide now going against us, we limped into Wisemans just after midnight. The total darkness had shattered our confidence. It felt like it was just a matter of time before we would fall in, so we decided to pull out.

Oh well, it just goes to show you, that no matter how well you think you're prepared, there's always a curved ball heading your way when you least expect it.

But (there's always a "but" isn't there?)...there's always next time!

Dave

Dave and Scott's HCC: Scott MacWilliam

"The Best Laid Schemes of Mice an' Men gang aft a-gley"¹
Or What Happened in the Hawkesbury River Classic?

After successfully completing the race in 2013 as a novice using my Fenn XT double ski, I thought the preparation undertaken with skipper Dave Abela for this year's event was near-flawless. We had done heaps of training, including two 30 km and one 40 km paddles on Lake Burley Griffin and in the Molonglo River. We didn't shirk training in the roughest of conditions. We had made a few changes to gear, including at the

¹ From Robert Burns 'To a Mouse'

suggestion of Mark McDonald and Randall Fitzsimon of attaching glow sticks to the front of Dave's paddle blades so I could see his strokes and keep in time during the dark sections of the night. We received lots of helpful advice and encouragement during our training sessions, especially from people with many HCC races under their hulls, including Craig Kentwell. Dave even invented a cradle to go on the front of the boat – see pic - so he could feed without his paddle getting in my way as I took turns keeping us going. (The patent is pending!)



When we next try the event, there isn't much I'd change, including setting very modest time goals: all we had planned as an objective was to beat the 12hrs 38 minutes of three years ago. On the day of the race, there were some initial signs of awkward weather but this did not eventuate. Even the forecast for the overnight temperature was a benign mid - teens, with generally favourable tides. While there was to be no moon and lots of clouds, we didn't anticipate any trouble with darkness given all the electronic equipment we were carrying: Magellan and Columbus certainly went a lot further with a lot less! How wrong we were!

Because of the age difference between us, nearly 20 years, Dave and I didn't enter any of the competitive categories. We started in the second Bridge to Brooklyn field with some headwind but a favourable current helping a large collection of paddlers. As planned we stayed out of the bunch which raced away and were already well back at the Windsor Bridge. However, when we reached Sackville, about 10-15 minutes ahead of schedule, it was clear that the outgoing tide and the presence of so many boats close by had dragged us along faster than we originally intended. Even though we didn't think so at the time, under 3 hours for the first 30 km – with a change in the tide and the end of any sunlight to come – was probably too fast. And the warm afternoon meant that I had over-dressed, rather than adjusted to the prospect of no cold weather to come, so I was perspiring quite heavily.

Nothing we had done, in all the kilometres of training, checking gear including putting the back-light on Dave's GPS at the front of the boat at the lowest setting, carrying plenty of water and food etc., prepared us for what

'Tide chart not yet available. For Saturday October 28, 2017 there will be a half moon rising at 9.23am and setting at 10.23pm'. Dave

came after Sackville and dusk. Total blackness; so dark that the gentle light on the GPS blinded Dave as if he was constantly steering into oncoming vehicle traffic on high beam! Blackness that had us steering first into some trees on the left-hand side of the course and then into some thick tall reeds with a hidden boat jetty which we just missed hitting on the right! Blackness that exaggerated the effect of both paddles simultaneously hitting a very large fish which caused the water around the boat to bubble! Blackness that destroyed our morale and confidence as we wandered around, constantly paddling into the worst positions on the river to deal with an incoming tide! Night vision goggles for the next time we do the race – or avoid the HCC next year when the forecast for any moonlight is no better.

(28th Oct. 2017: Moonrise: 12:13 p.m.; Moonset: 2:13 a.m. on 29th Oct. 2017. Moon will be in its First Quarter, i.e., half a moon can be seen – if it isn't cloudy! But that sounds a lot better than this year's moon effort. Ed.)

The next 30 km to Wisemans took us about four hours and 20 minutes, by which time I was more exhausted than ever before in my life. (To put that claim into context, for my 30th birthday a few years ago I ran the Boston Marathon in under three hours and apart from blood blisters on the soles of my feet and losing a big toe-nail as my socks were removed, could still change and get to the car unaided before driving back many kilometres to Toronto.) At Wisemans I fell down twice in the tent provided yet again by BGCC's marvellous support crew and had to lie there for some time, rehydrating and feeding. Even though we had stuck religiously to drink and feed schedules, I was thirsty and ravenous. Fortunately, Geoff Collett and Tisha Abela were on hand to transport us, first to the finish and then back to Canberra.

Two weeks after the event passed before I could resume paddling and then only at a slower than usual pace. But I'm buggered if one experience on a river is going to stop me trying again – and would heartily recommend others try it, in a single or double boat. If you are extremely fortunate as I have been, find a person who makes all the training and preparation enjoyable – and who you can still talk with easily even after a disappointment such as Dave and I have just had. Just as importantly, if you aren't going to have a go next year, and/or haven't paddled the HCC before, but would like a great vicarious/learning experience, consider being part of BGCC's fabulous land crew who are legendary in their assistance for paddlers. *Scott*

A Saturday night's Sojourn: Robert Bruce

A run through my check list. Seems preparations are almost complete. A couple more energy bars, a third week of training, torches, maps compass, entry, paddle, boat, more energy bars. That seems to be about it.

A week later:- NOTE, for next year. Bring lunch for the day.

Memo to Patricia:- Thanks for lunch.

Two minutes to go. The guy next to me upends. Careful not to get hit by flailing paddle. Fend off Bull Shark so swimmer can get to shore.

Go!And I join the crazies taking advantage of the outgoing tide. "Back off you idiot, there is a hundred klms to go!" Switch down to 95%.

Catai in site and our little group starts sparing for line honors. I take stock of the situation and realize that I will run out of puff at this rate. Back down to 75%.

Round a bend and Sackville ferry in the distance. Smiling faces greet the tiring paddler.

Memo to Anne:- thanks for the shoulder massage, but don't give up your day job!

Geoff refills my water barrel and applies the 'cat o' nine tails' to encourage my continued participation.

At a more realistic 65% I paddle into the semi-dark against an incoming tide. Mr Negative starts up a monologue. "why are we doing this", "my back hurts", "I think Wisemans will be far enough"...."can I have a chocolate?

I distract him with a chocolate and concentrate on paddling through the guard of honour provided by rows of lighted boozy weekenders. I offer a royal wave to the bottle hurling ingrates.

Control point F and I pause to take on sustenance. Following a double kayak back into the darkness. "Are we going the right way?" I ask..."Yes, we are on the GPS line"....."Then what are those lights coming towards us?"..."They are other boats" they reply... DOH!!

I torch the map, ... spin around and leave them to figure it out.

Coming out of the 'big W' I realize the tide has turned and renewed energy surges through my being.

Wisemans Ferry and the 'angels of mercy' are there to help up the steps and into a lounge chair.

Note for next year:- have a 'cup of Earl Grey' and some scones with raspberry jam for Wisemans.

Half an hour later and I can see Geoff is having trouble keeping the mighty Stellar calm. She is keen to get under way. Patricia tips the lounge chair and I am heading for the steps.

It's hard to hold Stellar as this is the stretch of water she loves. She has been waiting patiently in the garage all year while her big sister gets to travel to all the exciting marathon events.

We get the nod from the ferry gate keepers and glide silently into the unknown. The hours of paddling have adjusted my body's biology into 'sustainable survival'. Mr. Negative has disappeared into the endorphin induced calm and so for the next six hours Stellar and I can enjoy the adventure of travelling on the mysterious dark river.

The rhythm of the exercise and the steady breathing are conducive to meditative practices. We are so focused on the visual that when it is removed, as with the blackness of night our other senses become heightened. All these elements united to allow a slide into an altered mental state. A many varied state I might add, for there were times of intense awareness, when disoriented, and also of womb enveloping peace.

Very low light, nil reflection from the water and brooding dark walls seemingly leaning in from above. Sometimes my mind had trouble making sense of its surroundings. Familiar object and places that are shifted out of the normal. There were times when I stopped paddling and just sat and felt the heaviness of the silence and space. The moments when time and space no longer existed and I was suspended in a velvet cocoon surrounded by, in the words of the metaphysical painters. 'that which cannot be seen'.

For the past few hours there have been few companions and hardly a word spoken when in close proximity. Words seem unnecessary and inadequate during this experience.

The sky lightens. The journey is nearing its end. The spell has broken and paddlers find voice once again.

I cut across the eastern end of Milson Island, heading for the northern shore to avoid the tide. Stellar throws a tissy fit and digs the rudder into the mud. She knows when we finish she will be left in the shed. I promise her of more good times to come and we pole out into deeper water.

Finish and the trusty BGCC land crew are there to meet me with a handy Zimmer-frame.

Note for next year:- A sedan chair and sirens singing while strumming harps would be preferable.

The impressions and memories of my night paddle are deeply etched and will stay with me for quite some time to come.

I plan to add to them next year.

Robert

2016 24 Hour Paddle Challenge: Cancelled

Due to insufficient entries, the club could not afford to run this event as we would have been required to have 3x safety boats (e.g., SES boats and people) out on the water for the 24 hours of the event.

We are sorry to have to tell those keen (20) participants who had already entered that the Challenge is off, but your entry fees will shortly be returned to you.

Flatwater Marathon Convener's Report: Russell Lutton

Things have been a bit quieter on the distance paddling scene of late; following the last race of the 2016 PNSW marathon series at Wagga Wagga in early October. However, for those of us with a distance paddling addiction, it's a case of the quiet before the 2017 storm. Next year's calendar (below) has an eye watering 11 marathon races in the series, together with States and Nationals. PNSW nominated BGCC to host State Marathon Championships and Nationals will be held at Penrith, close to home.

2017 PNSW marathon dates

Saturday 4 February	Round 1 (WBCC)
Saturday 25 February PNSW Marathon State Championships (BGCC)	
10-12 March AC & Oceania Marathon National Championships (SIRC)	
Sunday 26 March	Round 2 (SSCC)
Sunday 9 April	Round 3 (CCCC)
Sunday 30 April	Round 4 (LCRK)
Saturday 20 May	Round 5 (WCC)
Saturday 3 June	Round 6 (PACIFICA)
Saturday 24 June	Round 7 (BWP)
Sunday 23 July	Round 8 (MWKC)
Saturday 5 August	Round 9 (HVPC)
Saturday 26 August	Round 10 (CSKC)
<i>Saturday 16 September Myall Classic</i>	
Saturday 14 October	Round 11 (MAKAI) & Presentation Dinner
<i>Saturday 28 October Hawkesbury Canoe Classic</i>	

Wetspot summer time trial series

The Wetspot summer time trial series, which commenced in early October, has been attracting good participation, with over 60 BGCC paddlers time trialling in one or more event to date. The cumulative points score below shows just how close the competition is at this stage of the series.

Rohan	EVANS	42
Greg	CHESHER	39
Geoff	COLLETT	39
Craig	ELLIOTT	39
Tom	McQUEEN	39
Kevin	SWAIN	39
Amber	CHEN	36
Kiaran	LOMAS	36
Charlotte	STIMSON	36
Zoe	STIMSON	36
Mike	ILIFF	36

I take this opportunity to thank Wetspot for supporting the series and all the volunteers who basically make the series "happen". In particular, Geoff Collett, our club webmaster, who always efficiently and promptly publishes the results on the BGCC website; Carolyn Williams, who has taken over from Jane Lake in maintaining and updating the results spreadsheets; Tony Mee and Carolyn Williams, who have done a lot of the timekeeping this year; and, of course, our great barbequers. Please, please, please let me know when you can assist with timekeeping and barbequing.

A couple of flash new boats on the river



If ever any paddler got value for money out of a kayak, it is Randall Fitzsimon, who has retired his old black carbon Meek Weapon K1 (rumour has it that Randall exchanged it many years ago for a suit and tie for its previous owner, the sartorially-challenged Simon Stenhouse). Randall's new acquisition is a gorgeous 8kg Vajda Infusion 2 (left). Despite rumours to the contrary, Randall is still speaking to the "little people" and enjoying his new ownership experience immensely.

Also moving up in the paddling stakes is (*Editor: sometimes*) club member Steve Mesaric, who is supplementing his ocean ski paddling with a new Mango Racing K1 (below).



The last time trial this year will be on 14 December and we will resume the time-trials again on 18 January 2017.

Russell Lutton

Slalom & Wildwater Reports: Kai Swoboda

With the club's successful grant application for the purchase of slalom and wildwater equipment, we now have available five kayaks (plus equipment) that are suitable for slalom and river paddling. These will be stored in the canoe polo/SUP area.

The club will be looking to run a slalom and wildwater program aimed at developing competent paddlers who are able to paddle at a proficient level on white water and who have the skills to be able to compete at relevant competitions in 2017. A longer term goal is to have BGCC paddlers compete at the January 2018 National Slalom and Wildwater Championships. Another objective is to provide BGCC paddlers the opportunity to try different types of paddle-craft to develop their own technique and experience.

Initially we will be paddling under the bridge, upstream of the clubhouse, practicing paddling skills on the flatwater; and also using some temporary slalom training gates from time to time. Later on, when confidence and skills have improved, we'll move to the Murrumbidgee River. Interested members should contact me (kaikayak@outlook.com) to see when we are paddling. This will usually be on Saturday afternoons.

Kai.

Canoe Polo Report: Graham Nelson

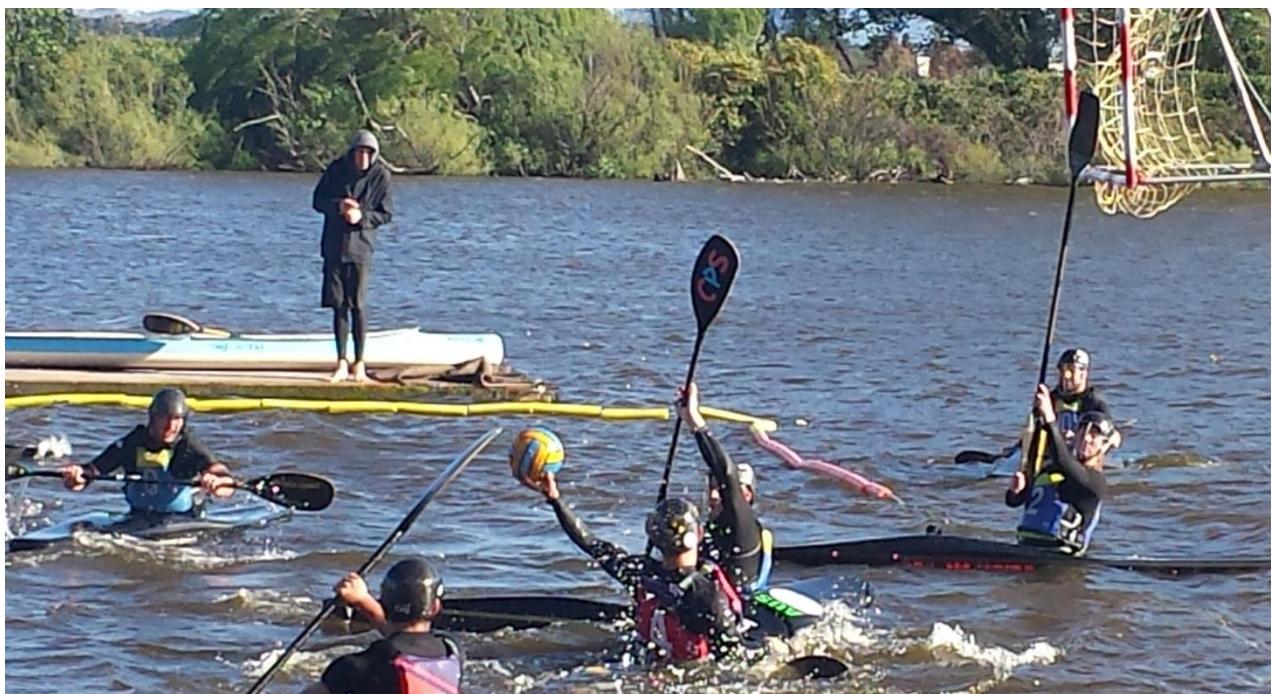
Busy times in Canoe polo land this month.

Jason has built some great new boat racks in the shed and with assistance from many, including Tom, the chief chucker-outer, there was a general tidy up.

All in preparation for the Annual Canberra Canoe Polo Invitational on the 5th and 6th of November. This was round 1 of the Australian Summer series and saw people travelling from Sydney, Melbourne, Nowra, Adelaide, Geelong, Darwin and New Zealand to take part.



The weather was a bit on the cool, (and windy) side, on the Saturday but the sun was out and all enjoyed some great games. Sunday, was less windy but no less enjoyable and by the time competition wrapped up, everyone was exhausted.



Well done to all who took part on the field and more importantly, big thanks to those whose efforts behind the scenes saw the event run smoothly.



The next round of the Summer Series is in Melbourne on the 10th and 11th of December.

Graham

SUP Convener's Report: Joanna Nelson

November has been a busy month so far with a contingent of BGCC members travelling to attend the **Naish NISCO SUP World Championships (4-6 Nov)** at Narrabeen, Sydney.



Above: NISCO Board Pyramid!!

A great weekend was had by all, competing on the Naish 12' 6" inflatable boards in both sprint and distance events. This included the 200m, 400m, 5 km (Women's) and 10 km (Means), team relays and other novelty/fun events (stacked board races, building of SUP towers!)

The past couple of weeks a number of us have been using the club boards at time trials - for practise – and it may have paid-off. Most of the BGCC crew finished up in the Top 5-10 for our age categories. Other winners included; Aidan Lewis who won a 'VMG blade' (fin) for the fastest competitor to paddle his NISCO SUP (without a fin) around a course and Lincoln Gibson and myself were winners in the 'International Relay' with representation from Denmark, Sweden and Japan.

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Above: Jason Rantall, Joanna Nelson, Aiden Lewis, Trent Shaw, Kate Miller, Scott Hunter, Lana Read, Matt Scott, Lincoln Gibson, Rohan Evans.



Naish NISCO SUP World competitors

BGCC Summer Time Trials have started. Come down Wednesday afternoons (5:50 p.m.). If you are not competing, please consider helping out on the BBQ or assist with time keeping.

I have recently introduced the first of BGCC 'Come and Try SUP sessions' for club members, with the first session on 16 Nov. Other sessions may be run, depending on interest and my availability.

Keep an eye on the CAP SUP webpage for any upcoming local (coffee paddles) or interstate events. A number of us will be away next week for the **Merimbula Classic** (24-27 Nov 2016) **Game of Foams**.

Sat, 10 Dec – Canberra Toy Run organised by Motorcycle Riders Association of ACT. Last year was our second time participating and it would be great to see a big turnout this year. Plan is to meet at Kingston Foreshore in front of *Walt & Burley* at 8 a.m., pushing off from the pontoon around 8:45 a.m. SUP'ers, canoes and kayaks welcome – decorate your boards/craft, bring a toy to donate (bag it up) and we will see you there!

Till next time, *Joanna*

Ocean Racing Convener's Report: Nick Ziviani

Hello all ocean paddlers.

This is a busy month for ocean racing as the Perth Doctor is on the 26/11/16 with most of the world's best ocean paddlers ready to take on this year's great race.

This could be the biggest start line to date for any event, as there is over 200 ski entries ready to tackle the 26 km crossing from Rottnest Island to Sorrento Beach with a 30 km tail-wind expected to stir up the runners.

The AORS paddle-fest has already held 2 major events within the past 2 weeks in and around the Perth area with the current world champion, Hank McGregor, recording average speeds of 17.2kph for 23 kms with Australia's Cory Hill hot on his tail; finishing in less than 30 seconds behind Hank.



Finally *Epic Kayaks* have released the new V12. This ski has no similarities to the previous model, as it has less volume in the nose, more rocker in the hull and better stability.

The top riders are already using this new model with Hank McGregor winning the Dragon Run in Hong Kong 2 weeks ago on this new ski.

Epic Australia hope to have stock early in the new year. *Epic* has branded this V12 as its elite level downwind ski, offering more stability than the V14.

Think Kayaks have also released their new range of skis, including the Uno which is targeted for the lighter-weight paddlers. *Think* have called the new range the Gen 3 Series of skis. There is a *Think* team at the Doctor this year riding the new range of Uno and Uno Max skis and I am sure they will also be very popular.

The next event in NSW for ocean racing is also an AORS race is on the 10/12/16 on the Sydney Northern Beaches, which will also be a fantastic race with alternate course available to provide a downwind event.

Left: Leaving Freo for Rotto (Ocean Paddler on Facebook)

I Hope to see some BGCC paddlers at this event.

Happy paddling, *Nick*

<http://oceannpaddler.com/events/palm-2-pines/#>

Sprint NATIONAL SPRINT EVENTS

The national event dates have now been confirmed and are available via the calendar on the AC web-site:
<http://canoe.org.au/calendar/>

Dates and locations are as follows:

Friday 9th – Sunday 11th December, 2016 Grand Prix 1 West Lakes, SA

Friday 3rd – Sunday 5th February, 2017 Grand Prix 2 SIRC, NSW

Sunday 5th – Thursday 9th March, 2017 Canoe Sprint National Championships SIRC, NSW

* Please note the change in days of competition for Sprint Nationals, now running from Sunday to Thursday.

This will be followed

(11th – 12th March)
Entries for Grand Prix 1, to be held at West Lakes, SA from December 9-11, have now opened. Please enter via regattas.canoe.org.au using your Australian Canoeing login details.

details. Any questions please let me know.
Sincerely, Al Verduzco | © 2011-2012 353



First Aid Course: 26th November

11x BGCC coaches and other took advantage of this course and has a good go at wrapping each other up!



Left: Lauren Denney watches as instructor Melissa Battams wraps up Khia Atkins



Left: Dave Gordon concentrates hard as he immobilises Phil Sanders arm



Above: Mike Young concentrating on Kai Swoboda's neck-howl



Left: old hands at work: Helen Tongway slowing down Margi Bohm's arm motions

Thank you to Itsa Polygerinos for the photos!

Goulburn River Classic

Two of our BGCC members entered the three-stage Goulburn River Classic, held on Saturday 12th November. The Goulburn Classic is Australia's oldest canoe race. It was originally 100 miles non-stop with heroic stories of paddlers negotiating the fast flowing river at night. In the 90s the race morphed into the Tour De bloody Goulburn, a tour that used staged sections to highlight the beauty of the Goulburn River.

The event has 3 Stages over one day, with stage 1 and 2 being mass starts (in waves) and with stage 3 being a unique time trial event. The yellow jersey was awarded at the end of each stage.

This event caters for all classes of boats, however it is ideal for canoes, ocean skis and river kayaks. Under-stern rudders are acceptable so long as you are careful.

Entrants could paddle one, two or all 3 stages; it's your choice: \$15.00 per stage or \$40 for the day.

Safety: The river has a powerful and deceptive current, the water is cold, therefore lifejackets and footwear must be worn. Paddlers need to be self-reliant and competent in paddling in fast flowing water.

Order of the day:

- 9.30 briefing at Trawool Bridge
- **Start: 10.00 Keresdale reserve on the Seymour to Yea road**
- **Stage 1: 10 km race, Keresdale to Trawool Bridge**

Morning Tea at Trawool Bridge and the presentation of the yellow jersey

- **Stage 2: 17 km race, Trawool Bridge to Seymour Caravan Park**

Lunch in the park and the presentation of the yellow jersey

- **Stage 3 – 6 km Time Trial, from Caravan Park to Lyons Park Seymour**

With presentations held at the end of the day. The weather was not too hot and the rain was patchy and light.

John Young and Dominic Scarfe held the yellow jersey for all three legs and took out the line honours and handicap as fastest craft. Total time of 2:15:11 in K2Vet50 class. Ben Rake and David Horkan were second and third fastest in their K1 boats.

	Stage 1	Stage 2	Stage 3	Total time
Ben Rake:	37:50	1:17:03	23:01	2:20:10
David Horkan:	40:04	1:16:46	23:20	2:25:04



Above: Ben Rake; Below: David Horkan; Near finish of Stage 2. Photos by: Rod Clark



A Harrison C1 was manufactured and donated by Rod Clark and Tony Bond for any canoe (i.e., single-bladed) paddlers who entered the event – and the purple “lucky dip” was won by Stefan Tullock, but then donated to Neil Tattersall. And there were eight TC2’s and one OC1 in the race! A canoe revival is underway?

Coaches Corner: Margi Böhm

The cool and windy spring/summer continues! The good news is that paddling in wind is good character building! The bad news is that according to my colleagues at the Bureau of Meteorology, there appears to be little evidence that those long, lazy summer afternoons are on their way!

News in the coaching department is that:

- Gary has been doing some fun things with young men as part of the MensLink program using dragon boats. This is important and rewarding work and means a great deal to those young men who have little if any male role models in their lives. Thanks Gary.
- Margi has been to Sydney twice. Once to the Australian Canoeing AGM and Awards dinner and once to Narrabeen to run a Level 1 Coaching Course. She is also actively sorting out things for 2017 Nationals and World Marathon Championships as well as continuing to develop the Train Smart program to help marathon paddlers in Australia reach podium performances.
- Kiaran continues to inspire his young paddlers and work behind the scenes as Paddle NSW's coaching co-ordinator.
- Canoe Polo is out and about in the afternoons.
- Several coaches and club members attended a refresher first aid course on the 26th Nov.

Coaching for December will follow the usual pattern. We are adding a 12-week program for those of you who wish to improve your paddling performances generally and with an eye to doing well at the State Marathon Championships to be held on 25th February at BGCC. This program will follow the Train Smart idea and will consist of three-five sessions per week depending on your time. Please email Margi on:

margi.bohm@gmail.com if you are interested in being part of it. The main sessions will be on Friday, Saturday and Sunday with supplementary sessions on Mondays and Thursdays for those who want extra training time. Train Smart is an innovative program designed for marathon paddlers of all abilities using an integrated approach underpinned by paddler specific testing data. It is worth the effort if you are interested in bettering your paddling and not already in a well-managed training program.

The Australian Canoeing AGM was an interesting, albeit disappointing affair. While I realise that it is an Olympic year, I was dismayed to note that at no point did anyone, including the CEO and the head of the Board, mention the activities and achievements of the non-Olympic disciplines, even although most sent teams overseas in 2016 to compete in international competitions including world championships. This was despite a huge effort on the part of Australian Canoeing to advertise its rebranding as Paddle Australia, home for all paddlesports on the continent. They even managed to give the *Non-Olympic Paddler of the Year* award to an Olympian! Of further concern is that the new coaching accreditation program now consists of 4 instead of 2 tiers with the top tiers only available to institute and academy coaches. This further disadvantages any paddler who is trying to represent their country and make the podium through the club system, especially if from a part of Australia with no surf or academy/institute, like us. There appears to be no avenue for members of Australian Canoeing to influence these decisions. My only advice at this point is that if you feel strongly about the path followed by our peak body, write letters to the CEO and Board and complain. You won't be alone and the more we let them know of our discontent, the more likely we will get a response. Bottom line is that we pay AC a fair bit of our registration fees and it would be nice to get something for it.

Margi will continue to run the club based technique sessions on Saturdays at 9 a.m. We have been getting a steady flow of paddlers through these sessions and I would like to congratulate everyone on their improved catches! Pam is definitely the paddler to watch as she powers ahead with a new and improved catch, rotation and exit. Well Done.

- 3rd December: Getting your legs to do the work. Start getting used to elevating technique to faster boat speeds.
 - 10th December: Rotate, Rotate, Rotate. Keep working on getting things to work at different boat speeds.
 - 17th December: Putting it together – one-way: two-way.
 - 31st December: REST WEEK – enjoy the family and Christmas. If you are near Moruya, give me a call and I may be able to break away from the family festivities to join you for a paddle up the river!

I hope that December is a good month for you and I am looking forward to hearing from you about being part of the Train Smart 12-week program into State Champs.

Happy Holidays, Margi



BGCC Christmas Party

**Bring your picnic rug and chairs and join us to celebrate a relaxing
Christmas BBQ at Molonglo Reach**

Sunday 18 December at 12.00pm

Some of the festive delights will include:



Roast Stuffed Turkey Breast with cranberry sauce or gravy

Marinated BBQ lamb

Marinated BBQ chicken

Glazed Ham

Traditional Salads and Gourmet Salads



shutterstock · 160322069

Pavlova

Trifle

Fruit Platter

Soft drinks are included, but bring BYO alcohol.

Adults \$15.00
Children (up to 12 years age) \$10.00



Subject to numbers there will be games organised on the water so bring your bathers.

Please RSVP to Litsa by 12 December.

Boats for Sale

Sladecraft Sonic for sale:



5.8m long. 46cm wide. Underslung rudder with foot pedals. Good to excellent condition. Always stored under cover. **\$2000** Or offer. Contact Barry: 0419 603 119

Honcho Oceans Pro - 6.6m long and weighs slightly under 18kg.

Keen for around \$850, but I'm open to offers too.

Some background info about Honcho:

(<http://www.surfski.info/reviews/story/275/surf-ski-first-looks-honcho-oceans-pro.html>)

Jayson

M: 0404 990 870



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 \$3400. Phone Nic: 0466 287 898; or email at:

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



Other Items for Sale

- Latest design BGCC long-sleeved paddling top, Medium size - \$45 (unused)
Phone Cherie on 0413 605 513

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

Latest Australian Canoeing Safety Guidelines

The latest Safety Guidelines are available at:

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

The Paddlers' Guide to New South Wales

Now in its 2nd edition, this 479-page guide is the ultimate companion for seeing this amazing part of the world from the water. This is the most up-to-date paddling guidebook for Australia's "first state". It includes 140 paddling trips, descriptions, maps, GPS coordinates, trip locator maps, historic information, local points of interest, recommended places to eat, drink and stay overnight and expert equipment advice.

It comes complete with over 420 full-colour photos.

Price is \$39.95, available from BOATBOOKSAUSTRALIA, freecall 1300 boat books or at www.boatbooks-aust.com.au
TAMS workers removing some of the trees washed into our bit of river in one of the recent downpours; this one was near our time trial start line. They are also working on one near the canoe polo field.

"How to Paddle" technique sessions by Epic's Clint Robinson and Greg Barton

<http://www.epickayaks.com/article/article/epic-technique-series>

An Interesting Read: <http://home.trainingpeaks.com/blog/article/10-things-endurance-athletes-need-to-stop-doing>

BGCC Fees for 2016-2017

It is several years since we have changed the BGCC membership fees, but this year there has been an increase to all categories (except non-paddling volunteers who are still welcome at \$0 ☺)

New fees are:

Adult/Individual	\$70
Junior (under 18 years)	\$35
Family (up to 2 adults + Juniors living at the same address)	\$175
Adult/Individual: 5 years	\$350

The PNSW fees have increased a little this year:

Adult:	\$72
Junior (8 – 17):	\$58
Family:	\$170
5 year Adult:	\$300
Volunteers/Carers	\$0
Single Event	\$20

To re-join BGCC, go to either the PNSW Membership or the Australian Canoeing Membership and log-in with your membership number and password and pay the combined PNSW/BGCC fee. This is Standard Level BGCC membership.

For those who have a higher level of BGCC membership, there is a link to Register Now, to pay the fees for *Key Hire*, *Any Club Boat* use or *Platinum Level* (own boat in shed). These fees have been held at the same level as the past year.

Please read the Club Rules at <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>



Helen.

Newsletter Contributions

Wanted!

Please send in your contributions – as soon as your paddling happenings happen. That way I have lots of lovely news to publish and don't have to chase you at the last minute!
Phone: 0418 861 613

Otherwise it will be filled with things like: see left..

Helen.

PNSW Marathon Series Races Program for 2017

Date	Location
04 February	Wagga Wagga
25 February	State Marathon Championships at Canberra
10-12 March	National Marathon Championships at Penrith
26 March	Sutherland
09 April	Wyong
30 April	Lane Cove
20 May	Windsor
3 June	Coffs Harbour
24 June	Brisbane Waters
23 July	Manly Warringah
05 August	Cobble Creek
26 August	Shallow Rock
14 October	Burrill Lakes
28 October	Hawkesbury Canoe Classic

More from the First Aid Course:

From this (below) to this (right) in one easy lesson!

The “collapsed” Tony Mee being turned to the.....



recovery position for spinal injury; with Gary Biss, Kai Swoboda, Dave Gordon and Melissa Battams.
Thank you to Litsa Polygerinos for these photos.