



# BLAZING PADDLES

Newsletter of the  
**BURLEYGRIFFIN CANOE CLUB**

Volume 35 Issue 5 February 2025

**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



**In this issue:**

- [President's notes](#)
- [January Cone and Try](#)
- [Canoe Polo Report](#)
- [Marathon Report](#)
- [State Marathon Championships](#)
- [Antarctic Adventure](#)
- [New Club Gear](#)



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

Position	Person
Membership Secretary	Patricia Ashton
Public Officer	Bob Collins
Editor ('Blazing Paddles')	Helen Tongway
Coaches' rep	Margi Bohm
Webmaster	Geoff Collett
Vice-Boat Captain	Scott MacWilliam
Canoe Polo Convener	Adam Hofmeyer
Time Trials	Helen Tongway & Patricia Ashton
Marathon Convener	Vacant
Event Co-ordinator	Bob Collins
Sprint Convener	Marcelo Cabezas
Slalom – WW Convener	Colin Calderwood
Social Convener	Wendy Xiao

## Table of Contents

Coming Events:.....	2
President's Report .....	3
Come and Try, January 2025.....	3
Canoe Polo Report.....	5
Marathon Report.....	6
Slalom Report .....	8
PNSW Marathon Championship Races.....	9
An Antarctic Adventure .....	10
New Club Gear.....	13
Market Place: Boat for Sale .....	15
ERBs on NSW Beaches .....	17
Coaching and Escorted Paddling.....	18

## Coming Events:

- Saturday 8<sup>th</sup> February PA Ocean Racing Champs & selection event Ulladulla, NSW
  - 14-16 February, 2025 PA Canoe Sprint Grand Prix 2 SIRC Penrith, NSW
  - Saturday 15<sup>th</sup> February PNSW Marathon Series Race 2 Single boats MMCC Albury, NSW
  - Sunday 16<sup>th</sup> February PNSW Marathon Series Race 3 Double boats MMCC Albury, NSW
- (These two races are in conjunction with Paddle Victoria, so are inter-state competition, as well as being the Frank Harrison Memorial races!)
- 7-8-9 March, 2025 PNSW State Marathon Championships BGCC Molonglo Reach, ACT
  - 12-16 March, 2025 PA Canoe Sprint National Championships SIRC Sydney, NSW
  - 15-16 March, 2025 Canoe Polo Summer Series #3 BGCC Molonglo Reach, ACT
  - 11-13 April, 2025 Marathon National Championships Ascot CC Perth, WA
  - 15-20 April, 2025 Canoe Polo Oceana Championships Gold Coast, Qld

## President's Report

Happy February loyal club patrons!

With love in the air as we approach February 14, all I can ask is, oh BGCC, will you be my Valentine?

A big thank you to those who helped with the club's Open Day. Whilst the wind was enough to scare off prospective time-triallers (let the record reflect, I turned up raring to go with my polo boat), we managed to attract an impressive number of participants, so thanks to those who spread the good word of the club and brought a friend. We'll definitely be making these events more regular, as it's a great way to give the public a little nibble of our great club.

Some of you may have seen we have an upcoming Whitewater Skills Course. The program filled up pretty quickly and it's exciting to be able to offer members a new type of paddling fun. If you missed out this time, don't despair, stay tuned for future courses.

Marathon and Polo events are back in swing, with members racing/ rolling everywhere from Adelaide to Wagga recently. Read on to hear some insights from those involved.

Also a reminder to keep the shed doors closed when members aren't around, as we seem to attract a few bold cats who don't mind coming in and utilising our fancy amenities. If club activities are on and you're off for a paddle, dummy locking is fine, but if you're heading home, lock it up. On the flipside, don't forget to check if anyone's inside, or you may just lock the President in, as one Ordinary Member discovered this week...

Fond regards,  
El Presidentè

*Presidential Proverb*

*Roses are red, violets are blue, a kayak for two? The ultimate 'I love you'.  
(Don't worry Adam, I don't plan on any career shifts from polo to K2!)*

*Laura Kleinrahm*

## Come and Try, January 2025.





This date was picked months ago, after our Come & Try out at Lennox Gardens, we thought it would be much easier to have it at the river. Didn't count on the wind though – 35 km plus winds and a cool day. Would we go ahead? Maybe just offer the off-water activities?

As 9 a.m. drew near, we had a good turnout of volunteers, then some people wanting to try out paddling – so boats to the water!

Between canoe polo, white water and flatwater there were quite a few participants.

While numbers would have been higher if the weather had cooperated, it was still a successful event. And we have had several new members join the club.



The rescue session which had been advertised eventually went ahead with three participants who all gained confidence and experience in ski remounts and assisted rescues.



Thanks to all those club members who came along to help out.

*Patricia Ashton*

## Canoe Polo Report

A big month for BGCC polo, with a trip to Adelaide bringing home gold and a bunch of Aus team representation. *Below: The Burley Babes*



*Left: ACT Men's team*

Just a short couple weeks after Christmas was the 2nd Summer Series comp held in Adelaide. The BGCC players had done well to avoid too much enjoyment over the Christmas period and were looking in fine form.

Spread across 5 different teams and 3 divisions. BGCC players represented well. Dave Burr claiming a maiden gold in Div2. Adam Hofmeyer and Carley

Goodwin going undefeated through the whole comp in Div1. The others all performing admirably too pushing through the Adelaide heat.



It was also the final selection event for the Australian teams representing at Oceania in Coomera, Qld later this year.

*Left: Caitie Burr, Bane Burr, Adam Hofmeyer, Laura Kleinrahm, Carley Goodwin.*

BGCC once again providing key important players to lots of different teams. Bane and Caitie Burr representing the U18s in Men's and Women's respectively. Their first ever selections. Jess Harmer in the U21 women's team. Laura Kleinrahm and Jen Savenake in the senior women's B team. Comeback Carley (Goodwin) in the Senior Women's team; plus Adam Hofmeyer in Senior Men.

(All yet to be officially ratified by PA)

Congratulations to them all. And stay tuned to find out how players heading over to Tassie this weekend fare in the comp over there with \$2K in prize money. That's some good incentive to paddle hard!

*Adam Hofmeyer*

## Marathon Report

The PNSW Marathon Series of races is off and running, with 20 BGCC members travelling on Saturday 1<sup>st</sup> February to Race 1, which finished at Wagga Beach. With points up for grabs for the Brian Norman Trophy, 11 of our members were able to start our tally, over 6 of the 13 Divisions:

<u>Division 1</u>	2 <sup>nd</sup>	Matthew Gates	K1	1:34:20	99
	5 <sup>th</sup>	Mark Halpin	K1	1:36:40	96
	6 <sup>th</sup>	Craig Elliott	K1	1:36:50	
	7 <sup>th</sup>	Michael Hanemaayer	K1	1:38:01	
<u>Division 2</u>	1 <sup>st</sup>	Jason Rantall	K1	1:42:19	100
	3 <sup>rd</sup>	Matilda Stevenson	K1	1:45:40	98
<u>Division 3</u>	1 <sup>st</sup>	Larissa Cleverly	K1	1:46:42	100
	5 <sup>th</sup>	Andrew Webber	General	1:51:14	96
	<i>Ranking</i>	<i>Sam Wellings-Booth</i>	<i>K1</i>	<i>1:51:35</i>	
<u>Division 5</u>	1 <sup>st</sup>	Patricia Ashton/Bob Collins	General	1:53:52	100
<u>Division 6</u>	2 <sup>nd</sup>	Andy Osborne	General	1:54:26	99
	9 <sup>th</sup>	John Preston	General	2:16:28	92
<u>Div 7 Ranking</u>		<i>Helen Tongway/Yvette Maconachie</i>		<i>2:11:15</i>	
<u>Division 13</u>	1 <sup>st</sup>	Karla Palecek	General	0:37:33	100
	2 <sup>nd</sup>	Jon Bell	General	0:37:33	99
	3 <sup>rd</sup>	Lucy Imeson	General	0:39:15	
	6 <sup>th</sup>	Rochelle Christian	General	0:44:02	
	7 <sup>th</sup>	Terry Korodaj	General	0:45:03	

This gave BGCC a total score of 1079 points and on my calculations, on the top of the point-score! So we now need a good follow-up of entries in as many divisions as we can – remember, two boats in each division is our aim, to get as many points as possible. The higher up the finishing line the better, but participation numbers is what we need.

*Left: New team, Helen Tongway & Yvette Maconachie, pre-start and on-water*



*Below: Division 13 start – according to Jon Bell, “tricky to get in a line on moving water!”*



### **Patricia & Bob’s – (Excellent Adventure) 1 Feb. 2025 Wagga Wagga**

Having made the decision to race again in 2025, we put in some hard training after Christmas to get ready for the popular Divisional Race hosted by the Wagga Bidgee Canoe Club. With about 118 paddlers entered it promised to be great day. While there were only

6 in our Division 5, we identified some that we would need to stay with if possible.



*Left: Patricia Ashton & Bob Collins, waiting for the start at Oura Beach*

At the start, the two K1’s in our race took off like rockets and after 20 metres almost collided

with each other, peeled off to the right and we never saw them again – we noted that each DNF'd.

The remaining 4 of us stayed together and it took us about 15 km and a lot of hard paddling to shake them off. The river was flowing well and at times we were around 14–15 km/hour – quick for us. Luckily we managed to stay in front of the others and came in 1<sup>st</sup>.

Looking at the results on Webscorer, BGCC had a very successful day with winners and placings in many Divisions. It again showed that winning the trophy at the end of the season is dependent on having paddlers in as many Divisions as possible.

It proves that our novice paddlers in the shorter races can contribute as much to the Club's overall points score as our elite paddlers in the higher Divisions. At the moment we are ahead of Lane Cove in the points aggregate and if we can get as many paddlers as possible in as many Divisions as possible, BGCC will have a very successful season.

*- Bob Collins*

Next Race: The Frank Harrison, 16 or 26 km on the Murray River, into Albury: <https://www.webscorer.com/register?raceid=359379>

## Slalom Report

With a grand total of 1 Canberra paddler (me) for the Oceania Slalom Championships held at Penrith in late January, the hopes and prayers of a whole Territory were on my shoulders. I had worked hard for at least 40 minutes in preparation - and the stage was set, with 2 Olympic Gold medallists and a Silver medallist in the start line; with various other young and ridiculously fit competitors also in attendance, including several International representatives; and then there was me. I am now entered in Slalom events as 'Vintage'. Master and Legend categories are distant memories.

The event was held over three days with Slalom heats and finals on the Friday and Saturday and with Canoe Cross qualifying and finals on the Sunday. I was entered in the K1 Men's. My run was going well until about gate 18 when I decided to inspect the bottom of the river-bed. By the time I was breathing air again I was over a small drop leading into Gate 19 which in turn decided that not only should I inspect the river-bed again but I should really stay there for a while. After at least 3 attempts to roll up I decided I wasn't really enjoying the experience anymore and it was time to accept the ignominy and shame of a little swim, which I did. I have to say swimming on the Penrith Slalom course is definitely one of my least favourite pass-times but c'est la vie.

The race went on regardless with International paddlers taking honours and the Fox Sisters claiming Oceania titles for Slalom and Canoe Cross.



I am looking forward to the Australian Open at the end of February when hopefully I make it to the finish line!

*- Colin Calderwood*

*Well, with talent like these two at the event...*

Left: Noemie Fox and Jessica Fox, sharing the Don Award – introduced in 1998 and named for the Sport Australia Hall of Fame's inaugural Inductee, Sir Donald Bradman AC, honours an Australian athlete or team whose achievements and example over the past 12 months have most inspired the nation.  
[Ed.]



## PNSW Marathon Championship Races

### Call for Volunteers to help at the State Champs – 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> March.

BGCC will be hosting the State Marathon Championships over the Canberra Long weekend. While we'd love to see all our paddlers on the water, we also need volunteers! So, if you're not participating, or if you're paddling in ICF classes – you can help in the afternoon for the General Classes & if you're in the General Classes, helping out during the ICF races will give you a good view of some of NSW's best paddlers.

Training will be given for the individual duties with written instructions: e.g., what to look for on the portage run; or if you're a spotter at one of the turns, etc. You don't need any specific experience and it doesn't matter if you're not into racing yourself. There are plenty of duties to choose from and if you have a tinny licence -we may need you on the water....

**Times on duty needed during the racing: Friday evening: 6:45 p.m. – 7:30 p.m.**

**Saturday and Sunday: 8 a.m. till 12 p.m., then 12:30 p.m. – 4 p.m. (or parts thereof)**

**BBQ duty** – we need plenty of people to work the BBQ too. Thanks to Lucy for offering to co-ordinate. We will need a money collector if cooking food isn't your thing.

**Saturday:** 2 to 5 people at various times: from 7 to 9 a.m. (including food prep), 9 -11 a.m.; 11 a.m. to 1 p.m. (busiest time), 1 to 3 p.m. (will include clean-up & food prep for Sunday).

**Sunday:** 2 to 5 people at various times: from 7 to 9 a.m. (including food prep), 9 -11 a.m.; 11 a.m. to 1 p.m. (busiest time), 1 to 3 p.m. (will include after event clean-up)

Thankfully we have a coffee van (Thanks to Paul & Gloria Jeans Tuggeranong van), so we won't need to have a 'barista'.

If you've already contacted Bob, no need to do so again; but we are still in need of more helpers please. Volunteers may be eligible for a *States with Mates* t-shirt, or \$10 off next race entry fee and lunch or coffee vouchers. Come to help out and to watch some great paddling and portaging.

Contact Bob directly on: [bobcollins48@outlook.com](mailto:bobcollins48@outlook.com)

-Patricia Ashton

And now for the big event itself:

**Paddle NSW 2025**

**State Marathon Championships**

**STATES with MATES**

07-09 March, 2025  
Molonglo Reach, Canberra

<https://www.webscorer.com/register?pid=1&raceid=375609>



**Be A SMARTIE MATE**

Each year the complimentary Event T-shirt takes on a different colour. **Please order by 16 Feb 2025** to ensure that you get your correctly sized t-shirt on the day.



hosted by

**Burley Griffin Canoe Club**

[info@bgcc.org.au](mailto:info@bgcc.org.au)



**FRIDAY EVENING: Briefing at 18:30**

TIME	CLASSES
19:00	ICF Class (Portage). All Ages < 65 yo.
19:15	All Classes non-portage.

**FRIDAY NIGHT DINNER**  
 Buffet Meal (\$20)  
 by BGCC Chef Maria

**SATURDAY: Briefing at 09:15**

TIME	CLASSES
10:00	ICF Open, U23, U18, Masters (35-64).
13:00	ICF Masters (65+), General Class (all ages), Para, Juniors (U10-U18), Novice, SUP

**SATURDAY NIGHT PRESENTATION DINNER**  
 Capital Brewery from 18:30

**SUNDAY: Briefing at 8:00**

TIME	CLASSES
08:30	ICF & General Class Doubles. All Ages.
12:30	ICF & General Class Mixed Doubles. All Ages.



Coffee and FOOD on Weekend by BGCC, including famous Breakfast BBQ on Saturday and Sunday mornings

Enter at: <https://www.webscorer.com/register?raceid=338823>

**An Antarctic Adventure**

**Kayaking in Antarctica November/December 2024**

Well I did it!!! IF you want to follow in my bow wave - the trip was the South Georgia & Antarctic Odyssey with Aurora Expeditions from 19/11 - 9/12/2024. Sea kayaking is an additional activity with a maximum of 20 participants. The boat had 80 passengers aboard. There were also additional activities of snowshoeing or a 3-day Shackleton crossing; otherwise passengers were using zodiacs to visit various sites, whilst kayaking happened twice daily, weather permitting.

Given the issue of avian bird flu, Aurora Expeditions, an Australian-owned expedition company that achieved B Corporation status



(meeting high standards of social and environmental performance), transfers into our double kayaks were always done from a zodiac (the kayaking team leader, said there was hardly a more complicated way to do so but it was in the interests to protect the wildlife). There were 2 expedition team kayak guides in a single kayak with 5 kayaks/group and the 3rd staff member remained on board the zodiac, so it felt very safe.



*Left: Marg Sharp and son, Joran*

We paddled in brash ice and between icebergs, skimmed past penguin rookeries, paddled amongst penguins, sea lions and fur seals, or often just drifted quietly as we watched the wildlife antics ashore unobtrusively from our kayaks. After crossing the

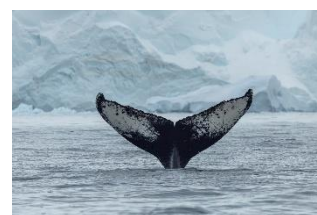
Drake Passage, we visited multiple places on the Antarctic Peninsula then headed toward South Georgia Island where there was an explosion of wildlife - so we got to see penguins mating in Antarctica, then further north in South Georgia the eggs, later still penguin chicks and beyond - even the moulting adolescent penguins.



THE most challenging part of kayaking was getting in/out of the drysuit with multiple layers underneath!!! But it was SO worth it.

Joining the BGCC in 2024 and having my weekend morning sessions with Patricia, Helen and John crunching through icy autumn leaves and never granting myself the 'get out of gaol card' of 'Oh, it's TOO cold this morning' was never an option for me and I was deeply appreciative that each of you kept smiling, encouraging me and turning up too!! When I broke my leg skiing in the July school holidays though and I was homebound for 6 weeks and not allowed to kayak until 12 weeks had passed, I was silently relieved!

Thanks to the 3 of you for helping me with technique and confidence. Aurora also requires kayakers to have a basic level with the equivalent knowledge and skills gained in a half day Paddle Australia "Intro to Sea Skills" course, so I also did this with Phil with Bay and Beyond at Durras. Thanks also to my 41-year-old son who was my engine house and assistant dresser/undresser.



*-Marg Sharp*

## 2025 Hawkesbury Canoe Classic: 8<sup>th</sup> – 9<sup>th</sup> November. Moonlight!!



**8<sup>th</sup> / 9<sup>th</sup> November 2025**

**Great tides / Great moon**

**No excuses !!**

And new in 2025: you too can create a new record for the 65 km Windsor to Wisemans Dash!

(Records have not been kept for this shorter course in prior years.)

Kent Heazlett

Event Coordinator / Race Control

On behalf of the Hawkesbury Canoe Classic Association Inc.

M : 0418863950

E : [info@canoeclassic.asn.au](mailto:info@canoeclassic.asn.au)

## PNSW/ACT State Marathon Championships

Having done such a good job of running the State Marathon Champs in past years, BGCC has again been chosen to host the 2025 Championships: Friday 7<sup>th</sup>, Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> March, 2025.

Associated with the Champs are two trophies, up for presentation for only their second year. In 2024 BGCC had the honour of winning both of them! The Tongway Trophy is awarded to the club with the greatest number of points gained over the three days of championship competitions; while the Joan Morison Trophy is for the club which gains the greatest number of points from Female competitors over the three days. So - we need you to enter the events!

While it is great to have many of our club members doing well in the ICF class boats, those who paddle "other" boats – both singles and doubles – are important for the success of both the event and the club. If you are really keen you could enter four events: the Friday evening short course; the Saturday morning ICF or afternoon General class; and Sunday morning single-sex doubles and afternoon mixed-sex doubles. But perhaps that is asking a bit too much!

The Championships are not Divisional. Paddlers are organised into sex, age and boat classes, so there are potentially many different classes. The event is now open for entries with Early Bird closing on Wednesday 26<sup>th</sup> February and all entries closing on Wednesday 6<sup>th</sup> March. But, *if you want the complimentary T-shirt in a size of your choosing, then you will need to enter by Sunday 16<sup>th</sup> February.*

Enter at: <https://www.webscorer.com/register?raceid=338823>

Also: Friday evening Maria-catered meal at the river, \$20; Saturday evening presentations at Capital Brewery, with Brodburger food available. Come along. Enter and event (or two). Volunteer to help around the grounds or on the BGCC-run Food Stall. **Enjoy!**

*-Helen Tongway*

## New Club Gear

The club has invested in two new wing blade paddles and a new carbon flat blade paddle for general club members to use. All three are hanging by the front door and have Elliot kayaks stickers on them.

The club have also been generously donated an immaculate condition Epic V8. It is a lovely boat in as new condition. Also for general club use. Please take care of it.



In case you are wondering, a few club boats have been rearranged. The blue Think 6 ski and the Epic V5 are now in the same area as the V8's etc. Two TK2's have been moved across to the next bay.

And a reminder to report any damage. However minor. Something small maybe easily repaired but if left may deteriorate and become costly.

*-Andy Osborne*

**Note:** If you need to call the Water Police, e.g., cars or other objects in the lake (do they mean bodies??), their number is 131 444. In an emergency, call 000.

A reminder to all Lake Users to please report any near misses, incidents or hazards via the WHS Monitor on the NCA's website. Please use the following link to report incidents of near misses - <https://www.nca.gov.au/node/20364>

The Lake Users Group requested information on possible water quality management options for blue green algae on the lake. NCA will provide an update at future meetings.

The group requested an update on the Queanbeyan Sewage Treatment Plant. NCA will provide an update at future meetings.

**To check Lake Burley Griffin water quality:**

<https://www.nca.gov.au/environment/lake-burley-griffin/water-quality#>

**Other Waters:**

<https://www.cityservices.act.gov.au/news/news-and-events-items/water-quality-in-our-lakes-and-ponds>



## 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](mailto: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:**

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

## Market Place: Boat for Sale

For Sale: Epic V10 gen III and boat and cover + paddle + stands. **Reduced: \$2,500.**



All in excellent - almost new - condition. Great balance between stability and speed  
If you are interested, contact Wayne on 0407 269 415 or [waynejone@gmail.com](mailto:waynejone@gmail.com)

**Free to a new home:** a Zane Douglas (Competition Kayaks, Cobram) K1, approximately 30 years old. In very good condition – just dusty! It would suit a lighter-weight paddler.  
Contact Marina at: [marina\\_and\\_surend@hotmail.com](mailto:marina_and_surend@hotmail.com)



I suspect this sign needs a bit of clarification – do the crocs read the sign and not swim there??



**Sat Race 1, Wagga Bidgee Bash**

1 Feb [2025 Marathon #1 Wagga Bidgee Bash](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 2, Frank Harrison - Singles - Albury**

15 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 3, Frank Harrison - Doubles - Albury**

16 Feb [2025 Marathon #2 Frank Harrison](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 4, Lane Cove**

30 Mar [2025 Marathon #4 - Lane Cove](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 5, Davistown**

17 May [2025 Marathon #5 - Davistown](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 6, Woronora**

14 Jun [2025 Marathon #6 - Woronora](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 7, Swallow Rock**

12 Jul [2025 Marathon #7 - Swallow Rock](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 8, Penrith**

3 Aug [2025 Marathon #8 - Penrith](#) | [Event registration](#) | [Webscorer](#)

**Sun Race 9, Narrabeen**

31 Aug [2025 Marathon #9 - Narrabeen](#) | [Event registration](#) | [Webscorer](#)

**Sat Race 10, Windsor & Finale**

4 Oct [2025 Marathon #10 - Windsor](#) | [Event registration](#) | [Webscorer](#)

Updated: 21/11/24dl



<https://nsw.paddle.org.au/upcoming-events>



[PaddleNSW - Marathon](#)



[marathon@paddlensw.org.au](mailto:marathon@paddlensw.org.au)



**Race entry:** <https://www.webscorer.com/register?raceid=368069>



## ERBs on NSW Beaches

From “The Conversation”, 5/2/2025:

“Emergency Response Beacons can cut drownings at the beach – but 72% of people haven’t heard of them.

Do you know what an emergency response beacon or “ERB” is? Do you know what it does? Do you know which beaches have one? If you answered “nope!” to any of those questions, you’re not alone – and that’s a problem.

In short, an emergency response beacon basically consists of a telephone and camera that sits on a pole on a beach. These can be triggered with a button press by anybody who sees someone in trouble in the water or on the sand.

In New South Wales, where emergency response beacons are located on some beaches, pressing the button puts you in immediate contact with a 24/7 duty officer at the Surf Life Saving New South Wales state operations centre. This duty officer can then talk with the person, give instructions and dispatch the nearest suitable emergency resources to that location. The beacons are solar powered and 4G/5G enabled.

### Why NSW installed ERBs

In 2023-24 there were 61 coastal drowning deaths in NSW, representing a 27% increase from the previous year and a 33% increase above the ten-year average. Most of these coastal drowning deaths occurred at beaches (56%) and along rocky coastal locations (25%). All of them occurred away from patrolled areas or outside of patrol hours.

The traditional response to keeping people safe in unpatrolled coastal locations has been to install various signs warning visitors about potential hazards such as rip currents. However, previous studies have highlighted these signs don’t always work – many people look past them or don’t understand them.

In 2018, the NSW state government committed A\$16 million over four years to install emergency response beacons at identified drowning hotspots. At least 53 have now been installed along the NSW coast, including at both unpatrolled and patrolled beaches, with additional funding available to install more units from 2024 to 2028. All will eventually have rescue tubes attached (a rescue tube is a flotation device often used in lifesaving efforts).

This all sounds great, but how effective have emergency response beacons actually been in reducing drowning? Our new research, conducted by the UNSW Beach Safety Research Group on public awareness and understanding of emergency response beacons, has shown there is significant work to do.”

[Below: an ERB installed at a NSW beach](#)



## Coaching and Escorted Paddling

- **Saturdays 9:00 a.m.:** Club Time Trials. 1 or 2 laps; 3.7 or 4.7 km laps. You can use these to increase your paddling fitness, or you can take out a boat and go for a paddle yourself. Shed is open from about 8:30 till 10:00 a.m.
- **Thursdays 7:00 a.m.:** David Gordon and Russell Murphy's session, for Novice and Recreational Paddlers. 1 hour; some interval training and technique instruction.
- **Lunchtime Thursday:** Masters' training with Margi Böhm. Capitalise on the ability to train at lunch time in the Nation's Capital!
- **Saturdays 10:30 – 12:00 a.m.** over summer, Paddle for Pleasure with John Lockie and Helen Tongway.
- **Sundays 09:00:** Lake Paddle. 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](mailto:margi.bohm@gmail.com).

Paddle Australia is pleased to confirm that the **2025 PA Canoe Ocean Racing Championships** will be hosted by the Makai Cup! ★

Raced in Ulladulla, on the South Coast of New South Wales, the race will be held on Saturday 8 February. 🏆

🔗 <https://paddle.org.au/2024/11/07/paddle-australia-confirms-2025-pa-canoe-ocean-racing-championships/>

## LBG depth going down...

Dear Lake Users, NCA has engaged a head contractor for the **Dissipator Strengthening Project for Scrivener Dam**. The project involves installation of 700 new anchors into the foundation rock beneath the dam and construction of a 500mm thick reinforced concrete slab to strengthen the downstream structure of the dam.

The contractor is engaged to undertake early works for the project prior to works commencement on site. Works on site are anticipated to commence in **March 2025** and are expected to take about 2.5 years with completion of the project by mid-2027.

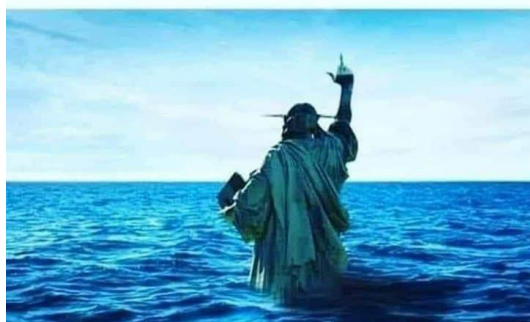
The lake level will be lowered by up to 500mm in time for the commencement of works on site (March 2025).

The level of the lake will be lowered gradually, and we aim to provide as much notice as possible prior to lowering the lake level. The NCA will work with stakeholders to mitigate the impact of this wherever possible.

Please feel free to contact NCA on [LUG@nca.gov.au](mailto:LUG@nca.gov.au) if you have any questions.

**David Wright** | Director, Lake and Dam      **National Capital Authority**      (02) 6271 2888

**The Statue of Liberty last seen walking back to France...**



## Recreational Paddling

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](http://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](mailto: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, have the usual safety equipment and be reasonably self-sufficient on the water.



*Left: Craig Elliott, paddling his hardest at Wagga.*

## 2025 Frank Harrison Interstate Marathon Cup

Only a bit over a week away, this is an event tempered with inter-state rivalry. Perhaps not in the same league as Sydney v Melbourne or Qld v NSW, but an inter-state competition none-the-less.

What better way to spend your Saturday (single boats) and Sunday (double boats) than paddling down the mighty Murray River: 26 km from Hume Dam Wall or 16 km from the Waterworks in to Albury's Noreuil Park?

Entries close on Wednesday 12<sup>th</sup> February.

Races on Saturday 15<sup>th</sup> and Sunday 16<sup>th</sup> February.

<https://www.mittacanoe.com.au/>

info: <https://www.mittacanoe.com.au/frank-harrison/>

enter: <https://www.webscorer.com/register?raceid=359379>

race flyer: [https://vic.paddle.org.au/wp-](https://vic.paddle.org.au/wp-content/uploads/sites/5/2024/11/PVM_2025_Race_Flyer_Frank_Harrison.pdf)

[content/uploads/sites/5/2024/11/PVM\\_2025\\_Race\\_Flyer\\_Frank\\_Harrison.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2024/11/PVM_2025_Race_Flyer_Frank_Harrison.pdf)

**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. [htonqway@iinet.net.au](mailto:htonqway@iinet.net.au)