



Newsletter of the

BURLEY GRIFFIN CANOE CLUB

Volume 29 Issue 1, October 2018

Your Committee:

President: Russell Murphy

Vice President: Patricia Ashton

Secretary: Kai Swoboda

Treasurer: Trent Burkitt

Safety Officer: Vacant

Membership Secretary: Helen Tongway

Public Officer: Bob Collins

Editor: Michael Thomas

Burley Griffin Canoe Club Inc.

PO Box 341

Jamison Centre ACT 2614

www.bgcc.org.au

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- BGCC and PaddleNSW AGM reports
- Shed extension update
- Race reports – Nelligen Cup, PNSW Marathon Series and the Myall Classic
- Convenors' reports: Canoe Polo, SUP, Recreational paddlers



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



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Coming Events:

Dates	Event	Location
Sunday, 7 October, 10.30 am	Social paddle, 8–10km	Yarralumla Bay
Saturday, 13 October	Lion Island	Sydney
Saturday, 20 October	PNSW Series Race 12 (Makai)	Burrill Lake + Series Presentation Dinner
Sunday, 21 October, 4 pm	Social paddle, 8km	Lake Ginninderra
Friday and Saturday, 26–27 October	Sand n Sea	Huskisson
Saturday and Sunday, 27–28 October	Hawkesbury Canoe Classic	Windsor to Mooney-Mooney
Friday, 9 November, 6 pm	Social paddle, 8km, cheese and bickies at the Carillion	East Basin
Saturday and Sunday, 10–11 November	Canoe Polo Invitational	Molonglo Reach
Saturday and Sunday, 17–18 November	Social paddle – overnight trip	Tuross
Monday–Friday, 19–23 November	Massive Murray Paddle	Yarrowonga to Swan Hill
Saturday and Sunday, 1–2 December	24-Hour Paddling Challenge (BGCC)	Molonglo Reach

Wednesday twilight time trials

Twilight TTs start 10 October. Start time is 5.50 pm. Please register with Webscorer before arriving at the river. One entry is good for the entire season.

No BBQs for October.

President's Report: Russell Murphy

Well, big competition season is well and truly on us. The Myall has been and gone, the Hawkesbury is nearly upon us and the Canberra Invitational and Murray Marathon are not far away.

Taking on one of the big marathons, whether social or competitive, is a serious commitment—to long hours, sore muscles, exhaustion and testing your will. My hat goes off to anyone who considers doing one of these events, or more than 40 of them, like club legend John Harmer.

All of these events are achievable. With the right preparation and training, they can't be made easy but they can be made easier. You don't have to be super strong or super fit (or really fit at all). You just have to have the determination and commitment to paddling well. There are plenty of people in the club who can help you with preparation, training and motivation, whether you just want to say you've done it, or to break a record, or anything in between.

Also in September was the club AGM. I want to thank the 2017–18 committee for making my job pretty easy. It's the hard work of those people behind the scenes who make everything look simple. In no particular order I need to thank Patricia Ashton, Helen Tongway, Scott Hunter, Jane Lake, Kai Swoboda, Jacque Gutterson and Christine O'Brien. I'm writing this before the AGM we don't know its outcome, but I wish the group (new and returning) all the best in taking over a strong club and making it even stronger.

See you on the water,

Russell



Marcelo Cabezas in his C1. Photo by Paul Jurak, aka "Kayakcameraman"

Burley Griffin Canoe Club AGM: Patricia Ashton

Well as expected it was a pretty poor turnout – thank you to those that did make the effort. Yes, it was a long weekend and school holidays so we couldn't have expected more really.....

Anyway.... Your new committee looks suspiciously like the old committee with two changes. Luckily for us, Trent Burkitt volunteered to take on the Treasurer's position as Jane Lake has served her two years and had to move on. Thanks to Jane for all the work she has put into the position and the financial controls she has instigated for the committee, as well as keeping track of the spending on the shed, which has been a huge job over the last two years. Trent is a CPA and has had experience with the Water Polo committee as Treasurer.

The other change is that Jeremy Cook is one of our two 'ordinary' committee members, along with Christine O'Brien. Thanks to Jacque Gutterson who has stepped down, but taken on the Recreational Paddling Coordinator's position.

As far as coordinators go, most have remained on. Thanks to Laura for continuing with Canoe Polo, and to Jo Nelson continuing with SUP. Russell Lutton has taken on Flatwater, which we are hoping to split into Marathon and Time Trials (we're still looking for a TT coordinator). Helen was voted into Membership Secretary whether she wanted it or not! And Michael Thomas agreed to keep publishing *Blazing Paddles*.

The two constitutional changes that were put to the membership were both passed. The Safety and Training Officer position caused some discussion about what exactly the club wanted from the position. John Lockie has volunteered to write up a few ideas, but the general consensus was to split the position. Although there is some overlap, training needn't be handled by the same person. All of which is fine and well, except that the position was not filled.

Your new committee is:

President – Russell Murphy

Vice President – Patricia Ashton

Secretary – Kai Swoboda

Treasurer – Trent Burkitt

Boat Captain – Scott Hunter

Safety Officer – Vacant

Ordinary Member – Chris O'Brien

Ordinary Member – Jeremy Cook

Co-ordinators

Membership Secretary – Helen Tongway

Flatwater – Russell Lutton

Canoe Polo – Laura Kleinrahm

SUP – Joanna Nelson

Recreational – Jacque Gutterson

Assistant Boat Capt – David Gordon

Coaches Rep – Margi Bohm

Social – vacant

The convenor reports were generally short or non-forthcoming, with the exception of a report from the SUP contingent, which raised some concerns on insurance issues. This will need to be discussed with SUP reps and committee reps to see what options there are available.

The next committee meeting will be held on Monday, 5 November.

Do your bit.....

There are many ways club members can help out without being on the committee. We need people for the following jobs:

- To either coordinate or man the club BBQ after time trials.
- To keep the kitchen stocked, ie drinks in the fridge, coffee available, and wipe down the benches regularly
- To be bathroom Monitor! Your new bathrooms are almost ready, they need to be kept tidy, toilet paper & soap stocked, given a bit of a mop every now and then.

There are more jobs too, but these will take the pressure off the 'regular' club members who land up doing everything else to keep the club running.

Patricia



16 Wollongong Street, Fyshwick, Phone: 02 6239 1323

24-Hour Paddling Challenge 2018: Helen Tongway

Weekend of 1–2 December

Hosted by BGCC at Molonglo Reach, Campbell, ACT

This year we are again planning for a low-key event. BYO: everything. Shelter tents permitted in a limited area, not under trees. We are not trying to raise funds for any charities, but if you feel like donating to the BGCC Club Shed Building Fund – all monies will be gratefully received!

Entries: via *Register Now*, by Saturday, 1 December 2018.
<https://www.registernow.com.au/secure/Register.aspx?E=31879>

Entry Fee: \$30 up to 26 November; \$50 between 27 November and 1 December

Course: 4.7km loop course on Molonglo River

Briefing: 9:00 a.m.

Start Time: 9:30 am, Saturday, 1 December 2018

Finish Time: 9:30 am, Sunday, 2 December 2018

Enter As: Solo; Team of maximum 4x boats (competitive); or any number of boats (fun)



Early morning tranquility, Molonglo Reach, 26 November 2006

Paddler Safety: There will be a safety boat stationed at the start/finish area, but paddler safety is to be by paddlers caring for anyone in need of assistance on or in the water. Paddlers are all to have at all times out on the water: a pea-less whistle, readily available to relay a message along the river that the safety boat is needed – either upstream or downstream of the start. Any time spent in assisting another paddler in difficulties will be allowed for in the distance paddled.

From Sunset: lap starting at or after 7:30 p.m.: all paddlers must wear a lifejacket, with a torch and space blanket attached, along with their readily available whistle. All paddlers must have lights on stem and stern of their craft. Cyalumes will be provided for paddlers use.

Amenities: BGCC Club Shed has warm showers; there are public toilets; a club barbecue will be available and if enough interest is shown, a thick soup can be provided. The club kitchen has a fridge and kettle and pod-coffee drink-maker.

Camping: is not permitted - but "shelter tents" are. (So nothing too elaborate please!) There will be designated shelter tent areas - please do not set up camp just anywhere.

PaddleNSW Annual General Meeting: Patricia Ashton

The PNSW AGM was held at Marrickville at the home of the Rivers Canoe Club. Before the AGM and the awards there was a presentation from Phil Jones, the head of Paddle Australia, looking for input to the Strategic Vision and Plan for PA. It was quite interesting hearing the direction PA wants to take outside of elite sports, trying to appeal to clubs and recreational paddlers and looking at ways to bring in individual paddlers and those belonging to meet-up groups. Listening to the discussion from the floor the main issue for all clubs is not getting members, but keeping them.

After the AGM, which was very quick, Peter presented the PNSW Annual Awards, which is the main reason we were there. Three BGCC members were represented which was great to see.

Gary Rake was awarded PNSW Official of the Year

Margi Bohm took out PNSW Coach of the Year

Bob Collins, along with four others was awarded a Distinguished Long Service Award for 15 years of service.

All were well deserved.

Patricia



Shed Extension Update – September 2018

Unfortunately, the final stage of our extension, the men's and ladies' change rooms has taken a long time to finalise. This is mainly due to the huge amount of work required to turn an old 1970's toilet block into a modern shower, toilet and change room set up.

You may have noticed that two showers are now operational in the men's change room, the electrics have now been finished and Shane is finalising the wall trim and the hanging of the doors, etc.

On Tuesday, 25 September 2018 our plumbers installed the toilets and basins and by the start of October we hope to have the ladies' shower fully operational.

Our next big task is to block off the old external door that was once the entrance to the ladies' and create a walkway from the existing shed down into the men's. We will then completely renovate the old shower so that it becomes the ladies' second shower.

Benches, mirrors, hanging hooks and some lockers will be installed once this is finalised.

Shed Extension Sub Committee
25 September 2018

(Bob Collins, Scott MacWilliam, Scott Hunter, John Lockie and Robert Bruce)

Lake Burley Griffin Water Week Challenge Cup 2018

LAKE BURLEY GRIFFIN WATER WEEK CHALLENGE CUP 2018



#lovelbg

W nca.gov.au

f NCA.gov

t @nca_media

3,800 METRE COURSE



- Course
- Course marker buoy
- Start/finish line
- Event registration, marshalling area and first aid marquee (Commonwealth Place, West Jetty)

WHEN Race starts at 5 pm, Friday 19 October 2018

REGISTER \$80.00 team registration fee, by Thursday 11 October
<https://eventplus.net/LBG18>

MORE INFO (02) 62712858 or www.nca.gov.au



Race 3 of the Nelligen Cup: Patricia Ashton and Jeremy Cook

While conditions weren't perfect they weren't too bad either: a bit windy, which unfortunately meant that the return 5km was into the tide and the wind. But it was warmer than Canberra.

It was a small field for the last race of the series, with only seven paddlers in six boats. We had two new comers, with Robert Bruce making his debut here and Eliot Hunter being the lone representative of the Makai paddlers. Allan Newhouse, Jeremy, Graeme Ison and Patricia and Russell made up the field.



Before the race we were discussing the idea of no turning buoy just directions, including, *the beach on the left with the For Sale sign and if you get to a big white house on the right you've gone 500m to far*, when a couple of guys on jet ski's were warming up for a run. Graeme got to chatting and asked them if they could place a buoy for us? Yes, no worries. So with some

involved directions off they went. They returned with a thumbs up just as we started the race

Well, Russell and I were in the lead – strangely I have a reputation for taking the longest course, doing too many laps and not knowing left from right, so when I couldn't find the buoy, I just assumed that we'd missed it. We found out later that no one found it. Not sure how that ended, if Graeme got his buoy back or not. But we all did around 10km, no one went as far as the white house, we all struggled with the wind and the tide, though some took a better course, staying on the left of the river & out of the wind.

Once off the water it was up to the café to enjoy a bacon & egg roll, hamburger or fisherman's basket (Robert knows his post-race diet!) and the awarding of prizes.

On a point score, Patricia and Russell were the forerunners. However, there were a few other prizes to be handed out. Carolyn received a bottle of wine for her efforts as timekeeper for the series, Graeme Ison also received a bottle for volunteering to set a buoy





out and retrieve it rather than race (luckily this only occurred once – but he was ready to go each time). Jeremy won the “Nelligen Cup” (well, stubby holder with ‘Where the Hell is Nelligen’) and wine for attending all three races and improving his time from the first to the third (he improved 3 mins while our time was actually 2 mins slower than the first race). Allan Newhouse was also awarded a wine for attending the three races in his canoe in some trying circumstances.

Graeme was also awarded a special prize, a handsome statue of a

German drunk with the tankard, donated by the Nelligen cafe and the Nelligen hall markets, in recognition of his work in keeping us Canberrans spending our cash in Nelligen.

All in all it was a good series, warmer conditions, clean water with the addition of jelly fish and at times being able to see the bottom, a location not too far from home with a great café. Having some of the Makai paddlers attend made it feel more like an away race. All being well, we’ll keep it on the BGCC winter time trial calendar for next year.

Patricia



Sealing a win at Nelligen

The pre-brief to the club's third and final Nelligen race included a passing comment: "If you see something in the water, it's probably not a shark, probably a seal." Better the second than the first was probably the general feeling.

An hour (or so) later and paddlers were crossing the finishing line, relieved and ready for a coffee or lunch at the Nelligen Cafe. Only one paddler, yours truly, did what all should do and continued paddling on slowly to warm down.

Just beyond the cruisers moored down river, I noticed a ripple in the water - way too big for a fish, maybe a shoal of fish? or ... a seal!! When I'm reincarnated I'm coming back as a seal. Rolling and frolicking carefree in warming waters. Then it disappeared under the surface. Oh well, that was fun ... but it's a mammal, not a fish, surely it's got to come back up some time! I'll hang around a bit. Anyway, there's a sea eagle way up in the sky, circling in the thermals. This has been a great day for wildlife watching.

Hold on, the seal's back! And it's got a fish, a beauty!

The seal spent the next few minutes playing with the fish. Slapping it on the water, initially to stop it upping and swimming away, and then to start breaking it into bite size pieces. Bad plan! Next thing, not five metres from my ski, the sea eagle that had been a hundred metres in the air (give or take) came swooping past, snapping up in its talons a large part of the fish that had broken off and was floating on the water, then taking off into the trees by the side of the river.

My simple warm down had become a nature documentary!! And any tiredness and soreness from the race was replaced with a childish sense of pleasure.

Jeremy

PS The nature lesson continued at the Myall three weeks later with a dolphin. But that, as they say, is another story.

PNSW Marathon Series Race 11 – Davistown: Helen Tongway

The long distance to travel and possibly the not-liked waterway were big deterrents to BGCC paddlers at this event. Overall, there were only 97 boats out on the water for their starts, and only 89 made it to the finish. The day started out calm and sunny – heading towards hot even. But right on cue, the wind came up just as the races began. The starts were hurried along to make allowances for the ferry, which threw up its large wash, but the real problems were the numerous tinnies and fishing-boats, which kept to the marked travel lanes and made no allowance for paddlers at all. I have never seen so many bad-mannered watercraft drivers in the one race! (And I was only doing the half-distance of 10 km.)

With the recurrence of David's back problems, I was without a paddling partner until Bob Turner kindly offered to go out with me in our Mirage 730. Not having paddled together before (and Bob had not even decided that he would paddle at all on the day) we opted for the 10km Division 11. As can be seen in the photo (at the finish line) Bob pushed me and the boat around the course in quick-smart time.

It was great to see Ian Castell-Brown back out on the water after his medical problems at the Nelligen paddle. And Stephanie and Liz put in an excellent paddle in Division 9. Our seven BGCC paddlers put in a great effort and did good times in the conditions.

BGCC Paddlers:

Division 1	20 km	Gary Rake		DNF	
Division 4	20 km	Richard Fox	6 th	1:59:33	45
Division 9	10 km	Stephanie Rake & Liz Muldoon	4 th	0:59:00	47
Division 11	10 km	Ian Castell-Brown	5 th	1:16:23	46
		Helen Tongway & Bob Turner	Rank	1:04:21	
Division 12	10 km	Allan Newhouse	2 nd	1:27:40	49



Above: Liz Muldoon & Stephanie Rake

Lane Cove	10460
Manly Warringah	7611
Burley Griffin	6619
Sutherland Shire	4416
Newy	3995
Windsor	3290
Penrith	3001
Brisbane Waters	2991
Cronulla Sutherland	2792
Central Coast	2641
Hunter Valley	2408
Makai	500
Shark Island Paddlers	476
Wagga Bidgee	469
Just Paddlers	447
ACCA	359
Pacific Dragons	290
Illawarra	279
Sydney Uni	261
Mitta Mitta Canoe Club	225
Avoca	141
Northern Beaches	136
Pacifica	99
Sloths	95
Ivanhoe Northcote	49
Swan Hill	44

Left:
Club point-score after the Davistown race

Below: the ICF point-score after Davistown

Manly Warringah	147
Lane Cove	112
Burley Griffin	86
Hunter Valley	39
Cronulla Sutherland	38
Windsor	32
Sutherland Shire	23
Newy	22
Brisbane Waters	20
Central Coast	12
Just Paddlers	10
Penrith	7
Wagga Bidgee	7
Mitta Mitta Canoe Club	7
Sydney Uni	5
Illawarra	3
Northern Beaches	3
Ivanhoe Northcott	1
Griffith Sailing Club	1
Pacific Dragons	1
Avoca	1



Above: Ian Castell-Brown



Left: Gary Rake, giving the pre-race briefing.



Above: The locals also gave their briefing, while
Below: others gave a demo of what was about to happen to those were going out on the water!



Above Richard Fox



Below: Bob Turner & Helen Tongway

Above: Allan Newhouse



Myall Classic: Bob Collins, Scott MacWilliam and Helen Tongway

Patricia and Bob's 2018 Myall Classic: Bob Collins

The promotional brochure for this race starts off as follows:

"The Myall Classic is a major ultramarathon event on the NSW paddler's calendar. It is held on the Myall River at Tea Gardens each September on the last Saturday before the school holidays, taking both competitive and recreational paddlers up the Myall River and return.

Distances offered are 12 km, 27 km and 47 km, the longer course being a perfect shakedown for the Hawkesbury Canoe Classic held in late October."



The foreshore at Tea Gardens

Sounds almost 'recreational' doesn't it?

To the ultramarathon 'purists', the Myall Classic could be excluded from the other ultramarathon events around Australia due to its short distance of 47 km, **however**, if you categorise an ultramarathon by distance as well as degree of difficulty, tides and the inevitable strong winds then the Myall Classic is automatically classed as one of the tougher ultramarathon races in Australia.



Patricia Ashton and I did the 47km in our SLR2 in 2017 and recorded a time of 4hrs 51minutes. This year's conditions were similar, although we paddled against the tide on the way up river this time. As we elected to go into the 2nd start that contained most of the faster boats we were not surprised to watch most of the field disappear into the distance – this gave us the impression that we were the very last boat on the river! Turns out we weren't and even managed to overtake a few boats.

We averaged about 9.7 kph on the way out against the tide and were working quite hard – there is a cut-off time you need to make.

At the turnaround point we fuelled up with GU's and snakes and headed off on the return journey – the difference was amazing as we easily held 11.7+ kph on the way back.

Trouble is you have used up a lot of energy on the way up. By the time we hit the strong side winds across the open section of water on the way back we were starting to flag and by the time we crossed the finish line we were just about out of petrol. So, I noticed, were most of the other competitive paddlers. We ended up recording 4hrs 33 mins – a time we were very happy with as it shaved 18 minutes off our 2017 time.

It is a race you need train hard for and treat with respect – if you don't, it will bite you on the bum – badly!

It was great to see our other BGCC paddlers finish their respective distances, especially Dave Abela and Scott MacWilliam. Scott experienced bad back problems early in the race but still finished the 27km.



Dave & Scott

Jeremy



Richard Fox

Richard Fox bettered his 2017 47km time, despite experiencing some cramping problems and Jeremy Cook, who has only been paddling since March of this year, now has a 27km Myall under his belt with a very creditable time of 2hrs 54mins



Helen Tongway teamed up with Ian Davey, a paddler from the Newy Club and recorded a very impressive 4hrs 47mins for the 47 km.

Bob

From Scott MacWilliam

Hubris – excessive pride or self-confidence, the downfall of many a sporting team, men and even women too. Fortunately, the small band of BGCC kayakers who ventured down to the NSW Central Coast for this much-loved race had too many wise old heads for *hubris* to play any part in their preparations. The likely standard of the other entrants kept expectations within limits too.

Only one member of the BGCC team, Jeremy Cook, had not competed previously in the race and he was under firm dietary instructions as to how to prepare for his 27km event. For the rest, the only unknown was the 'young stud' Ian Davey whom Helen Tongway had recruited to provide the grunt in the back of her lightweight Mirage 730 over 47km. Bob Collins and Patricia Ashton – enough said about the depth of their long-distance experience; Richard Fox – the wily paddler, also having a gentle pre-Hawkesbury hit-out over the same distance; Dave Abela and Scott MacWilliam – wishing and hoping for another favourable outcome over 27km.

All the club's paddlers completed their respective courses (results below), most in personal best or near-best times. For a first, Jeremy Cook's effort was particularly notable. The conditions were generally favourable, although paddlers had to contend with the tide being against on the way up river and then for a short distance on the return leg. The Myall course is notorious for strong wind, either northwesterly from the land in the morning and a sea breeze from the northeast in the afternoon. Only the latter was encountered on this occasion and not nearly as strong as last year's.

For anyone thinking of entering next year, Jeremy can be contacted for advice on how to prepare and race the Myall Classic. There is good accommodation nearby and numerous eating places, even if sometimes patience is required when the influx of paddlers and others stretches service to its limits. In all, a highly recommended event and enjoyable weekend among excellent company.

Results:

47 km	Patricia Ashton and Bob Collins	Masters 50+ Doubles	4.33.15
	Richard Fox	Masters 50+ Single	4.36.18
	Helen Tongway and Ian Davey	Masters 50+ Double	4.47.33
27 km	Jeremy Cook	Masters 50+ Single	2.54.33
	David Abela and Scott MacWilliam	Masters 50+ Double	3.24.02



Still early morning, still sunny, still calm; with the 'old hands' telling the newbies what to expect. *Scott*

A Quick Paddle on the Myall River: Helen Tongway

With David still unable to paddle with me in this race, a very generous Newy CC paddler, Ian Davey, offered to take David's seat in the Mirage 730. Feeling brave – and not having sat in a boat together, we had a quick 5-minute shakedown and decided we would be fine! I explained that I had a slow paddling rate (58 paddling strokes/minute) and he agreed that would be fine with him. Well, it might have been fine in the shake-down, but Ian (who is quite a few years younger than me) is used to being out in front at the start – so we shot out of the start with the first group, but slacked back into a second group after about half a km.



After we settled into a good pace we started to make up some ground, overtaking two or three boats and acting as lead-boat in our group:



Shortly after the second photo, disaster struck – in the form of a painful cramp in Ian's right-leg calf. The first I knew of it was a loud yell from the back seat and a big wobble from the boat. This was only about 6 km into the race, so thoughts of doing a brilliant time quickly evaporated to be replaced by thoughts of a slow limp back to the start. However, Ian was made of sterner stuff and got the leg settled and back in the boat and off we went, chasing those we had been ahead of. Although we paddled at a good pace, with two more sets of yelps from the back seat, we were not able to catch up with those we had been traveling with. Despite the three sets of cramps stopping Ian from paddling for a bit, we averaged 10km up to the turn-around. At that point we found a reasonable friendly bit of riverbank so that Ian could get out of the boat and have a proper stretch. This helped him considerably and there were no more cries of pain on the way back to the finish.

Well, we had been promised a nice outgoing tide after the turn-around, but it was not to be. Apparently we were too fast (Huh?) and it wasn't until there was only about 10km to go that we started to feel the benefit of the flow. But by this stage we were also gaining the dis-benefit of the wind, which was blowing in from the northeast. As we progressed back along the river we began to collect another train of wash-riding boats from both our 47km group and from the "sprinters" paddling only the 27km race, including our own Jeremy Cook. I am pleased to have someone wash-riding my boat – it means I am not the slowest boat on the water! But our train was washed away when two motorboats came past us (heading in the opposite direction). The first one was a very large "cruiser" of some sort (I am not a

motorboat person, so not sure what it should be called (in polite company) closely followed by a second, smaller motorboat; both boats traveling at a speed to create large washes.



Above: Some of the train behind us, before the two motorboats went past us

Left: The first of the motorboats

Below: Ian Davey and Helen Tongway finishing – At Speed – in the choppy water.



Below: The assembled crowd, waiting for the presentations.



Helen.

South Coast Convenor's Report: Allan Newhouse

Race 11 at Davistown was challenging. As if it wasn't enough to have to cope with wind and the ferry, some locals seemed to think that the reason they owned a motorboat was to make life difficult for paddlers. I can't remember any other race where I had to spend so much time dodging capsized K1s.

Two South Coast paddlers represented BGCC. Allan Newhouse paddled his Diamond C1 in Div 12 and Ian Castell-Brown was back on the water in his K1 after a short enforced break necessitated by the need to have a stent fitted after an incident at the second Nelligen Cup Race. Graeme Ison was injured and unable to paddle but already had an insurmountable lead in Div 10.

Ian Castell-Brown saw it this way:

I guess, like many other PNSW folk, I am never disappointed when Davistown delivers what I expect: challenging conditions which are the outcome of its open-water setting, commercial and leisure power boats and usually a good helping of weed.

Where else but there, would "Sunday drivers" plough straight through a line-up of kayaks jockeying on the starting line, to the ineffectual cacophony of officials dependent on impotent sonic intervention.

Or, have large cruisers exercise their "might-is-right " manner of navigation on their home territory!

And the language!

Best exchange of abuse I've heard in kayaking, the culprits in the prime case, being three young men, leaders of the "me" generation, who were obviously enjoying upsetting those stupid people in their stupid little boats. When a particularly irate paddler engaged with them, the young "men" hurled their insults at him with increasing colour and venom! And he responded in like fashion causing my poor eardrums to blush!

But, at least, we got plenty of practice in handling powerboat wake crossing like kangaroos on the Kings Highway!

Before Davistown, I had it "on good authority" that the ferry service had been curtailed owing to channel issues.

Well, so much for my informed source!

Just like other paddlers, I zigged and zagged my way around the course.

And, maybe, just maybe, I'll go back there for more punishment next year!



Ian Castell-Brown looking remarkable relaxed after completing the 10km in 1:16:23 to finish 5th in Div 11.



Allan Newhouse off to a good start in Div 12 before the conditions began to take their toll.

I had even more challenges in my C1. In spite of the conditions, I led Div 12 for most of the first lap until we approached that blue buoy near the start/finish line. There seemed to be some confusion among paddlers about whether it was something that could be ignored. I followed a Div 13 ski paddler who had decided it wasn't part of the course until we both decided that we would head back into the wind and tide to round the blue buoy.

A Div 12 ski paddler who had been following me decided she wouldn't include that buoy and passed the start finish at the end of the first lap ahead of me. The relatively calm water on that leg of the course gave me a chance to overtake her, but as soon as we hit the exposed part of the course, it became obvious how much better a ski is than a canoe in those conditions.

Unfortunately, my response to rough conditions is not ideal and as conditions deteriorated, so did my technique and comfort and my energy levels. By the time I rounded the last turning buoys to head for the finish, I could barely make progress against the wind and tide. I survived the wind, waves and powerboat wake, but I can't remember any other race that has left me so exhausted and uncomfortable. I was about 20 minutes slower than my best time but still finished 2nd in Div 12. I really should try to develop a better technique for dealing with rough conditions.

Cheers

Allan

Canoe Polo Report: Laura Kleinrahm

Not much to report from the polo end:

Polo is still having our weekly competition in the pool. However, with the weather warming up and daylight savings fast approaching, we will soon be moving back to the lake.

Canberra will be hosting the first event of the 2018–19 Summer Series competition on 10–11 November, with the Nationals and also Oceania Championship to occur in April 2019 in Sydney.

Cheers,

LozzaK

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

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



SUP Report: Joanna Nelson

There is still a need for warm layers and booties for the early morning start – however it is much lighter and no need for our head torches to guide our way on LBG. Our Sunday morning coffee paddles have been a good opportunity to get out and enjoy the sunshine and catch up over a coffee.



Photo taken by Matthew Scott of Ross Bugg, Trent Shaw and Joanna Nelson



Trent Shaw, Matthew Scott and Joanna Nelson

Events coming up;

13 Oct – Lion Island (Sydney)

26–27 Oct – Sand n Sea (Huskisson)

Hope to see you on the water soon.

Joanna



Recreational Paddles: Patricia Ashton and Jacque Gutterson

After three false starts, the inaugural social paddle was to go ahead on Sunday, 9 September. It was supposed to be windy – about 18 kph, but it was also supposed to be 18 degrees. Starting at Yarralumla Bay should have kept us out of most of the wind. It was with some trepidation, however, that three of us, with extra boats on the cars, drove from the river to the lake. Looking out over Commonwealth Bridge was not a comforting sight! Neither was the view from Yarralumla Bay – the forecast now was for gusts of 50 kph. There was a huddle of paddlers looking out at a dark, grey, wind-tossed lake, shivering in the cold. No, not a good start for our social paddle.

Except for the fact that we had 11 club members – if not raring to go, all were interested in taking part in social paddles. After having a chat about what people wanted to do, eight of us drove back to the river and went for a paddle down the waterski area (shhh, don't tell anyone!). While we only covered 5km or so, we had several new paddlers and social paddling is just that – it's about enjoying being on the water, taking time to look around and having a chat. So, in that regard it was very pleasant. The wind was quite manageable and everyone agreed we should do it again! See below for a list of dates.



Nelligen – Cyne Mellows Creek Sunday, 16 September

We had seven club members meet up at the Nelligen boat ramp for a leisurely paddle down Cyne Mellows creek, about 1km downstream from Nelligen. The creek starts off quite wide but quickly narrows down nicely so that both side banks can be enjoyed, then narrows even more, requiring a single file. This was the section that was most enjoyable: shallow water, negotiating various rocks, branches and downed trees. See Jacque's story below. The day was lovely, very peaceful and calm (except of course the last kilometre or so, which was into the wind).

Upcoming Social Paddles – around the Lake and Canberra

Sunday, 7 October, 10.30 am Yarralumla Bay – around to Governor-General's and back around the Islands – stop for a morning tea/lunch break somewhere. 8–10km

Sunday, 21 October, 4pm, Lake Ginninderra. 8km

Friday, 9 November 9, 6 pm, East Basin, cheese & bickies at the Carillion. 8km

Recreational Paddle – Tuross

Saturday & Sunday, 17 & 18 November – paddle on Tuross Lake & call into the Boathouse on the way out for a coffee or lunch and the Tuross River, to Bumbo Lake. Tuross has a lovely Tourist Park right on the water for accommodation, or possibly a house.

If you are interested in any of these paddles please let me know. Though we will try and accommodate people, it will depend on numbers requiring club boats. There may be problems getting enough club boats to the venues. Regular participants will be required to purchase and fit roof racks so they can transport a boat for their own use.

Race or Social – 24-hour Relay

Don't forget our 24-hour relay on 1 & 2 December. This doesn't have to be a race. It's open to social teams, you can choose when to stop paddling for the night, or go all the way through. Night paddling on our river is quite safe and a lovely experience. You can just paddle and enjoy the stars – consider putting a 'team' together. Social teams can have as many paddlers as you like. Camp by the river, or go home & return in the early morning. 4.7km loops, 9.30am Saturday till 9.30am Sunday.

Social Paddle Monday, 1 October

A group of 10 members in 9 boats took a cruisy paddle to the Carillion, where we pulled in for a coffee, had a chat under the rather loud not so pleasant Carillion bells. It was a bit choppy but seven of us then continued on through Kingston. About an 8km paddle, which was enjoyed by all.



Flat Water Recreation Paddle at Nelligen: Jacque Gutterson

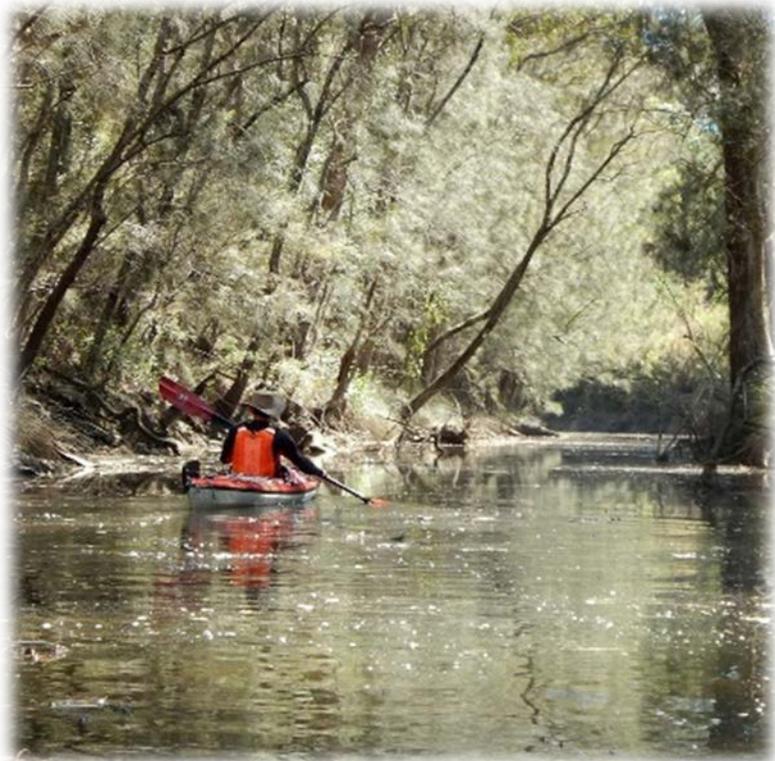


On Sunday, 15 September, Patricia Aston, Roger Murry, David Gordon, John Lockie, Geoff Pickup, Jeanne McLauchlan and myself travelled to Nelligen for a leisurely paddle up the Clyde River and into Cyne Mallowes Creek. The weather gods turned on the perfect day for us. It was warm enough to wear short sleeves but cool enough to make paddling very pleasant. We met at around 9.30 at the boat ramp and set out at around 10. Before doing so the more experienced paddlers amongst us rescued a tinny that

grasp. I had no clue how to help but the owners were delighted to see their boat nosed safely back to shore with some skilful manoeuvres by my fellow paddlers.

Once off the Clyde and into Cyne Mallowes, mangroves were the main feature of the shoreline. Large jellyfish floated under our boats and the odd fish jumped up to break the serenity. We stopped for morning tea where another small creek entered the system and Cyne Mallowes divided into two to create an island. With the tide coming in, our experienced paddlers were happy to try and navigate the shallower side of the island. As the creek narrowed, grass trees fell from the banks and further on the creek was dwarfed by towering gum trees that provided some dappled shade.

We reached a point where a large log covered the width of the creek and threatened to end our adventure. We all managed to jiggle our boats around the end of it without incident, except for a huge spider that almost brought me



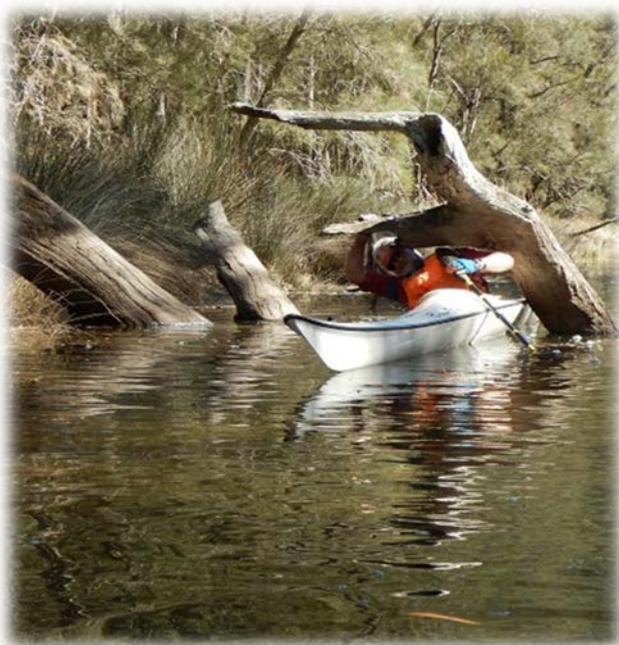
unstuck. That nasty feeling you get when you think you have a spider on you, is magnified by ten when you can't do the spider dance in your boat to convince yourself it's gone. We managed to paddle about another 500 metres before the creek became too shallow and narrow to navigate. This was a little disappointing after surviving the spider and dodging the tree with boats intact.

Heading for home, looking for the best lunch spot seemed to entertain us along the way. There were few places to stop once we reached the wider parts of the river and sandy banks that could accommodate seven kayakers where few and far between. We ended up being way too fussy and enjoyed our lunch back at the boat ramp in Nelligen at around 2 pm.

We paddled for a total of roughly 14kms at a leisurely pace. There was a bit of a headwind coming back down the Clyde, but we were paddling with the tide, so it wasn't too difficult. A coffee at Braidwood on the way home topped off the journey nicely. I think I can safely say that everyone had a really good time, thanks to Patricia's careful planning and the great company of our group.



Jacque



For Sale

Club Uniforms are available at:

Wetspot Watersports, Fyshwick.

Tops are \$25 each Shorts \$25 each



2018–19 BGCC Membership Fees: Helen Tongway

- The next financial year's fees will open for payment on 1st June.
- Renewals are due by 1st July.
- New Members can join from 1st June, for 13 months membership.

The BGCC membership fees have been held at the current year's level, while the PNSW fees have changed a little, The Adult fees have risen by \$10, while the Junior fees have been reduced by \$30. The Junior fees are for children between 10 and U18 years as at 1 July 2018. Children under 10 years may join PNSW for free, with the BGCC fee remaining at \$40 for Juniors taking part in regular paddling sessions. *All PNSW & BGCC Memberships are paid via PNSW and Australian Canoeing.*

Label	Category	PNSW fees	BGCC fees	Total
1.1	Adult – New Member	\$90	\$130	\$210
2.1	Adult – Renewing Member	\$90	\$80	\$170
1.2	Junior – New Member	\$30	\$90	\$120
2.2	Junior – Renewing Member	\$30	\$40	\$70
1.3	Family – New Members	\$180	\$300	\$480
2.3	Family – Renewing	\$180	\$180	\$360
	Children under 10 years at 1 st July, 2018	Free	\$40	\$40
3	Non-paddler, volunteers, officials, carers	Free	Free	Free!
4.1	Adult Single-event Membership	\$20		\$20
4.2	Junior Single-Event Membership	\$10		\$10

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

Private boat in Club Shed: Extra Membership fee: \$180

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

Membership upgrades at: <https://www.registernow.com.au/secure/AccessRegistration.aspx?E=30446>

See club website for how-to-pay links

Helen.

Australian Canoeing Safety Guidelines

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

Photo by Paul Jurak, aka "Kayakcameraman" from his Facebook page "Gliding the gold", taken on Lake Burley Griffin. Kayaker we think is club member Luke Willsmore.

PS – a cold morning: Luke is using his pogies!



Helen