



Newsletter of the
BURLEY GRIFFIN CANOE CLUB
Volume 28 Issue 8, May 2018

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through Active Canberra, ACT*



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Coming Events:

- Saturday, 5 May — Dolls Point Classic (Race 4 Harbour Series)
- Sunday, 6 May — Husky SUP Inflatable Races – Fun Day, Huskisson
- Saturday, 12 May — Fundraiser for Ella Engel – hosted by SPSC, Bayview
- Saturday, 12 May — NSW Marathon Championships at Grays Point, Hacking River, hosted by CSKC; singles in morning, doubles in afternoon. Entries at: <https://www.webscorer.com/registerseries?seriesid=129221>. Entries close on Thursday, 10 May.
- Friday–Sunday, 18–20 May 2018 — Australian Marathon Championships; West Lakes, SA
- Sunday, 27 May — SUP-X, location TBA
- Sunday, 27 May — Mullum to Brunswick Paddle 2018, Brunswick Heads

President's Report: Russell Murphy

I'm going to try and be a bit more newsy this column. Please drop me a line if you would like to see the return of the more avant-garde president's columns you have been used to of late.

There's lots of news to talk about. The most exciting news is that Laura Kleinrahm and Samantha McAlister have both been selected in the Australian team going to the canoe polo world championships this year in Canada. This is the culmination of a lot of hard work by the ladies and a testament to the quality of canoe polo training and development in Canberra. We wish them the best of luck in the lead-up and at the competition in late July.

My next two pieces of news are about the marathon series. The club has slipped to third place in the club standings despite some excellent individual performances after the most recent round at Lane Cove. Third is still amazing, but we can do better. Better results at the club level depend very much on the number of participants, probably more than the talent or fitness of those participants. I'd encourage you to give the races a go regardless of your skill.

Also up for discussion at the moment is the future of the marathon series. The series has grown substantially over the past few years and is certainly straining, particularly on the volunteers who run the events, but also on participants and the breadth and distance of the series. Several options are being considered, including splitting the series into two (with a northern and southern series or summer and winter) and reducing (or keeping the same) the number of races by having clubs not host a race each year. Please give your views to a member of the committee, whether you currently paddle or would consider paddling in the series.

Lastly, a couple of reminders. With a break-in to a car in the club carpark again last week, it's timely to remind everyone to do their best to prevent and minimise the temptation of those who would break in. This includes the shed and making sure it is secure. Treat it like you would your home (or better). The final reminder is that the weather has turned positively icy this week. It's definitely lifejacket weather, but also make sure you are taking the right precautions before you get on the water.

See you on the water

Russell

BGCC Birthday and Presentation Dinner

To all club members and friends

The Burley Griffin Canoe Club Birthday and Presentation Dinner will be held on Friday, 15th June — 6.30 pm at the Hellenic Club Woden. We try and keep any speeches to an absolute minimum & many of the (non-official) awards are presented by John Preston — which usually means a good belly laugh — unless you are the recipient! (Maybe you can get one back at him?)

All members are welcome to nominate others for the following awards as well as any other worthy awards—tales which should be shared, stories which can be stretched slightly using poetic licence, embarrassing moments, as well as pats on the back for your fellow paddlers are all welcome. Both official and non-official awards can come from any of the disciplines, i.e. last year, Male Paddler—Rohan Evans (SUP), Female Paddler—Jo Nelson (SUP), Hole in the Paddle—Marcelo Cabezas (C1).

Don't forget photos too, if you can put your collection of photos onto a USB and get them to me the week before we can all share the memories.

Coaches particularly are asked to nominate paddlers for the official awards below.

Encouragement Awards

Junior of the Year

Most Improved Male

Most Improved Female

Coach of the Year

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

Hole in the Paddle Award — for those getting too good and needing a handicap

Club Member of the Year

Female Paddler of the Year

Male Paddler of the Year

Dinner \$40pp

Entree

Roasted pumpkin and ricotta lasagne with herb tomato sauce (V)

Chicken and mushroom filo roll with wild mushroom salad

Mains

Atlantic salmon fillet with confit fennel and orange glaze, served with seasonal vegetables

Slow cooked beef pot pie, with glazed baby vegetables and creamy mash potato

Dessert

Birthday cake, tea & coffee

Patricia

DON'T GET CAUGHT IN THE DARK OR COLD THIS WINTER



STOCKS A RANGE OF:
THERMALS, SOCKS, WETSHOES, POGIES, BEANIES, LIGHTS
AND EVERYTHING ELSE YOU NEED TO KEEP YOU SAFE AND
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Triathlons

At the last committee meeting we decided not to continue supplying the safety boats for local triathlons. This was a big decision as the club has been carrying out this duty for about 20 years.

Over the last few years, despite having a membership of approx 300, it was getting harder for us to get volunteers. John Lockie and Bob Collins have been the convenors for the last 10–15 years and while Paul Atkins shared some of the load last season, it was still mostly left to these 2 gentlemen.

With the way the triathlons are now run, it meant that often they were there from 5.45am till around 2pm, with 2 or 3 'shifts' of paddlers to look after each swim leg, these would often be delayed leaving many paddlers on the water for several hours instead of the predicted time.

The club had traditionally only charged per swimmer, which had worked well when all the swims were done in an hour or 2. There has also been the problem of water quality, with many events cancelled last minute due the closure of the lake for primary use. In a good year we would expect around \$4,000-, last season was only \$1,500-. We could have raised our fees, which would have put pressure on Triathlon ACT and Elite Energy and still made it difficult for us to find new convenors and regular volunteers, or call it quits. We have notified both these organisations of our decision.

Patricia

PNSW Series Race 4, Tacoma, Wyong River: Helen Tongway

Sunday 8th April was hot and humid. With the mandatory wearing of lifejackets rule, paddlers were encouraged to stay hydrated and to take a cooling dip in the water before the race. The wind came up a bit during the day, but was not a problem for most paddlers and the tide seemed to have absented itself – probably because the lake entrance was not open, leaving the Wyong river at a nice high level.

A small group of BGCC paddlers made the trek to Wyong for this race. With only 12 paddlers in 11 boats, we were unable to gain as many points as our big rivals, Lane Cove, who were able to get two boats into most of the Divisions. The tally in the club point-score shows this lack of numbers.

Full results at: <https://www.webscorer.com/race?raceid=132163>

BGCC Paddlers:

Division 2	20 km	Gary Rake	2 nd	1:42:08	49
Division 3	20 km	Dominic Hides	8 th	1:48:48	43
Division 7	20 km	Helen & David Tongway	7 th	2:22:21	44
Division 8	15 km	Margi Bohm	3 rd	1:23:37	48
		Jack Jessen	5 th	1:32:06	46
Division 9	10 km	John Preston	12 th	0:59:12	39
Division 10	10 km	Graeme Ison	6 th	1:00:50	45
		Stephanie Rake	7 th	1:01:22	44
Division 11	10 km	Ian Castell-Brown	8 th	1:09:47	43
Division 12	10 km	Allan Newhouse	2 nd	1:12:39	49
Division 13	5 km	Corey Jessen	1 st	0:29:53	50

Pre-race Grandfather and granddaughters on display!
Allan Newhouse with two of his “home-made” boats and two granddaughters ☺



Above & Left: Allan Newhouse + Granddaughters

Right: Gary Rake





Above Left: Jack Jessen



Above Right: Dom Hides



Above: John Preston



Above: Graeme Ison



Above: David & Helen Tongway



Above: Ian Castell-Brown



1002



Above: Margi Bohm

Left: Stephanie Rake

All photos thanks to PNSW Flickr

PNSW Series Race 5, Lane Cove River: Helen Tongway

Sunday 22nd April dawned calm and sunny. This was a “special” race, with people encouraged into double boats to earn extra club points for doing so (80 points/double), without losing too many personal points for any move in Division. With the mandatory wearing of lifejackets rule, paddlers were once again encouraged to stay hydrated to keep their cool. There was only very light wind during the race, with not-too-fast tidal flow.

The Lane Cove River Kayakers had gone to a lot of trouble in preparation for the race, and David and I were very appreciative of all the help we received in getting our boat and ourselves onto the water (a bit difficult for old folks who are unused to getting into and out of our kayak from a pontoon!); and after the race, back out of the boat and the boat up the bank again.

BGCC was represented by 23 paddlers in 13 boats at Lane Cove. Once again we were outnumbered by Lane Cove paddlers/boats, so BGCC is now well behind on the club point-score. But remember 2012, when we were able to grab Victory from the jaws of Defeat! (In the last race of that season.)

BGCC Paddlers:

Division 4	20 km	Patricia Ashton & Bob Collins	12 th	1:56:28	39+
Division 5	20 km	Dave Abela & Scott MacWilliam	6 th	2:02:07	45+
		Graeme Bacon	10 th	2:12:06	41
Division 7	20 km	Helen & David Tongway	4 th	2:20:06	47
Division 8	15 km	Andrew Parkinson & Luke Willsmore	1 st	1:12:40	50+
		Gary Rake & John Preston	6 th	1:19:52	45+
Division 9	10 km	Dom Hides & David Pammenter	2 nd	0:51:06	49+
		Russell Lutton and Clare Lutton	11 th	0:55:28	40+
		Stephanie Rake & Liz Muldoon	12 th	0:55:48	39+
Division 10	10 km	Ian Castell-Brown & Allan Newhouse	2 nd	0:59:29	49+
		Graeme Ison	3 rd	0:59:40	48
		Robert Bruce	5 th	1:01:48	46
Division 13	5 km	Margi Bohm & Carolyn Williams	3 rd	0:28:07	48+

Full results at: <https://www.webscorer.com/race?raceid=133639>

NOTE: it would be good to get extra club members paddling in all Divisions to earn those extra points! If you enjoyed paddling with your new paddling partner, why not keep it going? The next Series Race is way up north at (warm) Mylestom (Pacifica Club) on Saturday 9th June. This will be a long haul, so contact a coach or other club members to pool car travel and boat carrying; to save on costs and for mutual entertainment on the trip! Entry details on the club's website or here: <https://www.webscorer.com/register?raceid=130136>

Below: New combination (of apprehension and enjoyment?) – Carolyn Williams and Margi Bohm



Below: Back in the double boat and with the iconic bridge in the background: **Patricia Ashton & Bob Collins**



Post Lane Cove, PNSW Marathon Series Race 5: Lane Cove have earned their points, with 20x doubles, BGCC and SSCC with 10 doubles each and MWKC with 9 doubles.

	Club Points	Doubles Round Bonus	Total
Lane Cove	4352	1680	6032
Burley Griffin	3509	800	4309
Manly Warringah	3438	720	4158
Sutherland Shire	1865	800	2665
Newy	1507	480	1987
Windsor	1428	240	1668
Penrith	1369	160	1529
Cronulla Sutherland	1262	160	1422
Central Coast	1124	240	1364
Brisbane Waters	1233	80	1313
Hunter Valley	770	160	930
Makai	457	0	457
Wagga Bidgee	379	0	379
Illawarra	279	0	279
Shark Island Paddlers	234	0	234
ACCA	147	80	227
Mitta Mitta Canoe Club	225	0	225
Just Paddlers	217	0	217
Pacific Dragons	98	0	98
Sydney Uni	93	0	93
Ivanhoe Northcote	49	0	49
Northern Beaches	45	0	45
Swan Hill	44	0	44
Other	458	0	458



Couldn't help but choose photos taken with the Sydney Harbour Bridge in the background!

Above: Luke Willsmore & Andrew Parkinson

Right: Dave Abela & Scott MacWilliam

Below: John Preston & Gary Rake



Right: (still a BGCC member after his move to the coast) Graeme Bacon



Below: Stephanie Rake & Liz Muldoon



Some mature gentlemen from our extended catchment, i.e. the South Coast of NSW.

Left: Ian Castell-Brown & Allan Newhouse

Below: Graeme Ison



Below: Robert Bruce



Below: Father and daughter combination of Russell and Clare Lutton



Below: (in foreground) Dom Hides & David Pammenter



Photos at: <https://www.flickr.com/photos/123301968@N08/albums/72157695226800994/page1>

The 2018 Great Toro Race: Helen Tongway

In 1971 American C1 paddler, Andy Toro, built a canoe to Australian Touring Canoe specifications, in four pieces so it could be transported on an aeroplane with him – in order to bolt it back together and enter the Red Cross Murray River Marathon. To him this was an unknown country and an unknown river with a 404km race over five days – where other paddlers wanted a Fosters and a steak after the race, what he wanted was a drink of water. But Andy won his race and returned to the USA, leaving his canoe in the care of Australian canoe champion of the day, Jonathan Mayne. This canoe was obviously a “winner”, so many canoeists wanted their own “Toro” (or “Yankee” as it was called in NSW). Moulds were made and canoes produced and raced – until the canoeists got too old to bother racing and canoeing in general in Australia went out of fashion.

Below: Mad Mick, flanked by Andy Toro & Jane Toro
(Photo: Nick Seelander)



Above: Jonathan Mayne (front) in the original Toro
(Photo: Sam & Caroline Lovick)

The Toros and Yankees were put away, in the back of sheds, under houses, up in rafters and abandoned in gardens, until ... 2017 – when Michael (Mad Mick) Dinkgreve organised the first “Great Toro Race” of 28km – from Picnic Point to Barmah (the first stage of Day 3 of the annual Murray River Marathon). For the first race, there were only half a dozen or so boats.

But this year, Mick was able to round up about 20 of these old boats, plus another new one, manufactured especially for the race! And not only that; Andy Toro and his wife Jane came back to Australia to paddle in the same wooden TC2 on that same river, 47 years after his first adventure!

So, on a very windy, rainy Saturday afternoon, (14th April) about 40 people of all ages and paddling abilities set out on the mighty Murray River, through the snaggy, fast-flowing “Narrows”, for a fun paddle. There were no entry fees and no prizes, though, as there was more than one boat on the river, there were races. David and I were there, in our Mirage, as David is still not able to get comfortable enough in a canoe to be able to paddle any distance. Also out on the water was Nick Hocking – in a Toro – paddling with Anthony Duffin from Victoria. They decided that neither was up to the full 28 km and pulled out about half-way along. The roar of the 60 kph winds in the tree tops was a bit worrying, but down on the water we were mostly sheltered, with just the occasional gust trying to grab our paddles.



For those able to stay on, Andy Toro gave canoe paddling classes on the Sunday morning. He is not just some ordinary paddler – he was C2 paddler in the 1960 Rome Olympics (for his homeland, Hungary) and gained a bronze medal. While at the 1964 Tokyo Olympics, Andy decided to defect to the USA but



in 1968 was not yet a citizen, so unable to compete for USA. By 1972 he was able to compete for the USA (and also in 1976), but no more medals. Meanwhile, Andy studied at the University of Michigan and earned a degree in Naval Architecture. (Which sounds to me like a useful degree for a canoe designer!)



Left: Nick Hocking admiring the original Toro canoe

Below: Helen & David Tongway finishing
Photos: Tony Bond



Above: At Picnic Point, most of the 40+ people who paddled, organised and land-crewed for the 2018 Great Toro Race, with Andy and Jane Toro (with crossed paddles) behind the boat after which the event is named.

Why not make a date and take part in a fun race in April 2019?

Helen.

South Coast Convenor's Report: Allan Newhouse

The three regular South Coast members competed in both the Marathon Series races in April. At Tacoma, Graeme Ison, Ian Castell-Brown and I paddled in Divisions 10, 11 and 12 respectively.

Graeme came home in 6th place in Div 10, Ian was 8th in Div 11 and I was 2nd in Div 12 so we contributed a further 137 points to the BGCC total.



Graeme Ison on his Fenn ski in the middle of the pack at the start of Div 10.

As my two granddaughters live at Forresters Beach, I had hoped to involve one of them in the grandparent/grandchild event, which was one of the Seniors Week activities that were organised all around the state. However since the event was run as a part of the 5km Div 13, we were not able to be officially involved, since I wanted to continue in Div 12.

So we just ran our own inter-generational activity and did a few laps of a short section of the river before the briefing. Eight-year-old Charlee and six-year-old Lara took turns in the little strip-built kayak I built for them a few years ago. They were thrilled with the acknowledgement at the presentation of their involvement.



Allan Newhouse's granddaughter Charlee in her own appropriately sized kayak



Allan with granddaughter Lara

At Lane Cove Ian Castell-Brown and I decided to boost Burley Griffin's point score by paddling Ian's TK2 in the Doubles Round. As required by the rules, we paddled in Div 10, so Ian moved up one division while I moved up two. We surprised ourselves by finishing second in Div 10 with a time of 59:29.



Allan Newhouse and Ian Castell-Brown showing the determination and co-ordination that took them to second place in Div 10 in the Doubles Round.

Graeme Ison paddled his ski in his usual Div 10 and supervised Ian and I all the way around the course, finishing just a few seconds behind us.



Graeme Ison rounding the bottom turn at Lane Cove.

Four paddlers competed in the Batemans Bay Paddle Challenge at the end of April, with the following results.

Craft	Category	Finish	Competitor	Time
K1	Open Female	1 st	Julia Bowett	1:14:44
K1	Open Male	1 st	Allan Newhouse	1:22:25
OS1	Open Male	5 th	Graeme Ison	1:13:01
OS1	Open Male	10 th	Mike Iliff	1:25:37

(See the Jo's SUP report on the next page for the SUP results)

SUP Report: Joanna Nelson

Greetings Paddlers,

We have been most fortunate with the warmer weather to have been able to brave the cooler mornings without booties. With the temperature to drop in the negatives this week, we will all be wearing booties, layers of clothes and PFDs in the cool / dark mornings.

Congratulations to those who participated in the **Batemans Bay Paddle Challenge** on Saturday, 28 April. This was a great (local) event for us to attend with the following results:

Joanna Nelson 1st – **8km Paddle Dash** – SUP Open Female

Lana Read 2nd – **8km Paddle Dash** – SUP Open Female

Matthew Scott 4th – **13km Half Marathon Race** – SUP Open Male

Trent Shaw 5th – **13km Half Marathon Race** – SUP Open Male

Kiaran Lomas 3rd – **26km Marathon Race** – Male Over 50 All craft category

Special mention to Kiaran, who was the only stand-up paddler in the marathon event. He finished 14th overall in a field of 22, coming in just under 3 hrs, a PB for him. Well done!



Pictured: Matt Scott, Joanna Nelson, Trent Shaw, Lana Read and Kiaran Lomas

Upcoming events

5 May – Dolls Point Classic (Race 4 Harbour Series)

6 May – Husky SUP Inflatable Races – Fun Day, Huskisson

12 May – Fundraiser for Ella Engel – hosted by SPSC, Bayview

27 May – SUP-X, location TBA

27 May – Mullum to Brunswick Paddle 2018, Brunswick Heads

9 June – Scotland Island Showdown – (Harbour Series Race 5) Bayview

15–17 June – Scotts Head Paddle Games 2018

19–24 June – ECS Boards NSW SUP Titles 2018 – Port Stephens

7 July – Spit to Zoo – (Harbour Series Race 6) Middle Harbour Yacht Club

30 August–2 September – [SUP World Championships, Esposende and Viana Do Castelo, Portugal](#)

Reminder: Social Coffee Paddles depart the Molonglo Reach on Sundays from 8am.

BGCC Club Presentation Dinner will be on Fri, 15 June and hope we can put together a SUP table.

Cheers

Jo



Canoe Polo Report: Laura Kleinrahm

Canoe polo has been busy enjoying the warmth of being back at the pool, with Wednesday nights now in full swing. Junior polo is set to also make the move this month, with several juniors coming out to Wednesdays over the school holidays. We have two Australian team players going to a training camp in Melbourne this weekend, with two more in Melbourne and Brisbane before flying to Canada in July.

Lozzak

If you like Canoe Polo, (or doggos), check out our Facebook page:

<https://www.facebook.com/ACTCanoePolo/>



Canoe Sprint

Some very interesting news from ICF Canoe Sprint:

Portages introduced to 5,000m events at Canoe Sprint World Cup 1 in Szeged, Hungary (17–20 May 2018). Yes—portages in sprints.

There will be an official **ICF World Masters Sprint Championships** in Portugal (15–17 August 2018). This will be the first of five world championships back-to-back in Portugal, along with:

Canoe Sprint World Championships (23–26 August)

SUP World Championships (30 August–2 September)

Canoe Marathon Masters World Cup (3–4 September)

Canoe Marathon World Championships (6–9 September)

See the official website at: <https://www.canoeicf.com/news/sprint-and-marathon-paddlers-expected-contest-first-sup-world-championships>.

A view from elsewhere

Russell Lutton and Carolyn Williams paddling under Torii Gate in the Inland Sea of Japan. It's located just off Mirajima Island.



Mastaflow Plumbing & Electrical are the contractors BGCC has engaged to do all of the work in our change/locker rooms and to install the lights in our main shed. The Shed Sub Committee has found them to be excellent. We have no hesitation in recommending them to our Club members as reliable and reasonably priced plumbing and electrical contractors. If you use them, just say you are from BGCC and you will be looked after.



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Our 24 hour plumber in Canberra offers a speedy response for a wide range of domestic and commercial plumbing issues, including:
For a prompt response on all your plumbing needs, phone **Mastaflow Plumbing Service** at any time, day or night.

Our Electrical Service

Fully qualified residential electricians can help you with: all forms of electrical connections, hot water installation, electrical design and advice, renovations & fit outs, data cabling, switchboard replacement and general fault finding.
Emergency appointments 24/7 are also available.

For Sale

Fenn Elite Glide: \$1250



Good condition except for a scratch covered by tape (not leaking). Stored inside and always washed. Not used much since move to Canberra.

Fluid Solo \$500



Used condition, normal white water scratches. Stored indoors. H2O Paddle included or sold separately.



Contact **Michael Hanemaayer** by email on hanemaayerm@gmail.com.

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2017–18 BGCC Membership

Changes: There is an additional New Member Fee of \$50. New members receive a pro-rata reduction in the BGCC membership fee.

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. See *club website for how-to-pay links*.

Australian Canoeing Safety Guidelines

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

This is a reminder that a lifejacket must be worn whenever a club member is paddling a club boat.

Also a reminder to those club members who have the privilege of having your own boat residing in the club shed, that you have agreed to use your boat at least 25 times per year – or you may be asked to remove it.

Club Rules can be viewed at: <http://www.bgcc.org.au/images/FormsAndGovernance/boatshedrules.pdf>

Helen