



BLAZING PADDLES

Newsletter of the

BURLEYGRIFFIN CANOE CLUB

Volume 35 Issue 2 October 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

Unpublished image of the birth
of an electrician (still with
the eggshell on his head)



In this issue:

- [President's notes](#)
- [Marvelous Margi \(and other\) Awards](#)
- [Canoe Polo news](#)
- [Recreational paddling](#)
- [World Marathon Racing](#)
- [24 hour Paddling Challenge](#)
- [Market Place: many Boats for Sale](#)



CANBERRA

BLAZING PADDLES – Volume 35, Issue 2, October 2024

*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	Margi Bohm
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
Marvelous Margi Awards!!.....	3
And the awards kept on coming!!.....	5
BGCC Members on PNSW Committees	7
Canoe Polo	7
Recreational Paddling.....	8
World Marathon Racing	9
PaddleNSW Marathons, 2025	13
24 Hour Paddling Challenge 2024	14
Market Place: Boats for Sale	16
BGCC taking part in 60 th Anniversary of LBG.....	26

Coming Events:

- Race Clarence 100 3 days' paddling on the Clarence River 11-13 October, 2024
- Race Echuca Mini 48 km, Barmah to Moama 12th October, 2024
- Education Introduction to Coaching Margi Bohm/BGCC 12-13 October, 2024
- Races PNSW Sprint Regatta SIRC, Penrith 19th October, 2024
- Competition ICF 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
- Competition... PNSW State Marathon Champs Molonglo Reach..... 7-8-9 March, 2025
- CompetitionCanoe Polo Summer Series #3.BGCC..... 15-16 March, 2025

President's Report

Happy Daylight Savings! Truly my favourite part of the year. I'm looking forward to long evenings of paddling and ditching the thermals! Last month I quit Canoe Polo for the bright lights of flatwater paddling. Well, maybe not quite, but I did enjoy paddling in a couple Saturday Time Trials and highly recommend everyone gives them a go. If a Canoe Polo paddler can do it, so can you! (Admittedly I only opted for the one lap when paddling solo, but did tackle the full 7 km when towed by Powerhouse Patricia in the double!).

You might have noticed some shifting around inside the clubhouse; we're currently doing some improvements to glam the shed up a bit. Big thanks to the Grey Army for being the muscle on this. Part of this will involve a photo wall, so if you think you've got a great club shot, flick them through to me. Keep an eye out for a club shed clean-up announcement soon; the more the merrier!

We've got a few exciting upcoming events: Canoe Polo's Spring Fling; the Lake Burley Griffin 60th Anniversary Come and Try; next month's Presentation Night; and of course December's 24 Hour Paddle Challenge, so buckle up your sandals and get stuck in!

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

-Laura Kleinrahn

Marvelous Margi Awards!!

At the NSW Volunteering Awards at the Southern Inland ceremony at Goulburn on 19th September, Margi Bohm was awarded as a NSW Volunteer of the Year. [Right: Margi Bohm and Peter Tate](#)

In the sport sector alone, NSW has over 900,000 volunteers contributing \$40 BILLION of value annually to the NSW economy. One such volunteer is the beloved MARGI BOHM.

From Peter Tate, CEO at PNSW: "Congrats to our marathon technical committee member [Margaret Bohm](#) on being recognised for her outstanding contributions as a volunteer. *Congrats Margi.*"



Which was Followed up by: PNSW Life Membership Nomination

The morning before the PNSW AGM on 26th September, Peter Tate asked me if I could nominate Margi for Life Membership and say a few words. Luckily, it wasn't hard to come up with reasons why she should be honored this way. Unfortunately, due to technical issues, I'm not quite sure how it came across at the meeting!

I met Margi when I first joined Burley Griffin over 20 years ago. At that stage she had already been a club member for about 12 years. She was running a Beginners course, 12 sessions over 6 weeks. We started with 20 participants and she had rounded up about 6 or 8 club members to do their coaching training. It set the club up for an influx of new members who took up racing with coaches willing and ready to help out.

Over the years things have ebbed and flowed, but Margi has been there, training up paddlers for State, Australian and World Titles or just for themselves. While her first love was Sprint and she assisted NSWCA run regattas for several years, the lure of Marathon won out. Margi has helped run State and Australian championships as well as Masters Games; she's taken young paddlers to South Africa to get them used to international conditions, she's run women's technique sessions for PNSW, run training camps in Melbourne and Canberra for paddlers selected in Australian teams and for various NSW clubs. She is currently training PNSW coaches and on the Marathon Technical Committee.

Margi has videoed, lactate tested, explained vortices, strengthened cores, encouraged, written countless programs, timed, finessed technique and shared her extensive knowledge with a wide range of paddlers and coaches, helping them be the best they can be. Her energy, passion and commitment is boundless – much of her life has been about paddling, so I believe she is a suitable nominee for PNSW Life Membership.



Congratulations Margi – BGCC and now PNSW Life Member

Right: Patricia Ashton and Margi Bohm

- Patricia Ashton

And while we are at the PaddleNSW annual awards (one which should have been in last month's Blazing Paddles): **a Distinguished Long Service Award to Patricia Ashton**

From PNSW: "All categories in the annual awards are important, but we always find special significance in recognising Distinguished Long Service Awards. One of the three 2023/24 PNSW Award winners (who are all outstanding, all distinguished and very much deserving of praise) is for Club Secretary and holder of a million other hats, Patricia Ashton 🍊🍊"

Patricia joined BGCC in 2004 through the Introduction to Canoeing Program and was soon joining the club committee and entering events. It is to be noted, Patricia was initially adamant her interest was purely in recreational paddling and not competing. Despite this claim, Patricia was plonked into a double and entered into the Burley Griffin Bash within six weeks of joining the club. She also competed at the Victorian State Sprint Championships and in 2018 was training in a competitive K2 with Margi Bohm towards the World Masters Championships.

Patricia has been Club Secretary eight times since 2004, in addition to a couple of stints as *Blazing Paddles* Editor and as Club President. Since 2020, Patricia has also been the Membership Secretary, being the first point of contact for new and prospective members, as well as continuing to run our Taste of Paddling Program. Patricia has been key to developing a social atmosphere in an extremely diverse club - we have everyone from fair-weather summer dabblers to elite paddlers, and she has done an excellent job creating improved connections though



establishing Saturday morning information sessions and coffee catch ups around Time Trials, utilising cook-extraordinaire, Maria's, skills to create social opportunities and promoting longer recreational paddles locally and at the coast. She has also managed the troops - finding volunteers to help with Sunday and Tuesday morning training paddles for newer members and wrangling members onto the Committee.

Within the Committee, Patricia has been an invaluable guiding light, particularly as we've welcomed younger members to the helm who have relied heavily on the knowledge and insights offered by our 'shadow government' members such as Bob and Patricia.

A hugely valued member, BGCC would not be the club we are without Patricia, and we thank her for her dedication and passion for paddling."

And the awards kept on coming!!

PNSW: "The Event of the Year couldn't be separated between three outstanding spectacles. Two of which were hosted by the same club [Burley Griffin Canoe Club \(BGCC\)](#).

2024 PNSW State Marathon Championships 🏆

[Right: Tom Long](#)



States with Mates ... the brainchild of BGCC President Tom Long. The slogan represents a dramatic move away from perceiving PNSW State Marathon Championships as merely an elite event designed purely for the fast paddlers planning on going to Nationals and Worlds. BGCC has hosted the PNSW State Marathon Championships for several years and in our preparation for the 2024 event, it became obvious that the event is not representative of what BGCC stands for nor the family focus of marathon canoe/kayak. So BGCC decided to do something different. The first change was to work hard on determining what sort of events would attract paddlers from anywhere in the State. This was a bit of a no brainer in that State Championships generally appeal to paddlers in ICF classes. Thus, in 2024, a specific General Class was introduced for all ages where any boat could enter and there would be no portaging. Second, it was decided to run the short course on the Friday night, under lights if necessary. All ages in both ICF and General classes were able to participate in this event. Finally, all competitors would receive a free event t-shirt (courtesy of PNSW) and goodie bag (courtesy of BGCC) as part of their entry. Discussions with PNSW resulted in the addition to two trophies, the Tongway for the club with the most points across all events and the Joan Morison for the club with the most points gleaned by women across all events at the State Championships. It was hoped that these additions to the event together with excellent food via Maria, the BGCC chef extraordinaire, would help attract more paddlers to State level racing and then to Nationals level racing, helping to build our sport.

The result was amazing! 2024 State with Mates PNSW State Marathon Championships attracted over 100 competitors. The Saturday night dinner at Capital Brewery and Prize Giving was so well attended that we are going to have to look for a larger venue next year. On the lighter side, the re-introduction of Best Dressed awards were hotly contested and will most likely become a standard event in the future. And most importantly of all, several PNSW paddlers who have never considered racing at Nationals, showed up in Endeavour Bay in April after having such a good time at States. Preparing for these kinds of events is hard

work, getting enough volunteers to help run them is hard work BUT when things go as well as they did in 2024, it all becomes worth it. A BIG thank-you to everyone who participated in the racing and who volunteered to help make States with Mates a success.”

Burley Griffin Canoe Club (BGCC)'s second huge event was hosting the:

PA National Canoe Polo Championships in March 2024.

Returning to the shores of Lake Burley Griffin for the first time in a decade, the 2024 PA Canoe Polo Nationals was one of the largest in recent years, attracting 140 athletes across 28 teams. Admittedly sweetened by perfect weather, the efforts of BGCC and organisers were well rewarded by a smoothly run event that attracted much praise for its organisation and venue. The weekend included two event dinners, with the Saturday night catered by our chef whiz, Maria, which provided an excellent opportunity for attendees to socialise in a relaxed setting, and Maria's delicious fare received rave reviews. Organisers also made an effort to support Junior athletes through running mixed games, an Easter egg hunt, and providing goodie bags for U18 athletes.

A highlight of the event planning was attracting over \$12,500 in grant and sponsorship funding, allowing for the purchase of inflatable pontoons and several other event upgrades that aimed to professionalise the sport whilst sourcing income externally.

PaddleNSW congratulates Award-winning Event Coordinator Laura Kleinrahm and all the magnificent BGCC volunteers.

All photos courtesy of Karen Tate.



BGCC Members on PNSW Committees

Coaching coordinator	Margi Bohm
Canoe Polo	Laura Kleinrahm, Jennifer Savenake
Marathon	Richard Fox, Laura Lee

Canoe Polo



It's been another wonderful month for Canoe Polo - never has a bad month been had in the world of Polo though. So, no surprises really.

Left: All lined up for the come and Try

We have now finished our winter season at the pool. Congrats to Benedict Reynolds, being the most hardcore, missing only 3 of the 24 weeks. We managed a few good, categorised games, including women's and some young V old matches, with a range of skill and age levels participating over the season. We had some new faces out too and old traditions continued (beers at the pub afterwards). Another successful season!

Below: Come and try action



The winter hibernation for some (too busy at work) has come to an end; people's jobs have mysteriously settled down and weekly training attendances are back up. Hopefully we will see the momentum continue to build throughout summer and we can have another fun filled season featuring a strong A and B grade again.

We have also been busy running a come and try, another fund raiser BBQ and preparing for our little 'Spring Fling' competition on the 12th October, 1 p.m., down at Lakeside Leisure. Spectators or a BGCC cheer squad are more than welcome.

Next month is sure to have more exciting updates!

Right: Carley Goodwin & Shay Beck at Colour Frenzy Fundraiser

- Adam Hofmeyer



Recreational Paddling

Mossy Point – Tomago River Paddle

Five of us met at the Mossy Point boat ramp on Saturday 21st September. We had left the winds of Canberra behind and while there was a breeze it was warm enough for t-shirts and shorts. The water from the boat ramp and many parts of the river is just stunning. Clear & sandy to turquoise to deep blue.

Andy, Lucy, Jed (Gerard), Curtis Watson and I headed upriver, (luckily with the tide), we paddled 11 km to the Mogo Zoo. Unfortunately, you can't

get too close, though we did glimpse some giraffes and an ostrich through the hedges. We pulled up for lunch – it's always part of the adventure; just lovely; out in the open; water views; food always tastes better and a great way to get to know our fellow paddlers better. While we didn't get to see many exotic animals we did see kangaroos, huge rays and lots of pelicans.

As with the last paddle away, it's all about the Epics. V5 red tip, V7 plastic, V8 red tip, V8 blue tip and V8Pro black tip.

After our paddle we managed to get something yummy from the local café at the river mouth. Then off to our accommodation to spend the afternoon: walking, reading or fishing on Casey's beach. For dinner we walked to the Batehaven Nepalese restaurant.

On Sunday morning, Curtis went to the Clyde at Nelligen to paddle there, while the rest of us went in search of a wave or two. Casey's beach and Batehaven were millponds – What!? This is not what we wanted to see. So we

headed back to Tomakin to see what the conditions were like there – perfect! For us anyway. A slight swell offering not too big or strong waves, ideal for us to practice on. Must admit, I got the wave of the session – very exciting, but we all managed to get some 'whoo hoo' moments. The water was clear and not too cold. We spent about 1.5 hours going in and out before the wind came up and Andy had damaged his rudder. Dry clothes, a milkshake then a drive into the Bay for fish and chips before heading back to Canberra. It was well worth the drive.

- Patricia Ashton



Andy Osborne, Lucy Imeson, Jed Whitcombe, Patricia



World Marathon Racing

Canoe Marathon World Championships - Metković, Croatia, 16 - 22nd September 2024.

The championships were held in Croatia in the town of Metković which is located inland, approximately 30 minutes from the coast and halfway between the two main coastal towns of Split and Dubrovnik. The race was held on the river, Neretva, which was clean, had moderate flow and was slightly tidal.

The course had an automated start gate close to a bridge across the river. This proved to be a great place to watch the early race starts, not only due to the excitement of the start but also due to the mayhem that it caused. The gates initially failed to rise due to the amount of debris attached. Once corrected this was followed by a few paddlers having to be rescued after going in due to the flow pushing them against the gate. One paddler even broke a paddle. The course was then fairly straight-forward, going down river to a turn then back upriver against the flow to the pontoon portage, followed by turning again in front of the bridge, in roughly 3.6 km laps. The flow did however make the turns as well as portage entry and exits more of a challenge. The portage had ramps on and off the water and was approximately 100m long on a carpeted concrete area.



Overall, the event was thoroughly enjoyable. It was well run and attended. The town was safe and lovely to explore and other than the tiny little cappuccino's the whole experience was amazing.

Burley Griffin Canoe Club was represented by three members in the masters classes, Craig Elliott (K1 45-49, K2 mixed 35-49 with Laura Lee), Larissa Cleverly (K1 35- 39, K2 women's 35-39 with Cassandra O' Connor from LCRK, K2 mixed with Darren Lee) and Laura Lee (K1 45-49, K2 mixed 35-49), while Matthew Gates competed in both the men's K1 under 23 race and Open K2 men (with James Harrington from LCRK) later in the week.

Results:

K1WV45-59	15 km	1 st	Laura Lee	1:20:02
K1WV35-39	15 km	3 rd	Larissa Cleverly	1:23:18
K1MV45-49	19 km	11 th	Craig Elliott	1:29:38
K2WV35-39	11.25 km	1 st	Larissa Cleverly/Cassandra O'Connor	1:18:58
K2XV35-39	11.25 km	2 nd	Laura Lee/Craig Elliott	0:52:33
		6 th	Larissa Cleverly/Darren Lee	0:54:13

Full results at: [Results Metkovic Croatia](#) [ICF Results Metkovic, Croatia](#)

K1MU23	26.4 km	25 th	Matthew Gates	2:02:56
K2M	30 km	20 th	Matthew Gates/James Harrington	2:05:23



© Photographer Jade Kerber Australia

Above: Cassandra O'Connor and Larissa Cleverly portaging

Below: Laura Lee and Craig Elliott with medals

Below: Laura Lee portaging



© Photographer Jade Kerber Australia



Left: Matthew Gates and James Harrington (at Penrith, not Worlds)

Right:
Larissa Cleverly
and Darren Lee



© Photographer Jade Kerber Australia

Post racing, there was a bit of relaxation and exploration of the country. It is a beautiful county that should definitely be on everyone's list.



- Laura Lee

My World Champs experience:

My world champs experience can not only be summarised in the days that I competed. This is because of the huge amount of support and encouragement that I received over the past few months. As a mum of 2 kids and a generally very busy person, the support has been incredibly important in helping me to even make it to the World Champs.

Through every step of the way from State Champs to Aus Champs to World Champs, my co-workers have strongly encouraged me to go to the next level. There was no issue about missing work days to compete. This is the problem with working with a bunch of outgoing, adventure loving people, but I guess it is a good problem to have.

This support was backed up with even more encouragement from some friends of mine who are also mums. Before leaving for Croatia, my friends threw a surprise green and gold party, where all of the kids wrote messages of support to me. My son, Eli, wrote a note calling me the G.O.A.T. The belief they all had in me, made me want to bring a medal home, but I was unsure if I would achieve this goal.

Fast forward to race day 1, where I competed in the WK1 35-39 race. A few boats took off quite fast from the start, but I was still happy with my own start. I ended up next to Laura, and we worked together for two laps. My first portage was ok, but not great. I had to empty water from my boat due to issues with Elio installing a pump in my hire boat. Note to self: work on portages and be more prepared with a foot pump.

Despite not doing the best portages, I do not believe that issue would have affected my placing at all and I came away with a 3rd place. I felt relieved that I would be bringing a medal home to my kids, friends and co-workers. Now that my first race was completed, I was a little more relaxed for my two K2 races. *[Below: Larissa Cleverly](#)*



I competed with Cassandra O'Connor in the WK2 race. We had little time to prepare for this race, so we pretty much just hopped into a boat about an hour before the race and thankfully it seemed to go well. We had a great start for our race.... I ensured we stayed out of trouble when I heard other boats yelling at each other which was followed by the sounds of a crash. Our first turn was intense as we were at the front of a large chasing pack and the team from Denmark attempted to push in front and cut us off at the turn. We pushed through and made it out of the turn with a few bangs from paddles on our boat.

It was great to have the experience of racing in such a big group for a large part of our race. We came away with gold in our age group....don't ask how many boats were in our actual race. We pushed ourselves hard and felt very proud of our efforts.

The last race of Day 2 was mixed doubles with Darren Lee. This was an amazing race with a great line up of boats. I think there were about 18 boats in this start. Darren and I somehow found ourselves lined up next to Hank and Pippa McGregor. I have never seen a boat get away from me on a start that quickly before and the wash was insane! Darren and I ended up in a good group which we worked with for almost all of the race. Sometimes we fell behind on a turn or a portage, but we always pulled ourselves back to the group.

In the end, we placed 6th. It was a fantastic race and I am just as proud of the effort put into this one as I am of the other races. There was some confusion about how many laps needed to be completed which resulted in a few fast boats doing an extra lap. A lesson to always check your course no matter how experienced you are.

Overall, I am extremely happy with the results from these two days of racing and I enjoyed the time spent around so many people from around the world who are passionate about kayaking.

There has been lots of celebrating with family, friends and co-workers. I am so grateful for this experience, which would never would have happened without all of the encouragement I received.

- Larissa Cleverly

PaddleNSW Marathons, 2025

(From Facebook: 10/9/24)

For all those trying to plan their travel for 2025, here are the dates/venues for the 2025 PaddleNSW Marathon Series:

Race 1 - Wagga - Saturday 1st February

Race 2 - Albury - Saturday 15th February (Frank Harrison Singles)

Race 3 - Albury - Sunday 16th February (Frank Harrison Doubles)

State Championships - Canberra - Friday 7th, Saturday 8th & Sunday 9th March

Race 4 - Lane Cove - Sunday 30th March

Race 5 - Davistown - Saturday 17th May

Race 6 - Woronora - Saturday 14th June

Race 7 - Swallow Rock - Saturday 12th July

Race 8 - Penrith - Sunday 3rd August

Race 9 - Narrabeen - Sunday 31st August

Race 10 - Windsor - Saturday 4th October

The full calendar will be published in the coming weeks, but hopefully this information will help those who need to know now.

News snippet 1: Not only a top paddler in Marathons, **Craig Elliott** is also the **overall Series Winner in the Long Course 2024 Harbour Series of races!!**

News snippet 2: **Pete Connolly** completed the 47 km Myall Classic on 21st September in the time of 6:06:41, for 14th place, in tough conditions.

24 Hour Paddling Challenge 2024

Weekend of 7th – 8th December
Hosted by BGCC at Molonglo Reach, Campbell, ACT

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. New this year: **Aspirational distance:** choose a distance you aspire to: 50 km, 75 km, 100 km?

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)				

Market Place: Boats for Sale

For Sale: Epic V10 gen1 Surf Ski - \$500



This first generation Epic V10 is being sold as it currently gets very little use. It is a fibre-glass build and weighs in somewhere close to 16kg. Despite having a life where she has seen plenty of action, there is plenty of life left in the old gal and has no soft patches or major repairs to speak of. Would be a great boat for someone looking to move up from a stable V8, practice falling in and remounting during the summer months without the worry of causing damage to a more expensive intermediate boat. Price is negotiable.

If interested, please contact the Boat Captain - boatcaptain@bqcc.org.au

For Sale: Mango Nº 35 - \$100



This boat is being sold as unfortunately it does not get used. Whilst the boat still floats and can be paddled, If I'm honest it really needs to be a project boat for someone.



There is potential there if someone has the time and inclination. Hence very low price tag, which is negotiable.

If interested please contact the Boat Captain - boatcaptain@bgcc.org.au

For Sale: River Rat TC1: Canoe, Paddle and PFD - \$250



This old lady is going to make some lucky person very happy. The construction is good old, reliable and robust fibre-glass so whilst not the lightest boat on the market, weighs in at a mere 18kg. Despite being 20+ years old she has many years left in her and would provide someone a great platform to explore the great Lake Burley Griffin. She is stable and has plenty of space for some fishing tackle plus a packed lunch.



This is a bargain for someone looking to spend some quiet relaxing hours dropping a line in the lake or take a picnic over to the island. You even get a paddle and a PFD included and we can also add a set of trolley wheels if required.

If interested please contact the Boat Captain - boatcaptain@bgcc.org.au

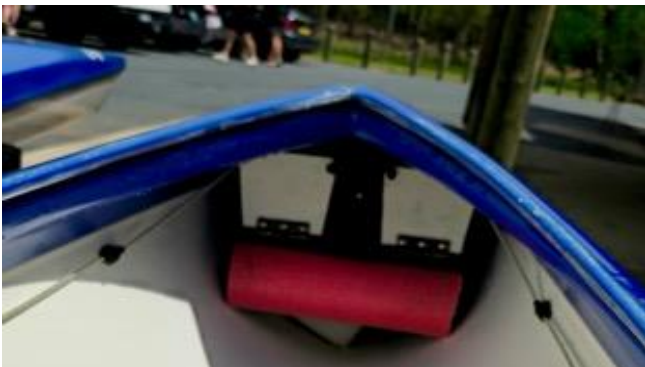
For Sale: Vajda Mini Sonics x2 - \$300 each

These two Vajda Mini Sonics are surplus to the club requirements. Despite being 14 years old they have seen very little use and their condition is immaculate with just a few minor blemishes. They will suit a young child or a small adult with a weight range between 25 and

45 Kg. They are a robust build and would be a great boat for a young or small person to learn to paddle a K1 kayak.



There is a choice of pedal (#3) or tiller (#2) steering mechanism



They are a snip at \$300 each.

If interested please contact the Boat Captain - boatcaptain@bgcc.org.au

For Sale: Vajda Spirit 40M - \$1,300

Grab yourself a bargain. This boat is exceptional value for money.





As can be seen in the photographs, it is almost “as new” condition with the exception of a small piece of gel coat damage at the rudder pin, visible in the last two pictures. There are no repairs and the boat has been washed and dried after every use.

Would suit a paddler <75Kgs

If interested please contact the Boat Captain - boatcaptain@bgcc.org.au

For Sale: Sladecraft Sonic - \$700





Length: 5.8 m; Width: 46 cm; weight: 15 kg

Good condition, some cracks on the back deck – doesn't affect performance – has been there for at least 8 years.

Good kayak for marathon racing or fitness. More stable than a K1 46cm.

Contact patricia.ashton@gmail.com

For Sale: Carbonology Boost (now called Boost X) - \$1,700 ono

For beginners to intermediate paddlers. It features exceptional stability and comfort



Very good condition, Glass Epoxy Vacuum model. Unsure of the weight, later models say 15kg. Second owner, but boat been stored undercover and washed down after each use since new. Contact Sharon on 0407245919 for more information or to take it for a test paddle (currently stored in the club shed).

For Sale: Epic V10 gen III and boat and cover and paddle and stands - \$3,800.





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

Coaching and Escorted Paddling

- 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:

- 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

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.

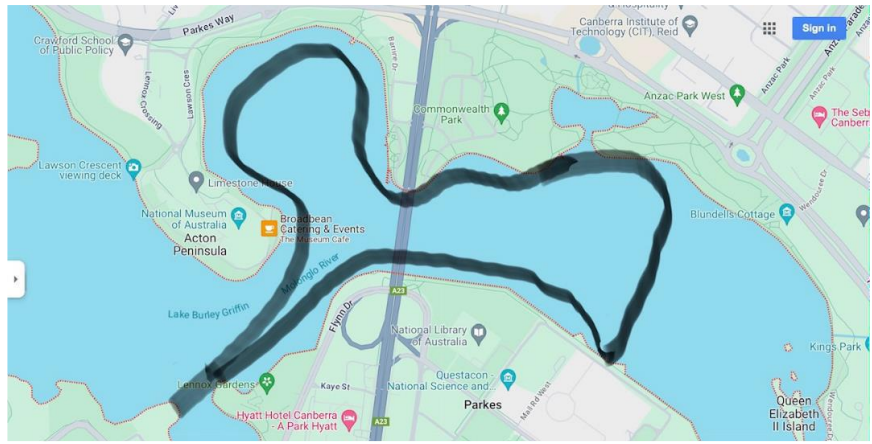
Canberra, Australia's capital city, would not be what it is if not for the enthusiasm and determination of Menzies to ensure that the lake was built. The lake and its shores have become a place of natural beauty that surprise unsuspecting visitors, a refuge for flora and fauna, a home and backdrop for 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

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 euobodallakayakers@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