



BLAZING PADDLES

Newsletter of the

BURLEYGRIFFINCANOECLUB

Volume 35 Issue 1 September 2024

Your Committee:

President: Laura Kleinrahm

Vice President: Richard Fox

Secretary: Patricia Ashton

Treasurer: Neil Fargher

Boat Captain: Andy Osborne

Safety Officer: Tom Long

Ordinary Members: Shayanna Beck
& Colin Calderwood

Studies have shown that paddling a canoe makes you more awesome than the general population.



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user card

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Early morning tranquility, 24 hr Challenge, 2017



*The ACT Government assists this organisation through the
Sport & Recreation Grants Program*

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Public Officer	Bob Collins
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Coaches' rep	Margi Bohm
Webmaster	Geoff Collett
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Marathon Convener	Margi Bohm
Event Co-ordinator	Bob Collins
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Slalom – WW Convener	Colin Calderwood
Social Convener	Wendy Xiao

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Coming Events:

- *Come & TryCanoe PoloTuggeranong Pool.....BGCC 7th & 14th September, 2024*
- *Race Tea Tree/Myall Lakes LCRK 21st September, 2024*
- *Race Clarence 100 3 days' paddling on the Clarence River 11-13 October, 2024*
- *Races NSW Sprint Regatta SIRC, Penrith 19th October, 2024*
- *CompetitionICF Canoe Polo World Champs Deqing, Huzhou, China 15-20 October, 2024*
- *Race Hawkesbury Canoe Classic HCC 26-27 October, 2024*
- *Race Massive Murray Paddle MMP415..... .. 18-22 November, 2024*
- *Competition..... 24Hr Relay Paddle Challenge BGCC 7-8 December, 2024*
- *Race.....Frank Harrison Memorial races (single Sat., doubles Sun.) ... MMCC ..15-16 February, 2025*
- *CompetitionCanoe Polo Summer Series #3.BGCC..... 15-16 March, 2025*

President's Report

Hello loyal patrons of Burley Griffin Canoe Club!

I'm Laura, Canoe Polo player, lover of ride-on lawnmowing, and the new BGCC President! After eight years of fighting goose poop and the spring fluff, I have come on to captain the great ship that is BGCC. It really is a great club, and I've loved getting to know some of you beyond the polo cocoon a bit better over the last couple of years. Whether you've been harassed into posing for a photo, buying a beanie or even helping load the BBQ into my Corolla, I'm looking forward to another year of festive interactions with you all.

The 2024/25 Committee features some fresh additions, alongside some old faithfuls, make sure to check out the full list below. And a big thanks to those on the outgoing Committee, especially my predecessor, (former) Prez Tom for bringing to the group his great mix of enthusiasm and practical knowledge.

- Over the winter BGCC has continued to bat above its weight, with several divisional wins and an overall second placing in the Marathon Series. Read more about the successful paddling exploits of some of the club's stalwarts, Helen, Patricia and Bob in the Marathon Report.
- Canoe Polo is hosting a Come and Try Program. Club and non-club members are welcome to join, so if you know anyone who might be interested, get in quick.
- Next month is Lake Burley Griffin's 60th Birthday. The Club is hoping to run some activities during these celebrations, so stay tuned on how to get involved.

The sun is shining, the wind is a-blowin', so pop an antihistamine and make the most of the warming weather, the lake is just waiting for a paddle!

-Laura Kleinrahm

Presidential Proverb of the Month: Thou shalt not splash thy friends when paddling

2024/25 BGCC Committee

President:

Laura Kleinrahm

Vice-President:

Richard Fox

Secretary:

Patricia Ashton

Treasurer:

Neil Fargher

Boat Captain:

Andy Osbourne

Safety Officer:

Tom Long

Ordinary Member:

Collin Calderwood

Ordinary Member:

Shay Beck



(Most of) The new committee. L to R: Andy Osborne, Neil Fargher, Laura Kleinrahm, Richard Fox, Colin Calderwood, Patricia Ashton. Absent: Tom Long and Shay Beck.

Marathon

Roundup of the PaddleNSW 2024 Marathon series.

The PaddleNSW Marathon Series has been run and done for another year, with many of BGCC members making the trip up and down the Hume highway in search of series points, good fun and great racing.

Narrabeen was scheduled to be the last race of the season but, in a last-minute glitch, Manly Warringah withdrew their event. So, it all came down to the seventh race of the season at Swallow Rock to see who would find themselves on the podium.

BGCC had representation in most of the divisions throughout the year and did well in the final rankings as a result.

Standout performances included:

Matthew Gates sliding into 6th in Division 1 despite losing an individual scoring opportunity by racing a double in the second-last race of the season.



Left: The perennial pairing of Patricia Ashton & Bob Collins snatched 1st place in Division 5.

Right: Andy Osborne added another medal to his cabinet with a 2nd place in Division 6.



Helen Tongway Above: announced her return to distance paddling with a solid 3rd place overall in Division 7.



And Right: Robert Bruce rounded out a successful year by taking 2nd in Division 13.

But - it wasn't all about medals:

Though Margi has been lurking in Division 8, she gave up an opportunity to podium, choosing instead to try out a K2 pairing with Colin Calderwood in the last race. (And also caught lurking in the back of the above photo 😊)



Andrew Webber started in Division 4 at Wagga Wagga, but had his run at winning the division hamstrung by some dubious ranking mathematics. As a result, he was promoted mid-season to Division 3, where, on a countback, he landed in 6th place.

Above: Andy Osborne, Jason Rantall, Andrew Webber



Jason Rantall also made a return this year to competition paddling. He's managed a pretty reasonable return to form for someone who experienced cancer and subsequent (very) long recovery – he's done some damage to Division three in his two races this year and will no doubt be stepping up to division two before long.

BGCC continued to punch well above our weight when it comes to the Brian Norman Trophy.

Points are awarded throughout the year based mostly on participation, not just performance. It's almost a tradition that Lane Cove wins this award and this year was no exception. They have a very large and enthusiastic marathon racing membership base, so it stands to reason that it will always be a challenge knocking them off their well-attended perch.

But - BGCC still came second. Given the number of marathoners in our club, it shows how committed we are to participating in this truly excellent series.

We are already looking forward to next season:

The 2025 schedule is almost set, with dates to be finalised soon. What we know is there will be 10 races across the year and for the first time, both races at the Frank Harrison Memorial event will be included in the series.

Below Right: Karma Auden, Andy Osborne, Lucy Imeson 2024 Frank Harrison start

This means that when competing at the Frank Harrison, you'll be able to race a single on the iconic Murray River, race on the Saturday and score series points and then partner up with someone to compete in the doubles race on the Sunday for *more* points. Two race distances: 26 km or 16 km, with both finishing in Albury.



2025 is going to be a great year for marathoning, so if you've been thinking about giving marathon a go, get ready to make some room in your calendar.

You don't have to be at the pointy end of the 20 km divisions to be able to take part. There are divisions available for those who perhaps wish to paddle at a more sedate pace.

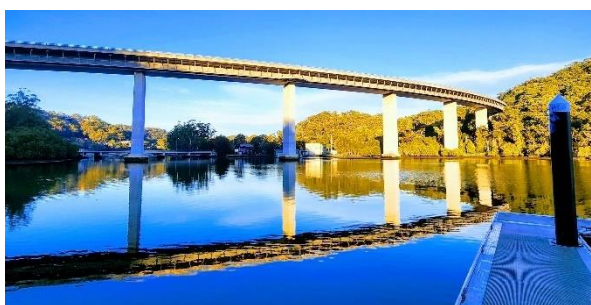
Don't want to paddle 20kms? Then, don't. Jump into one of the shorter races with 5, 10 and 15 km to choose from.

The important part will be that you gave it a go. The additional benefit is that there's nothing like training for a competition to dramatically improve your paddling, no matter what division you are training for. Ask anyone at the club who the marathoners are and ask as many questions as you like. Marathoners are always up for a chat.

Congratulations to ALL the BGCC PaddleNSW 2024 marathon participants:

Andrew Osborne, Andrew Webber, Colin Calderwood, Craig Elliott, David Abela, Scott MacWilliam, Dominic Hides, Helen Tongway, Jason Rantall, Karla Palecek, Larissa Cleverly, Laura Lee, Liam Dohnt, Lily Warrick, Lucy Imeson, Marcelo Cabezas, Margi Bohm, Mark Halpin, Matthew Gates, Michael Hanemaayer, Patricia Ashton, Robert Collins, Peter Connolly, Richard Fox, and Robert Bruce.

- Andrew Webber



Left: Bridge on the Woronora River, 22 June, 2024.

Canoe Polo



Winter Canoe Polo continues to trot on, with Friday Night Games at the Pool and Lake Trainings continuing as the days start to get longer and the water warmer. The siren call of the snow has been our biggest competitor for attracting attendees, however global warming seems to be doing us a solid favour and melting the snow, so our athletes can return their focus to the lovely lake. Warmer mornings also mean the return of trying to drag people out to Saturday Parkruns before training, with the sessions a humbling reminder that we are paddlers and not runner girlies.

Left: Adam Hofmeyer, Laura Kleinrahm, Tom Saleh and Shay Beck swapping their paddles for skis

Right: Deceptively sunny Saturdays at the Lake



Above: Pool Nights at Lakeside Leisure Centre



Right: Shay Beck, Louise Gates, Laura Kleinrahm and Cathy Gao at Ladies who Lift

Upcoming Events:

Come & Try Canoe Polo Sessions: 7/9 and 14/9/24

ICF Canoe Polo World Championships: 15-20/10/24

Summer Series #3, Canberra: 15-16/03/25



We are excited to be hosting a two-session Come & Try Program in September thanks to our Events ACT Nationals Grant. This is open to members and non-members, so if you or someone you know is interested in picking up polo, you can get the details and register here: <https://forms.gle/UbjdNkdAR8dLcSqT7>

- Laura Kleinrahm

Recreational Paddling

Googong Recreational Paddle Sunday 7th July

We had 10 paddlers venture out to Googong Foreshores for our Recreational paddle. The group consisted of a range of members from newish, to only recreational, to canoe polo members and a few who train regularly. Some had their own kayaks; others used club boats and we had the double Mirage. Thanks to Andy for towing the trailer and looking after the tying down.



There was a breeze - and was it warm? No - but it was a decent day for paddling.

Instead of heading up the dam, we decided to cross over and head almost towards the dam wall to explore a small creek – this turned out to be a great idea as the creek, though not long, was very scenic and with high banks/cliffs either.



We continued on along the shore-line, but after an hour or so we were looking for a place to stop for lunch. As the dam is now at 100% capacity, many of the beaches we were expecting were nowhere to be found.

Eventually though, we did find a spot which we could pull up 9 kayaks and just manage to sit/stand around making coffee or hot chocolate and have some lunch.





Once on the water again our plans changed, instead of continuing for another hour or so, we decided we'd just head back across the dam to our start-point as the weather was closing in and several paddlers were quite cold. We had done about 10 km and paddled for about 2 hours - so only about half of the planned paddle – but we'd had an enjoyable experience. Best finish on a high note!

As we were packing up, a young fella came over to say that there was a bird caught in fishing line, drowning – could we help out? Karla, demonstrating her white-water preparedness, had a knife and as Jen and I were still in our paddling gear and Roly's kayaks were easy to get back onto the water, we headed out across the bay to the hapless bird while Andy walked around. Andy got there just before us and bravely waded into thigh-deep water before declaring the next step would be a step too far – handing us the knife we were able to grab the Water Hen (by the neck – which made it stop struggling and trying to peck us). While Patricia held the bird, Jen cut the line and untangled it from its leg.



Once free the bird flapped its way to shore without a backward glance and hobbled around into the reeds. Job done, we all headed back to the cars.

We all changed into dry clothes then headed into Googong to a local pub for a drink and some (really good) hot chips. Very pleasant sitting around chatting. All agreed that it had been a lovely day out and yes we should do it again (in Spring or Summer!).



Thanks to all for coming along – Roly Mangos, Barb Campbell, Curtis Watson, Paul Cmiel, Jen Savernake, Patricia Ashton, Andy Osborne, Karla Palecek, Chris Mill and Lucy Imeson.

- Patricia Ashton

Nelligen: 10th & 11th August 2024

Seven of us travelled down the mountain to Nelligen to enjoy a paddle on the Clyde River. Richard Fox and Pete Connelly were doing the hard yards and using the warm tidal waters of the Clyde to train for the Myall and Hawkesbury Ultra Marathons, so took off at their own pace, doing 40 km and 46 km respectively.

Lucy, Andy, Ali and new member Gerard and I took the more pleasant option – paddling sedately on Cyne Mallows Creek, about 1 km up-river from Nelligen. A quiet back-water of about 8 km return. Once back on the Clyde we



continued up-stream for several kilometers, stopping on a beach for lunch, before continuing on – just to see what was around the next corner... From memory we did about 20 km all up, returning to Nelligen in time to enjoy a late lunch or ice cream.

Richard had beat us back, however we thought we'd wait for Pete to return, so Andy and Gerard got out their fishing rods and threw in a line. While we enjoyed Fish & Chips for dinner, it wasn't from their efforts...

Pete returned safely late afternoon, paddling well and happy with his effort. He, Richard and Ali returned to Canberra while the rest of us had accommodation at the Bay and planned a paddle for Sunday morning.



Lovely waterways, warm weather, stunning reflections & good company all while going for a paddle – what could be better?

For our Sunday paddle, Lucy, Andy, Gerard and myself met up at Korner's Park on the north east side of Batemans Bay Bridge, launched our skis and paddled along the shoreline almost 3 km till we

reached Cullendulla Creek. This is a tidal mangrove creek which was also quite pretty and protected. The highlight of the paddle though, was the school of salmon, thrashing around, fins out of the water and the water was positively turbulent – almost knocked us out of our kayaks! Quite impressive. The fishermen in the group were devastated they didn't have their fishing gear.



The paddle was about 13 km, with a bit of rough water in the Bay on the way back.



It was an Epic trip – well, the Epic skis got a workout, Andy in his V7, Lucy in her V8, Gerard in a club V8 and me in my V8 Pro.
-Patricia Ashton



Figure 1 from left: Pete Connelly, Richard Fox, Ali Thwaites, Andy Osborne, Gerard Whitcombe, Lucy Imeson

Coaches Corner

Spring is definitely in the Molonglo River. The willow trees are in leaf and even the poplar trees have a green hue. A few days ago, we saw the first clutch of cygnets with their proud parents patrolling the canoe polo field. And about a week ago, we had our first sighting of a platypus. Yes, spring is on its way.

That means that it is time to dust off the paddling gear and get back on the water. There are a number of groups out there at different times of the day and week that you are welcome to join:

- Novice and Recreational Paddlers – **07:00 Thursday** with Russell Murphy and David Gordon.
- Masters Training – **Lunchtime Thursday** with Margi Böhm. Capitalise on the ability to train at lunch time in the Nation's Capital!
- Club Time Trials – **10:00 Saturday**. 1-2 laps.
- Paddle for Pleasure – **11:30-13:00 Saturday** with John Lockie and Helen Tongway.
- Lake Paddle – **09:00 Sunday**. 6 km – 10 km paddle, usually out on LBG
- Train with Gary Rake – **06:00 a.m. Thursday** (& some people 06:00 a.m. Tuesdays); **06:30 a.m. Saturdays**
- **TrainSmart** – for the more serious paddler who wants to be the best they can be. This group **trains most mornings** under the guidance of Margi. If you want to know more about TrainSmart, contact Margi on margi.bohm@gmail.com.

There are a bunch of interesting paddling events coming up in the next few months:

- 21st September – Myall Classic. The Myall Classic is a multi-distance event, held on the Myall River at Tea Gardens. It caters for both competitive and recreational paddlers. Distances offered are 12km, 27km and 47km. Due to its protected nature, the Myall Classic is a safe, scenic though testing event in the largely unspoilt Great Lakes Marine Park and Myall Lakes National Park. Conditions can vary considerably though the usual scenario presents paddlers with clear blue skies and warm weather. Website and Entry link at <https://myallclassic.com.au/entry/>
- 11-13 October – Clarence 100. The Clarence 100 is a three-day, 3 stage marathon river paddle totalling a distance of 106 km that attracts a broad range of abilities from the elite to the novice on a broad range of craft type. The 3 stages are divided into distances of 40/40/26 km. Each stage commences early morning and is completed before lunch each day. The event showcases 106 km of the Clarence River Valley and highlights the pristine biodiverse environments typical of Northern East NSW. Website and Entry link at <https://clarence100.com.au/>
- 19th October – NSW Sprint Regatta at SIRC, Penrith. This is a great opportunity to experience racing over 1000 m, 500 m and 200 m. When the Entry link becomes available, we will post it on our social media.

Finally, BGCC is considering expanding its coaching opportunities for members and to achieve this successfully, we need to graduate a few more club coaches. The idea is to develop a cohort of coaches that work together to deliver a sustainable coaching program for all members, without the coach burnout often experienced when these programs rely on one or two people. The goal is to be able to run 3-5 sessions per week with 10 coaches so

that each coach can choose between running one weekly or one biweekly session. Margi is the PNSW Coaching Convenor and will be coordinating an [Introduction to Coaching Program in October](#).

The program that she delivers consists of:

(1) an online component that will give those who complete the course a PA coaching qualification (Introductory Coach) complete with coach indemnity insurance and

(2) a face-to-face component, run on 12-13 October, that covers most of the practicalities of running a club coaching session. If you are interested, please contact Margi on margi.bohm@gmail.com. Three regional clubs in NSW have already expressed interest in this program so this is a great opportunity to meet other club coaches and develop regional coaching networks.

- Margi Böhm

Swallow Rock Race

PaddleNSW Divisional Marathon Series – Race 6 Swallow Rock – Patricia Ashton & Bob Collins

While there were fewer races than last season, only 8 scheduled, the organisation and professionalism displayed by the hosting Clubs made it worthwhile to get to every race.



Above: Paddlers at the briefing

Right: Patricia Ashton and Bob Collins preparing for their race

On Saturday 31 August 2024, the Cronulla Sutherland Kayak Club hosted, what turned out to be the final race on the Marathon Series calendar, all clubs having been advised a week earlier that Manly-Warringah were unable to host the final race.

However, as with most of the Divisional races this season, numbers were down with only 111 paddler entries in 96 boats. At various times during the season, in our Division and to our disappointment, we found ourselves only competing with as few as 3 other boats – this was the same in some of the other Divisions. Not good as one thing all racers like is a field that will ensure a good competition.



Rather than a team's best 6 out of 8 races determining the final Aggregate winners in each Division, it was the best 5 races out of the 7 conducted. I am sure that this had many contenders for the Aggregate win searching Webscorer to see how they were affected and just what they had to do to win their Division or at least place. Patricia and I had noted earlier that we were in contention to win Division 5, so I plugged in the various scenarios to see how we stood. As it turned out, by my calculations, we only had to place to secure the Division 5 trophy. At Swallow Rock, at least there were 6 other boats in our Division, so we knew we had to work hard. Luckily, our hard training and racing during the season paid off and we won the final race, giving us the Aggregate win in Division 5.

The course was 4 x 5 km laps for the 20 km Divisions and with perfect weather and less wind than forecast, it was a fitting end to the Series. Given that the number of regular BGCC paddlers at the Series this season was down, our Club acquitted itself very well, with a variety of our paddlers winning or placing during the year. BGCC were also successful in the Aggregate scores in other Divisions, see below:

Division 6 – 2nd, Andy Osborne; Division 7 – 3rd Helen Tongway; Division 13 – 2nd, Robert Bruce.

-Bob Collins

Other Marathon Race Results

Race 4, Davistown Results for BGCC paddlers:

20 km; Div 1: 3rd Matthew Gates K1 1:35:54;

15 km; Div 8: 5th Dom Hides K1 1:27:59.

Race 5, Woronora Results for BGCC paddlers:

20 km; Div 1: 2nd Matthew Gates K1 1:35:01; 3rd Mark Halpin K1 1:39:33;

Div 3: 5th Larissa Cleverly K1 1:53:17; 11th Andrew Webber OS1 2:00:08;

Div 5: 1st Patricia Ashton/Bob Collins LR2 2:02:08;

Div 6: 2nd Andy Osborne OS1 2:13:16;

Div 7: 3rd Helen Tongway MR1 2:50:17;

15 km; Div 8: 1st Craig Elliott K1 1:17:10; 5th Laura Lee K1 1:24:40; 6th Marcello Cabezas C1 1:24:46; 10th Margi Bohm K1 1:32:07;

5 km; Div 13: 2nd Robert Bruce OS1 34:58.

Race 6, Penrith Results for BGCC paddlers:

20 km; Div 1: 1st James Harrington/Matt Gates K2 1:24:32; 3rd Laura Lee/Craig Elliott K2 1:31:45;

Div 3: 6th Andrew Webber OS1 1:47:32;

Div 5: 1st Patricia Ashton/Bob Collins LR2 1:57:36; **Div 7:** Ranking Peter Connolly LR1 2:14:37;

5 km; Div 13: 2nd Robert Bruce OS1 0:34:34

Race 7, Swallow Rock Results for BGCC paddlers:

20 km; Div 1: 2nd Matthew Gates K1 1:35:07; 4th Craig Elliott K1 1:38:52; 8th Liam Dohnt K1 1:45:44

Div 3: 1st Jason Rantall OS1 1:46:30; 5th Andrew Webber OS1 1:53:10; Laura Lee K1 ranking

Div 5: 1st Patricia Ashton/Bob Collins LR1 1:59:27

Div 6: 2nd Andrew Osborne OS1 2:11:26

Div 7: 4th Peter Connolly LR1 2:14:18; 8th Helen Tongway MR1 2:41:58

10 km; Div 9: 5th Margi Bohm/Colin Calderwood K2 0:57:27

5 km; Div 13: 3rd Robert Bruce OS1 0:35:45; 6th Lucy Imeson OS1 0:37:34

Marathon Convener Report (Aug 2023-Aug 2024)



The 2023/24 season started on a high with Laura Lee and Craig Elliott winning gold in the World Masters Mixed K2 event in Denmark in August 2023. They raced a really smart race, outsmarting the opposition on the last portage and winning convincingly.

The 24-hour relay was cancelled which was a big shame. Somehow it slipped past everyone's radar and there is a lesson here for any club organising an event in the post covid era – advertise, advertise, advertise. There needs to be a consistent presence on the various PNSW and PA social media for an event to be successful these days. There also needs to be a commitment from the club membership to support club activities. The 24-hour relay is one of the few events that caters for all disciplines from recreational to serious racing.

The marathon racing season started again in February 2024 with the Harrison Race in Albury that was well attended by the usual crowd. And then we headed into the PNSW Winter Series. Overall, 32 club members raced at least one of the 7 races in the series. Patricia and Bob (in Div 5), Andrew Webber (in Divs 4 and 3) and Robert Bruce (in Div 13) attended 6 of these races with Andrew Osborne (Div 6), Craig Elliot and Matthew Gates (Div 1), Laura Lee (Divs 1-3), Margi Böhm (Div 8) and Helen Tongway (Div 7) attending 5 of the available races. Overall, we had participants in all divisions except 10-12. Div 1 had a BGCC paddler participate in every single race which is a first for BGCC.

All in all, we did rather well considering the small number of paddlers representing BGCC in the Winter Series. We came 2nd overall in the point score with 4594 points, behind Lane Cove with 8402 points (78 participants) with Cronulla Sutherland in 3rd with 3711 points (24 participants). Looking at the points per division, BGCC came 2nd in Divs 1, 5, 6, and 13. Patricia and Bob won Div 5, with Andy Osborne (Div 6) and Robert Bruce (Div 13) 2nd and Helen Tongway (Div 7) 3rd in their divisions. These results suggest that if BGCC were able to put 2 paddlers into each division regularly, as does Lane Cove, our superior performance record will easily win us the Point Score! A goal for 2025???

In March we hosted the PNSW State Marathon Championships, with a difference! States with Mates ... an event for anyone in any boat with ICF and General Classes racing for State honours across a variety of events. We ran the short course for all classes on the Friday night, Singles on Saturday and Doubles on Sunday. The event was well attended by BGCCers with 37 club members racing and a whole heap more volunteering to make the day a success. We won 16 Gold medals, 16 Silver and 10 Bronze medals as well as the best dressed Lady (Matilda Cleverly) and Bloke (Craig Elliott) at the Event Dinner that was held at Capital Brewery. We also won the Inaugural Tongway, the floating trophy for the club with the most points across the entire event and the Joan Morrison trophy for the most points earned by women across the entire event. It was a very, very successful weekend. A BIG thank-you to everyone who made it happen.

States was quite well attended by the group from Sydney with several attending the event for the first time, suggesting that our emphasis on Mates hit a chord. It may also have something to do with our goodie bag for all participants which included a States with Mates T-shirt. Perhaps most rewarding of all is the number of paddlers seen wearing these shirts

after other Winter Series Races. GOOD JOB BGCC. We will host this event again in 2025. Planning is already underway.

Below: Matt Gates and James Harrington

A small contingent of six BGCCers made the trip to Endeavour Bay, just east of Adelaide for National Marathon Championships. On the first day, each one of us won their event! Overall we ended up with 14 Gold medal performances, 1 Silver and 1 Bronze. Matthew Gates won selection to the National Marathon Team for U23 K1 and Open Men K2 (with James Harrington from Lane Cove). Craig, Laura and Larissa were also selected in their single events and Craig and Laura in their mixed double event. Mark and Margi were eligible for selection but will not be available to travel to Worlds this year. This is a remarkable result for BGCC. We must be one of a very few number of clubs that are able to put all participants at Nationals onto the National Team for the World Championships. WELL DONE Everyone. We are very proud of you. We wish Matthew, Larissa, Laura and Craig the very best at Worlds. Paddle Hard ... Do your best Wear the Green and Gold with Pride.



And so endeth the marathon season. With the weather warming up, we have already seen several platypuses and a clutch of cygnets on the river. I hope that you are all inspired to dust off your paddling gear and to start being part of the various activities that keep us fit and young and strong and well socialised!

- Margi Böhm

BGCC's Grey Army – Recruiting Now.

While performing some of our duties at Molonglo Reach recently, a couple of members of the Grey Army suddenly realised (*well not quite 'suddenly', as it takes a while for people of our ilk to 'suddenly realise' anything*) that there have been no new members in the Grey Army for some time - and that there are no female members.

Hence, in the interests of boosting membership, gender diversity and equality within our Club, this is a call to members of BGCC to join the Grey Army. So, what do we do? Actually, a bit of everything, ranging from shed cleaning, painting, weed poisoning and other small jobs that members working full-time are unable to assist with.

Eligibility Criteria

1. Age and appearance

As you can readily see from the existing members, we are not too fussed about appearance, however we would prefer that:

- a. A recruits age should be about 65+ as we have trouble relating to and keeping up with people under this age.
- b. Some 'grey' should be in evidence or at least cast a suspicion that there is grey there somewhere.

2. Working 'parts'

Should not pose a problem, as we assume from the fact that you are a paddler that most of your 'parts' work just fine. However, any suspect parts or non-working parts should be pointed out in your application.

3. Health Insurance.

In case of injury, we would prefer you to have private health insurance but if not, we can send you off in an Ambulance to be cared for by ACT's wonderful public health system. Leave will be granted while recovering or waiting to be seen in Emergency.

4. Patience and Perseverance

Patience is a 'must' and if exhibited, it will not be confused with 'slow' as we assume that a member working slowly is just exhibiting patience. Perseverance is also a 'must' and will often be tested when attempting to get vertical after performing a task that has to be done on your hands and knees. While other members will not assist you in this task, they will take great satisfaction from the fact that they are not the only ones who have trouble getting vertical.

5. Thick skin

You may need this, as aspersions are occasionally cast at the Grey Army when we appear to be a little 'slow' to grasp what is needed and even slower to perform a task. We know that as perfectionists, it is just us being 'thorough', but many others do not seem to understand this.



What the Grey Army can offer

1. Equal Pay.

We can guarantee new members, both male and female, that they will be on the same pay rates as the current male members – no pay at all!

2. Gender equality.

We can guarantee that there will be an equal division of labour. Wheelbarrows will be filled to the same level, and you will receive the same protection we do from the wrath of Shane Lund when we happen to break one of his tools or drop it in the river – no protection at all!

3. Sparkling conversation.

You will have the opportunity to have many in depth conversations about life, (what is left of it), and reminisce about the good old days of black and white TV and milk that was delivered in glass bottles via horse and cart. Please note that during conversations, your diction must be clear and your voice a few decibels above a normal person's.

4. Compassion and Understanding

If you do not get this at home or from your friends, we can guarantee that it will also not be available here.

Should you need any further information, please contact any current member of the Grey Army – they are the ones moving slowly about the Club often saying 'What?' when spoken to.

- Bob Collins Self-appointed Co-ordinator of the BGCC Grey Army



24 Hour Paddling Challenge 2024
Weekend of 7th – 8th 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. Take part as a serious competitor – Solo or in a Relay Team (up to 4 paddlers/boats) – or just for fun – again Solo or in a Relay Team, but up to 8 paddlers/boats.

- Entries:** via PA/JustGo, *Early Bird* by Sunday 1st December, 2024. **All** by 4th December.
Entry: follow the link on - <https://bgcc.org.au/joom4/>
- Entry Fee:** \$30 for Juniors; \$40 for U23; \$50 for over 65; \$55 for all others
- Course:** 4.3 km loop course on Molonglo River
- Briefing:** 9:00 a.m.
- Start Time:** 10:00 a.m., Saturday 7th December, 2024
- Finish Time:** 10:00 a.m., Sunday 8th December, 2024
- Enter As:** Solo; Team of maximum 4 boats (competitive); or up to 8 boats (fun)
- 16hr Event:** Start 10 a.m. to 10 p.m. Saturday; resume 6 a.m. to 10 a.m. Sunday



Early Morning Tranquillity, Molonglo Reach, 26th 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 toilets and warm showers; there are public toilets; a club barbecue will be available for you to cook on 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.



About ENHANCE Healthcare:



Enhance Healthcare was established by **Peter Garbutt** and **Celina Miller** in 2001, initially providing Massage and Chiropractic Services to the Gungahlin and Canberra community.

Over the past 15 years, our service offering has increased to include;

- - **Acupuncture;**
- - **Soft Tissue Therapy;**
- - **Chinese Herbal Medicine;**
- - **Chiropractic and Massage Therapy;**
- - **Physiotherapy**

Email: healthcare@enhance.com.au

Book online: <https://enhance.janeapp.com.au/login>

Mitchell: (02) 6241 6060
Denman: (02) 6287 1377

Our business is built with the customer at the forefront of everything we do. We have established a highly skilled and professional team, across multiple disciplines with the specific view of delivering the best possible client outcomes.

At Enhance Healthcare we listen to our clients, diagnose the problem properly and utilise the combined skills of the ENHANCE team to resolve whatever the problem may be. We then follow up to ensure our clients are happy with outcomes

Pete Garbutt is also a long-time member of the Burley Griffin Canoe Club

Denman Prospect Clinic Address

Shop 25, 3 Felstead Vista,
Denman Prospect ACT 2611

Mitchell Clinic Address:

Unit 10, Level 1 141 Flemington Rd
Mitchell, Canberra ACT, 2912

Opening Hours:

Monday	5 a.m. – 8pm	Tuesday	7 a.m. – 7 p.m.	Wednesday	7 a.m. – 8 p.m.
Thursday	7 a.m. – 7 p.m.	Friday	7 a.m. – 6 p.m.	Saturday	10 a.m. – 4 p.m.
Sunday	10 a.m. – 4 p.m. (Mitchell only)				

Traditions

To Do or Not to Do - Maintaining Traditions through thick and thin

BGCC has several time-honoured traditions that are worth preserving into the future, even if they are currently poorly supported. Traditions are important – they represent a system of beliefs or behaviours passed down within a group of people with symbolic meaning or special significance with origins in the past. They are our contact with our history and often a conduit to the underpinning philosophies of why we are a club, what we strive for and how we reach our paddling destinies.

Traditions wax and wane. That is normal. Unfortunately, the 21st Century response to a waning tradition is to drop it, usually justified by a lack of interest and therefore a lack of economic importance. The problem with this is that Traditions are not economically important. They are culturally important and one cannot put a cost onto them. Once a Tradition is no longer supported, all associated symbolic meaning and special significance lost and if not well recorded, this loss is permanent.

There are four BGCC traditions that are dear to those of us who have been members of BGCC since its early days in the 1990s:

- **Burley Griffin Bash.** Many of our new members will not know anything about the Burley Griffin Bash. This Tradition fell to the wolves when the PNSW Winter Series became standardised. The Burley Griffin Bash dates back to the 1970s. It was a race across the lake to the dam wall and back and was very popular throughout NSW and Victoria. People travelled great distances to participate. In the olden days, we were allowed to camp at Molonglo Reach, providing participants with a cheaper accommodation option and this attracted many from afar. The Burley Griffin Bash represented and still represents the heart of BGCC, a group of people who like to paddle in beautiful locations, often over long distances both recreationally and/or racing. It was John Harmer's baby for most of its life and we all know that John's other passion is helping his son Steven complete the Hawkesbury Classic every year – another long paddle in on a beautiful river. In the 1990s, BGCC was very active in the Murray River Marathon; we even had teams of ground crew to support our members in the event – and even Margi Böhm, with her short attention span for long paddles, has done both the Murray and Hawkesbury – urged on by the likes of John and Helen Tongway. The last Burley Griffin Bash was so long ago now that few remember it.
- **Burley Griffin 24-Hour Relay.** This race came to life after a trip to Wyong for the BGCC's first 24 hour relay race, against the CCCC – when we all drove home on Sunday, much too tired to be on the road. The idea came to Linda and Tony Barthelsson during one of their frequent trips afar to race when members of the remote club mentioned how hard it was to participate in races. I think the club was in Katherine or somewhere very remote – which makes our complaints about travelling to Sydney to race seem a bit trivial. Tony Barthelsson was a very good canoe paddler and his wife Linda was an excellent club organiser and motivator. So the Barthelssons came up with the idea that participating clubs stake out a 5 km course on their local waterway, with all starting at the same time and recording the number of laps paddled over 24 hours. BGCC was the central hub with a huge whiteboard on which everyone's progress was noted and the then very new mobile phone technology was used for communication. It was a great success and ran for many

years with clubs and individuals vying for the greatest number of laps. The Ladies Plate became a treasured trophy for the female team with the greatest number of laps. In time, the event morphed into being run in Canberra and with a 16-hour option, initially for juniors and then later for anyone who preferred to sleep rather than paddle at night. In 2023, the 24-Hour relay was cancelled for the first time in 2 decades. This cannot be allowed to happen again. Maybe we need to revert to its original format to encourage greater participation, perhaps we just need to advertise more. But most importantly, we BGCCers need to support it because like the Burley Griffin Bash, the 24-Hour Relay is part of our psyche, it represents our neighbourly and caring nature, our innovative approach to paddlesport and our resilience through paddling. We cannot let this event die.

- **BGCC Birthday Dinner.** July is BGCC birthday month. We have celebrated BGCCs birthday every July since the club split away from Canberra Canoe Club and became its own entity. In the early days, these events were held at the river after a Sunday morning time trial but then we discovered gourmet eating and it became a major event, held at a venue with good food. In time, the Birthday Dinner also served as our prize giving night with the coveted *Hole in the Paddle* award winner being announced after much secrecy and fanfare. This award is presented by John Harmer to the club member who needs a hole in their paddle because they have become too fast! Its origins lie in the journey every parent takes when their sons and daughters get faster than them. The *Hole in the Paddle* award underpinned the family banter that characterised BGCC through the 1990s as the children of the founding families took on their parents and won; not only on the water!! For many, the Birthday Dinner was the highlight of the year, not only as an opportunity to get dressed up, but also to find out who would take the *Hole in the Paddle* award home. Over the last few years, the Birthday Dinner has become less and less supported by BGCC members and there has been much discussion about dropping the event. I hope we never get to that because this dinner serves so much more than an obscure birthday celebration – it provides us with an opportunity to see each other in fancy clothes; for a Flatwater Table to beat the Canoe Polo Table in the Quiz; for us to enjoy the successes and embarrassing moments of our peers; and perhaps most importantly for a big club, for us to meet other members and make new paddle buddies.
- **Time Trials.** Originally in the early 1990s, the club timetrial was held on Sunday mornings followed by lunch. This is long before we had a club house and even a public BBQ at Molonglo Reach, although I think the two picknick tables are the originals. We used to bring our own lunches and sit in the sun and share stories. Linda Barthelson was the time-trial timekeeper and she kept us on our toes. We used to race to a buoy at the hospice and then back to the farthest upstream bridge, turning around its pylons and back to the beach. The course followed the shortest distance – no separation buoys in those days. There were often 20+ boats on the water, which with handicapped starts lead to good racing. Mother's and Father's Day racing added to the fun. For me, the lunch time catch up was the best part of the Sunday Time Trials. It was such a social event. I was new to Australia and there were so many races and experiences to learn about. I am sure that in winter things were not as well supported as in summer as there is always a fair-weather paddling cohort in every club. The weekly Time Trials have been through a period of waning following covid, but lately numbers have increased significantly and we are starting to get that social

feel back on Saturday morning after the time trial. Come on out and join the BGCC Saturday morning Time Trial – first start is at 10 a.m.

I hope that now that we all know a bit more about these BGCC Traditions, we will work hard together to restart the Bash and keep the 24-Hour Relay, BGCC Birthday Dinners and Time Trials going strong.

- Margi Bohm

FLOAT YOUR BOAT TO CELEBRATE LAKE BURLEY GRIFFIN'S 60TH ANNIVERSARY SUNDAY 20 OCTOBER 2024

Hosted by the TRADITIONAL BOAT SQUADRON OF AUSTRALIA

Please join the Traditional Boat Squadron of Australia and other boat clubs to celebrate the 60th anniversary of the inauguration of LBG by the Prime Minister, Robert (Bob) Menzies.

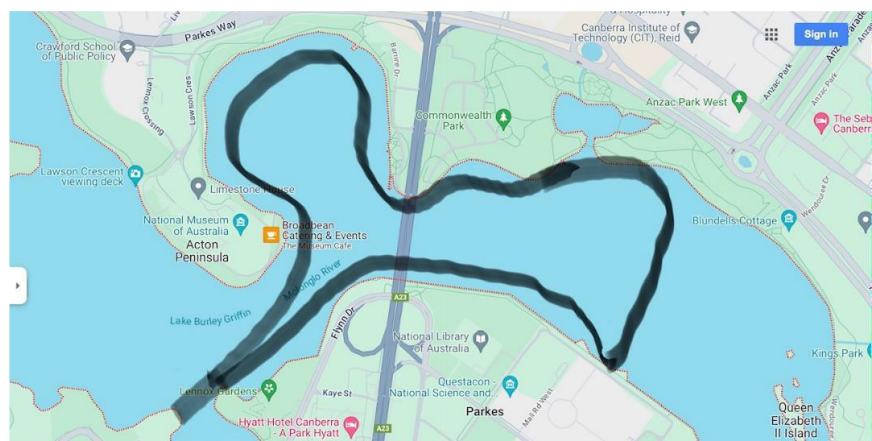
Canberra, Australia's capital city, would not be what it is if not for the enthusiasm and determination of Menzies to ensure that the lake was built. The lake and its shores have become a place of natural beauty that surprise unsuspecting visitors, a refuge for flora and fauna, a home and backdrop for many of our national institutions, a playground for sport and recreation, and something to just enjoy being on or near.

The lake was filled with boats 60 years ago when Menzies gave his speech from Regatta Point. So let's do it again: **Float Your Boat**, and join us in a parade and some shore-based activities to celebrate this special occasion.

This event forms part of the National Capital Authority's celebrations of LBG's 60th anniversary.

0900 - 1000	Vessels gather at the Canberra Yacht Club. Boats on trailers can be launched at Lotus Bay
1000 -1030	Vessels parade past the Museum, Acton Waterfront, Regatta Point, the Fountain and Menzies statue, and then head for Commonwealth Place where they will moor. Some vessels may choose to sail around Central Basin to add to the spectacle
1030 - 1130	Opportunity for the public to view and speak with boat owners and to tour the <i>PS Enterprise</i>
1130 - 1200	Vessels return to Canberra Yacht Club
1200-1300	Traditional boats on display for public to view, including tours of the <i>PS Enterprise</i>
1300	Lunch

FOR MORE INFORMATION: www.canberra boating.com



BGCC taking part in 60th Anniversary of LBG

For the 19th October (weather dependent) we are looking at running on- and off-water activities. A demo Canoe Polo game with various activities/competitions for the public: e.g., how far can you throw while sitting; what does it feel like in a canoe polo boat? The opportunity to try these skills on-water using flatwater kayaks or Stand Up Paddle boards. For those wanting to experience an Olympic-style race kayak we'll have wobble boards & ergs (e.g., how fast can you do 100m?) which will simulate a K1 as well as on the water experiences in race kayaks/canoes or our recreational fleet for those wanting less of a challenge.

Participants will need to register on the day. All boats, paddles, PFDs will be supplied. We would hope to have at least 50 participants.

At this stage we have 2 alternatives for venues: Lotus Bay or Black Mountain Peninsula. We will need to seek approvals as neither has been used by us previously and both are home to other sporting disciplines.

We'll need plenty of volunteers to help out!

- *Patricia Ashton*

Recreational Paddling

Recreational Paddling/South Coast Waterways Touring

The Eurobodalla Kayakers organise fortnightly kayak touring trips along different waterways between Narooma and Bateman's Bay. It's a great way to enjoy nature and explore coastal waterways with experienced paddlers.

There is no fee to participate and trip maps for each trip are available from the website: www.eurobodallerkayakers.com or you can just turn up at the meeting spot and simply follow the leader.

The trips average 12 km in length, suit stable craft such as sea kayaks; and there's a 30 min stop for BYO morning tea.

Most trips are round-trip paddles and have been well-planned to favourably factor in tidal movement.

Send an e-mail to eurobodallakayakers@gmail.com to request being added to their mailing list to get detailed information about each upcoming paddle.

You need to be able to comfortably paddle 12 km (if I can do it, you can), have the usual safety equipment and be reasonably self-sufficient on the water. Hope to see you there.

BGCC contact Yvonne Best, thewritestuff007@gmail.com, 0423 118 990. - *Yvonne Best*

Thank you to all contributors to this edition of Blazing Paddles.

If you have contributions for the next edition, please get in touch as soon as your event happens or as soon as you know some dates to advertise an event: htongway@iinet.net.au