



BLAZING PADDLES

Newsletter of the

BURLEYGRIFFINCANOECLUB

Volume 35 Issue 3 November 2024

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Coming Events:

- Race Massive Murray Paddle MMP415..... 18-22 November, 2024
- Races PA Canoe Sprint Grand Prix 1 West Lakes, SA..... 6-8 December, 2024
- Competition..... 24Hr Relay Paddle Challenge BGCC 7-8 December, 2024
- Race & selection even... PA Ocean Racing Champs Ulladulla, NSW 8 February, 2025
- Races PA Canoe Sprint Grand Prix 2.... SIRC, Sydney, NSW..... 14- 16 February, 2025
- 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
- Races PA Canoe Sprint National Champs SIRC, Sydney, NSW 12 – 16 March, 2025
- CompetitionCanoe Polo Summer Series #3.BGCC..... 15-16 March, 2025

President's Report

Ahoy, loyal patrons of BGCC,

As we splash into the warmer months, it's fantastic to see the club buzzing with activity. With so much going on, here are a few highlights and reminders to keep you in the loop!

Presentation Night Tickets Available: Tickets are now on sale for our upcoming Presentation Night on November 23rd. It's sure to be a fabulous evening of celebration and camaraderie, so I encourage everyone to frock up and lock in their tickets as soon as possible. You can order your ticket via Square [here](#). Tickets close 17th November.

24-Hour Challenge Entries Open: Ready for a paddle with a twist? Entries for the BGCC 24-Hour Challenge are now open! This is a fantastic opportunity for everyone to get involved—whether you're aiming for a few laps or the full hog, come along and be part of this unique experience. Enter at: [2024 BGCC 24 hr Paddling Challenge Entry](#)

Club Clean-Up and BBQ: Join us on Sunday, 19th November, for a club clean-up day. Let's keep our space in tip-top condition! To reward your cleaning skills, we'll be hosting a free BBQ for all volunteers—come lend a hand and enjoy making my castle squeaky clean.

New Members Welcome: It's been wonderful to see new members joining our club as the weather warms up. If you have friends or family interested in trying paddling, please encourage them to check us out!

P.S. I have now completed my third time-trial! A fabulous activity...although I am yet to secure the elusive PB chocolate. At this rate I expect to paddle the entire BGCC fleet in the pursuit of a Cherry Ripe!

Keep on paddlin'

El' Presidenté *Laura*

Presidential Proverb of the Month: (seems rich given I've been relying on people pulling me through Time Trials in doubles!)

"Paddle your own canoe, but bring friends along for the ride"



Above: Laura Kleinrahm (number 3) with Catie Burr (2) and Bane Burr (7) celebrating bumper numbers.

BGCC's 34th Presentation Dinner

Don't forget to buy your tickets for the most exciting off-water event of the year: BGCC's annual Presentation Night. Join your fellow club members to celebrate the year that was and recognise some awesome achievements from across the club. Bow ties, ball gowns, and festive holiday costumes encouraged!

Where: The Hellenic Club, Civic

When: Saturday, 23rd November. 6 p.m. for a 6:30 p.m. start

Cost: \$40 for U21s; \$55 for Adults. (Square fees apply.)

How: You can order your ticket via Square [here](#). Tickets close 17th November.
Please purchase tickets early to assist us with event planning.

Menu: 50/50 alternating service.

Entrees: Smoked Salmon, Caramelised Onion and Beetroot Tart, Sour Cream, Savoury Sesame Brick Flakes or

Twice Baked Cheese Soufflé, Rhubarb and Plum Compote, Shaved Fennel and Grapes, Mixed Field Greens

Mains: Barramundi, Chive, Brown Butter, Prawn Tempura, Mustard and Cauliflower Puree, Seasonal Vegetables, Sauce Antiboise or

Grilled Sirloin, Fine Herb Butter, Fennel, Green Apple Slaw, Crumbed Potato, Red Wine Jus (GF)

And cake for dessert!

Dietary requirements will be catered for. Please make sure you include them when purchasing your ticket.

If you have any questions, please contact Social Convener [Wendy Xiao](#)



PS: there is a Dress Code at the Hellenic Club!

- No hats
- No tracksuits, track pants or singlets
- No shabby or torn clothing, sneakers or runners
- No work overalls or fluorescent/trades clothing (including work boots) after 6 p.m.
- No articles of clothing with unacceptable slogans or logos
- No football, beach, jogging, board or similar shorts or shirts



Canoe Polo

Locally: October was a month for warmer weather and new faces, with polo training now at full tempo. *Below: Jen Savenake, Toni Harmer, Catie Burr, Walt Daly B Grade winners at the Sprint Fling*

Utilising leftover National's grant money and having enough players for a C Grade team, BGCC recently hosted the inaugural Spring Fling competition at Lakeside Leisure. This attracted around 30 players from Sydney, Shoalhaven, and Canberra, with the chaos and enthusiasm of C Grade a definite highlight as our players competed against a fresh University of Sydney team. The day finished with a social BBQ and an excessive amount of cake. The perfect way to end the day.

Slightly less toasty was our fundraising activities at the Colour Frenzy. Whilst mostly fun as duties include throwing powdered colour at participants, the windy conditions proved difficult for our BBQ, allowing us to discover the odd texture of a 'slow cooked BBQ sausage'! Still, a relatively successful morning out that will fund our eventual polo rack revamp.

Thanks to the Southern Cross Club, the gym and the Ladies who Lift polo program are about to get a bit jazzier. A generous grant has allowed for the purchase of a new set of dumbbells and squat rack, so the polo crew are going to be jacked for summer!



Finally, it's been exciting to have so many new faces at our Saturday Trainings, with about 16 paddlers on water this weekend, a potential new record! If you know anyone keen to try canoe polo, now is the perfect time, particularly if you know any U18 athletes.

Adam Hofmeyer

Left: at the Spring Fling

For the first time since 2018, Australia sent CP teams to the World Champs – 4x teams for the first time!

Internationally: Five BGCC members have been performing at world level! The 2024 ICF Canoe Polo World Championships were held at Deqing, China over 15 – 20 October.

The Under 21 Women's team finished in an impressive 7th place in their first ever World Champs. A star of this team was BGCC's Jess Harmer, who was the joint-highest scorer across their division, with 22 goals to her name. Additionally, the team was being coached by her father, James Harmer. Well done team Harmer.

Below: James Harmer inspiring the U21 Women's team



The under 21 Men's team, including Matthew Gates, finished top of the lower pool, in 13th position.

The Open Women's team, which included Jen Stevens, was hampered by some sicknesses but still manage 14th position; while the Open Men's team placed 16th.

And to cap off the BGCC contribution, Team Manager was Louise Gates.

For full results: <https://www.kayak-polo.info/app/#/games>

Coaches Corner

Summer has arrived, together with the platypi, cygnets, wood ducklings and rakali. Oh ... and increased UV and temperatures. Now is the time to dust off your sun protection action plan. WHY? Because the alternative is not so crash hot.

I have been learning a bit about melanoma: IT CAN HAPPEN TO YOU. Please keep an eye on your body and if you notice anything untoward, go get it seen to – especially on the face. Those of us who play on the water are particularly vulnerable to facial skin cancers as reflection of UV by the water surface can only be protected against by UV resistant cloth and properly applied sunscreen – a hat does not help. According to the Cancer Council, properly applied sunscreen for watersport is at least factor 50, ½ tsp of which goes onto the face – more for your neck and ears. They recommend double application a short time apart. I have learned that ½ tsp of sunscreen is about twice as much as I have been putting on the in the past!

SOoooo SLIP, SLOP, SLAP ... paddle when the UV index is low, like early morning or late afternoon and make sure that you look after your skin.

We also need to start being cognizant of higher air temperatures, especially if training aerobically whilst wearing a life jacket. When we exercise at an aerobic or higher level, our bodies heat up and if the temperature of our skin is greater than that of the air or of wind

chill, we will not be able to regulate our core temperature and heat exhaustion will become an issue. The problem with lifejackets is that they contain materials that do not absorb water and are wind resistant, which means that there is very little connection between the skin covered by the life jacket and the air/wind, so the skin under the life jacket gets hotter and hotter as you train with no opportunity for heat exchange with the air around you. This results in hotter core temperatures and the potential for heat exhaustion. SO ... be mindful of training or racing at air temperatures greater than about 30 °C with a life jacket on.

In the last Blazing Paddles, I mentioned an Upskilling Course for Coaches held at BGCC on 12-13 October. It was a great success with everyone learning a lot, including the presenters. We had 2 BGCCers who are interested in helping with our upcoming junior program attend as well as 4 coaches from regional NSW clubs. A big thank you to Patricia for her help running some of the Coaching Beginner sessions and to all participants.

If you would like to play a part in giving a kid a shot at paddling in the big league, please contact Margi so that we can get you certified as a coach and part of the program.

Margi Bohm

Calling all Women born before 01 Jan 1961.

Do you like the argy-bargy of paddling together in a group – like in one of Patricia's famous wash riding sessions? Do you like seeing how hard you can push yourself? Are you a feisty, wise chick with a stick (paddle)? Do you like showing off your medals to the grandkids?

In marathon events, there is a HUGE opportunity for Women aged 65+ to make their mark on the paddling horizon. Looking at the entries in the W65+ classes over all levels of competition, including the World Marathon Championships, there is a dearth of participants, especially in the ICF classes. In fact, our two 70+ women who raced in Croatia at the World Marathon Championships in August were the only women in their classes and they came home with a gold medal each. In the 65-69 age class, there were only 5 competitors.

WHAT IF we got together and changed this and had a great deal of fun in the process? Imagine a group of feisty BGCC women wearing the Australian Team uniform hanging out together in exotic places, racing, dining, sightseeing, and possibly even winning a medal or three. I can just see a Dianne leading the pack, egged on by a Jacqui with a Margi meekly following and a Patricia keeping us all in line.

HOW? Nowadays, there are ICF Masters boats that are just as stable, if not more so, than most skis and many of the racing recreational boats. Furthermore, these boats are lighter (8 kg) and potentially faster because of their hull design. BGCC has a fleet of these boats in our shed, starting with the very stable 52. We also have a bunch of wobble boards in the shed that will help you build stability without getting wet! Our coaches are well versed with teaching good balance skills on the wobble boards and in the ICF Masters boats. So, if you already paddle a ski or a recreational boat that is 52 cm wide at its widest part, you could surprise yourself and find the ICF 52 totally paddlable and faster and easier to handle.

AM I GOOD ENOUGH? Hell YES. I found myself paddling in the General Class at the State and National Championships in 2024 as I could not portage due to knee rehab. Gosh – I

haven't raced against such a competitively minded group of similarly aged women in 7 years! It was so much fun and a bit of a challenge which made being part of the event rewarding. When I race in the ICF class, I am usually out by myself, going through the motions ... boring! This was heaps better than that!

WHAT ABOUT PORTAGING? Well, once we get to our 65th year (the year we turn 65), we no longer have to portage when we are paddling in the ICF class. So in reality, there is no or very little difference in course or distance between the ICF and General boat classes at marathon events. The bonus of paddling an ICF class is that it is usually faster and more responsive AND you will be able to go to a World Championship representing Australia and hopefully winning a medal (singles, same gender doubles and mixed doubles). Our Masters World Championship team usually performs very well and comes home with a lot of bling, not to mention awesome memories.



Winner!!

SO, are you IN? If so, please let Patricia or Margi know and we will start you on a wonderful journey towards putting feisty, wise chicks with sticks on the paddlesport map! Racing is not compulsory, but we do have a few goals for those who want to get out there and race. Our first goal is the 24-hour Relay Challenge, where we will aim for completing the race distances twice over the 24-hour period; followed by The Frank Harrison (Albury) and the Wagga Wagga races in February; and States with Mates in March over Canberra Day weekend. There is an opportunity to race at Nationals in Perth in April if you don't mind making the trip. The BIG goal would be Nationals at BGCC in April 2026 and Worlds in Florida, USA in August/September 2026.

Margi Bohm

Pete's Personal Journey

I have recently launched a GoFundMe site to raise money for a community in PNG that suffered a massive land slide in May, about the time I bought my Mirage 582 and started training for the Myall, Hawkesbury and Murray Marathons.

The site (which can be found at: [Donate to Kayaking for Mulitaka, organized by Pete Connolly](#)) has the following explanation on it:

"On 24 May 2024, the village of Yambali in the Mulitaka area of Enga Province, Papua New Guinea, was consumed by a catastrophic landslide. The event has killed and injured many, destroyed a large number of homes and left a displaced population without basic utilities. Much aid has been sent, but there are complications preventing the people on the ground receiving basic assistance.

My name is Pete Connolly. I'm a veteran, former Army officer and academic researcher and I am privileged to have many friends in PNG and across the Pacific. I started training for a series of kayaking ultramarathons within a month of the Mulitaka landslide. I am using this kayaking campaign to raise funds to support the community of Mulitaka. By the time I finish the Myall Classic (47km), Hawkesbury Classic (111km) and Massive Murray Paddle (415km) I will have paddled 1500km in 7 months. Your support would be greatly appreciated.



These funds will be delivered through *Advancing PNG: Women's Leadership Network* (APNGWLN) to provide the following directly for the communities of Mulitaka:

1. Water Storage. Three water storage tanks and pipes will ensure the availability of fresh water to all members of the community.
2. Extension to Maternity Ward in hospital. Expand from 8 to 16 beds. This will prevent women from walking for days to then deliver their child on the floor.

Donate to support this kayak campaign for Mulitaka."

As of 4th November I have completed 1162 km of paddling in 6 months of training and competition, including:

- NSW Marathons #6 (20 km race on Nepean River)
- NSW Marathon #7 (20 km race at Seal Rock)
- BGCC Clyde River paddle (47 km)
- Myall Classic (47 km)
- A bit of ocean paddling at Sandgate QLD
- A lot of paddling on the lake and the Molonglo through winter

By the time I complete the Murray Marathon on 22nd November I will have exceeded my goal of paddling 1500 km (closer to 1600 km).

I hope to visit Mulitaka in my work in PNG next year and will be keen to observe that out money has been well placed to meet the needs of the people.

Right: Pete at Myall Classic



And Pete's Races

Myall Classic - Tea Gardens, NSW - 21 September 2024

The Myall was my first of three ultra marathons for this year, and I it in paddled my Mirage 582. I set myself up for it poorly by getting violently ill the day/ night before. When I got up early the morning of the race, I decided I was recovered enough to still give it a crack, and I'm glad I did - it was good training for the hard parts of the Hawkesbury and the Murray.

The advice was to take the early start and that worked well. The first 23.5 km upstream were pretty quick, with a bit of tidal assistance and a very friendly pod of dolphins coming to greet us at about the 17 km point. After the turn around, the tide worked against us for most of the way home (tidal change takes 4 hrs to work its way up the river). Additionally, we seemed to have a pretty strong breeze against us the whole way and strong cross-winds made it very hard for the more tippy craft to cross several wider bodies of water, particularly in the estuary in the last 5 km.

I was pretty good till around the 37 km point, but the lack of carb loading (and food in general) caught up with me at this point and it was a very slow last 10 km. I was just happy to finish. It was a great event, well organised by the Lane Cove River Kayakers. I would recommend it as a good training run for anyone focused on longer races such as the Hawkesbury or Murray later in the year.

Hawkesbury Canoe Classic - Windsor to Mooney Mooney - 26-27 October



This year's HCC was destined to be a slow one with two tides against and only one with us; and no moon till 3.00 a.m. Starting at 4.00 p.m., everyone got stuck into it in the daylight (despite the tide) with a lot of wash-riding and banter prior to the first stop at Sackville (30 km). The next leg saw some much-welcomed tidal assistance, but became a more lonely paddle in the darkness. A stop at Wiseman's Ferry (60 km) for a much-needed stretch, dry clothes and some food and then back into it before midnight, with 40 km to go. We struggled to squeeze as much as we could out of the only friendly tide before it turned against us.

We hardly saw any other boats in this final leg, which I paddled with a mate (former BGCC member Denby Moylan). Due to the dark, we often didn't see significant hazards as well. Around the 80 km point, at about 2.00 a.m., when we were travelling at about 11kph and hugging the right-hand side as we were about to turn right, I ran into a large tree. I broke through



three branches and was lucky to be protected by my boat, my pdf and my leather hat. Happily undamaged, we continued, but the last 15-20 km required us to dig really deep against the final tide. I was happy with my 12:46:57 result as it was about 10 minutes faster than my planned time, despite stopping a combined 15 minutes longer than I had planned in the two stops.

There were only 107 paddlers on the water for this year's HCC (and several of these were in the Wiseman's Dash, which stopped at the 60 km point). This added to that effect of isolation in the last leg. The reduced numbers combined with the poor illumination made having a GPS vital to avoid navigational errors in the pitch black, particularly in the last 15 km, where there are several choices to be made. I was incredibly lucky to have my son, Dave, as my ground crew and he worked closely with Denby's (Ryan) with great advice from Patricia. Having such reliable support made a big difference to my race.

We need to grow this historic and challenging activity back to the level of participation it used to have before COVID (500-600 paddlers). If you're interested in competing next year, I'm more than happy to talk to you about training and the event itself.

Pete Connolly

Report on the BGCC Come and Try Day

A few weekends ago, Burley Griffin Canoe Club held a Come and Try Day in celebration of Lake Burley Griffin's 60th Anniversary. With ideal weather, the event offered an array of boats and off-water activities, giving visitors a comprehensive look at what the club has to offer.

[Below: Juniors on the water](#)

[Right: trying out the wobble-board](#)



We were impressed by the number of people who took the opportunity to get out



on the water, many experiencing paddling for the first time. A big thank you to Patricia for organising the event and to the volunteers who helped make the day a success.

We hope to see many new faces joining us on the lake soon.

Laura Kleinrahm

Hawkesbury Canoe Classic

The Land-crew View

Not sure how many times I've land crewed for various people, at least six and paddled it myself 4.5 times. Land-crewing is almost as hard as the actual paddle!

What struck me most this year was the low numbers. Macquarie Park is usually bursting at the seams with cars, paddlers, kayaks, families, land-crews, volunteers, but this year there were only two rows of cars, with less than 100 boats lined up and not many more people, sitting on the slope for the Briefing. It's sad to see.



It's such a challenge, not just the distance but it's at night, it's on a tidal river, it's dark, there are bull sharks, it's often so dark that you can't see the banks. It is not for everyone, which I guess is the problem. Fewer and fewer people want to accept that challenge – it is a bit addictive though. Once you've done one, you generally go back for another – if you just trained a bit more, if you tried a faster kayak, if the tides were better, if you used different supplements...The atmosphere was still there, the anticipation, the nerves, the camaraderie.



Left: Richard Fox and Bob Collins

This year I was there to support Richard specifically, but Helen, Bob and Pete as well; mainly vocally! as they had their own land crews – Yvette and daughter Hannah and Pete's son Dave were new to it but did a great job. We were able to drive in convoy to the checkpoints and hang out together while waiting for our paddlers. Having company always makes the night go quicker. There is always the opportunity to chat with other land-crew, seeing how other paddlers are faring, swapping ideas and tales of previous years.

Below: Hannah, Yvette and Helen

I enjoy stopping in at the first major checkpoint –

Cattai, 12 km into the race. Everyone is in good spirits, putting on their best face and technique. Rarely does anyone stop here. Sackville is next, 30 km along. Richard took time to come in and change tops and have





something quick to eat; Helen and Bob charged through without stopping and Pete, with paddling mate Denby, also put on warm dry clothes and renewed drinks.

Left: Pete and Dave Connolly

Then it's quite a wait till our paddlers got to Wisemans Ferry. Having the tracking system in place this year made it easier to see where our paddlers might be and gives land-crew a better idea on when they are due, though there is about a 10-minute lag. Our paddlers guesstimates were quite accurate anyway.

For me it was a shortish night, as both Richard and Helen and Bob finished at Wisemans (65 km). While Richard and Helen (plus crew) had made arrangements to stay the night, Bob and

I had decided to drive back to Canberra after the race. We've done this each time previously, usually at about 5 a.m., so now we left about 1 a.m. to get home by 5 a.m. Had a good trip; until Lake George - where I hit a kangaroo - could still drive, but my poor new car was quite damaged!

Next time we'll stay over - BUT, there won't be a next time, not as paddlers anyway.....land-crew? Why not, it's actually a good night out. Company, adventure, suspense, knowing you're making a difference to the paddler you're supporting - they really do appreciate it. (And plenty of time to just sit).

When I talk to people, paddlers and non-paddlers alike, most are perplexed as to why you would put yourself through the pain - yes, it's a hard race, whether or not you vomit your way down river, cramp up, get blisters, back pain, motion sick, get lost - or you savor the solitude, the night - make up or recite poetry. You don't need to be an 'athlete', or train like you're going to the Olympics. If you love paddling, you're already half-way there. Yes, it takes training, 3 sessions a week usually with some 20 - 30 km paddles and yes, it helps if you work out a nutrition plan, but its achievable for anyone and WHY would you do it? Because you can!

So, if the Hawkesbury Classic is still running next year, give it a go.....one way or the other!

Patricia Ashton

The Old Hands' view

I'm not sure when Bob Collins first took part in the Hawkesbury Canoe classic (HCC), but we completed it together back in 2008 (XV50 LR2) in the respectable time of 11h 55m for the 111 km. My first attempt was in 1999, when it was called off at Wisemans Ferry because of terrible weather conditions over the last 40 km. But I am very proud to have been part of the C4 team (XV40) in 2000, which still holds the record at 10:00:47!

For 2024, I entered in single, MR1, mainly to support the event. There had been many imploring emails and notices on Facebook, trying to build up numbers. With only 2 weeks to go and probably not enough training paddling on my part, Bob kindly offered to paddle with me in my Mirage 730 - so back to the old team. We had three training paddles together, so

Bob could get used to sitting behind me and keeping in (my) time. Perhaps a bit “underdone”, but heck, it was just: “Here we go again”!

One of the difficulties with the longer races (HCC, Murray Marathons, etc.) is that it is compulsory to have a land-crew and I was relieved when one of my Saturday ‘Paddle for Pleasure’ ladies – Yvette Maconachie – agreed to come along to support me, along with her daughter Hannah for company. *Below: our start*



10 years ago I started my report with “it was a dark and stormy night” (which it was. Lightening, thunder, a bit of rain...) But this year was almost perfect. Not too hot, not much wind (apart from about half an hour of really strong, into-our-faces wind) and no rain in sight. But there was also no moon in sight. A slight out-going tide at the beginning, before the wind



and the incoming tide slowed us somewhat. But it was sunny and nice to be out on the river with other chatty paddlers around. And plenty of cheers from the crowd at Cattai! *^Above^*



Apparently, we were good enough to be used for a wash-ride!

As the day turned to night, the wind abated, but still caused a chill on the wet clothes. There was one small altercation with the local scenery (almost), but the incoming tide pushed us back from that tree. In all of this, it was only the tracks on our GPS’s which kept us going in the right direction. It was the blackest night I have ever been out in. In some places there was not even an indication we were on water, so dark was it!

As Patricia mentioned, we shot past Sackville – in fact we had to speed up as we could see the ferry’s chain starting rise up through the water, despite having been waved through by the SES crew! After that, it was a mostly dark and lonely paddle for us. My lack of preparation

showed a bit, in that Bob had to keep paddling while I took some short breaks. But I couldn't stop for long as I needed to keep moving to stop from freezing up. With about 10 km to go, the tide finally turned for us and we were able to gallop along at over 10 kph! Exhilarating!

At Wisemans Ferry we were greeted by all our BGCC friends/land-crews – and did we ever need them! Having been sitting for 7:45:06, our legs no longer wanted to stand us up and now that we were stopped, that slight, cool breeze really made itself felt. We both needed to be escorted up the ramp and it wasn't till after a warm drink and a long hot shower that we felt human again.

Meanwhile our land-crews were busy packing away all the wet gear, swabbing out the boat, tossing out our rubbish, etc. I am also very appreciative of Pete and Denby's land-crews, Dave and Ryan, for tipping the water out of the 730 and lifting it onto the car for us. I doubt if I would have had the strength to do that.

For Bob and Patricia, it was the drive straight back to Canberra. For Yvette, Hannah and me – motel rooms and beds! By morning I was feeling great! No blisters. No rubs. And a tremendous feeling of accomplishment. And a very nice finisher's medal to show for our effort.

Thank you to Bob (I doubt if I would have made it to Wisemans Ferry in my single boat), Yevette and Hannah, Patricia, Dave and Ryan. And also to the LCRK club for their excellent spread-sheet of times for each of the check-points. They were pretty spot-on for our times!



Would I do it again? Probably not. I'm getting a bit old and feeble... But if you are in need of encouragement and/or a land-crew, then please ask me.

One comment I had from a paddling friend:

“Age, experience and cunning beats youth and enthusiasm”

Helen Tongway

Land-crew's perspective of the Hawkesbury Canoe Classic marathon

We joined Helen and Bob at the Hawkesbury Canoe Classic marathon on the weekend of 26-27 October as their land-crew. Helen and Bob competed in the Dash in a double kayak, paddling from Windsor to Wisemans Ferry.

We drove with Helen up to Macquarie Park in Windsor, where the race was due to start, arriving around midday. The Park was bustling with activity, with paddlers preparing their

kayaks for scrutineering, having kayaks inspected by the scrutineers or chatting with other paddlers and land-crew.

At 4pm the paddlers were off! Everyone cheered them on their way.

After the race started we convoyed between checkpoints with Patricia, who has previously been land-crew for the marathon. We were so glad of her help guiding us to the checkpoints and giving us tips on how we could assist our paddlers.

All land-crew were happy to help, not only their paddlers, but also other paddlers if needed. Everyone cheered on all competitors as they went past each checkpoint. It was great to see such camaraderie.

It was amazing to see the dedication of the paddlers, navigating their way down the Hawkesbury River predominantly in the dark. Hats off to all of those who competed!

As newbie land-crew it was an amazing experience!

Yvette and Hannah Maconachie

60th Anniversary of Lake Burley Griffin - BGCC Come & Try

To participate in the 60th celebrations of the Lake we decided to run a Come and Try day for both canoe polo and flatwater. Couldn't run it at the river – it really needed to be on the lake. So, after some discussion and liaison with the Sailing club, we decided on Lotus Bay. The event was advertised through the NCA and our Facebook and we expected walk-by traffic.



Canoe polo had about 10 volunteers and flatwater had 6 of us with several members dropping by on a roster system, we took the trailer full of kayaks, CP had boats on car roofs and a goal transported via trailer and paddled across the bay into place, we had the gazebo, wobble boards, throwing competitions, canoe polo exhibitions.....what we didn't have much of was participants! As a membership drive it, unfortunately, was very disappointing. We probably only had about 15 people drop by.



Our K1's were only tried by canoe polo players, with President Laura showing off a very unique style before going for a swim, accompanied by lots of laughter. Several younger people, including Mark Halpins young daughter, Molly, enjoyed messing around in CP bats, throwing balls and playing a bit of a game.

We all agreed we should do this more often, however, at the river! Maybe in summer again.



Patricia Ashton

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.

2024 Winter Time Trials

We didn't have a wind-up barbecue and presentation on the last Saturday for the Winter time trials – as it was too windy/wintery to paddle. So it was held over to the first of the Summer time trials on Saturday 2nd November.

Frequent Paddler awards: (TTs were held over 18 Saturdays)

MALE: **Andy Osborne:** 2x single laps + 9x double laps: total of 11x Paddling Saturdays!

But closely followed by **Andrew Webber**, who didn't bother with the single laps and was content with 10x double laps. This meant that both gents completed 20 laps of the course.

FEMALE: But not to be outdone: Only the one lady came along consistently and like Andy, completed 2x single laps and 9x double laps, meaning she also completed 20 laps of the course – **Patricia Ashton**

Most Improved over the course of the season:

I took the first paddle of the season as the starting point, but with cold and windy winter weather, there was not a lot of improvement going on! However, the standout for 2x laps was **Marcello Cabezas**, who bettered his first time by 2minutes 28 seconds.

I decided to add another category: Most consistent time: There was one outlier, but for the remaining six 2xlap paddles and 2x different boat-classes, were all within a range of 37 seconds, including 2x at exactly the same time: **Jason Rantall**



JUNIORS: We only had the two juniors over the winter season, and they both did their own improvements over the months. **Yuvna Chhetri** bettered her time in the TC1 in each of the 3x times she paddled the 2 km course, ending up 1 minute 29 seconds better than her first time out. Meanwhile, **Yuvani Chhetri** was able to complete her 4th single lap event in a time which was 4 and a half minutes quicker than her first event!



Above: Yuvna Chhetri about to receive her award

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:

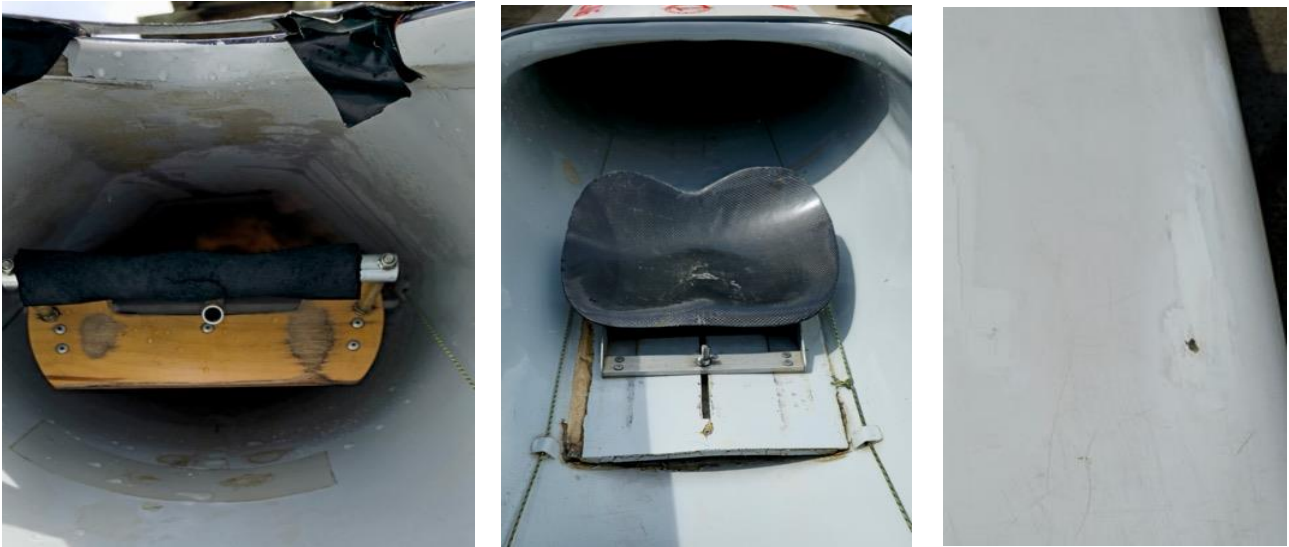
Monday	5 a.m. – 8pm	Tuesday	7 a.m. – 7 p.m.	Wednesday	7 a.m. – 8 p.m.
Thursday	7 a.m. – 7 p.m.	Friday	7 a.m. – 6 p.m.	Saturday	10 a.m. – 4 p.m.
Sunday	10 a.m. – 4 p.m. (Mitchell only)				

Market Place: Boats for Sale

For Sale: 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

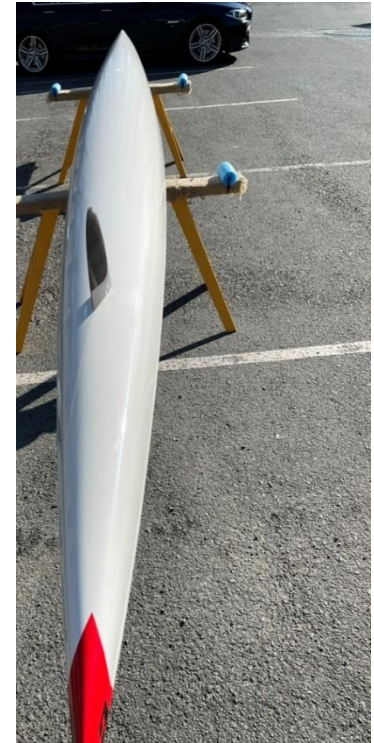
For Sale: Carbonology Boost (now called Boost X) - \$1,700 ono

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: 0407 245 919, 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

For Sale: Sladecraft Sonic - \$700



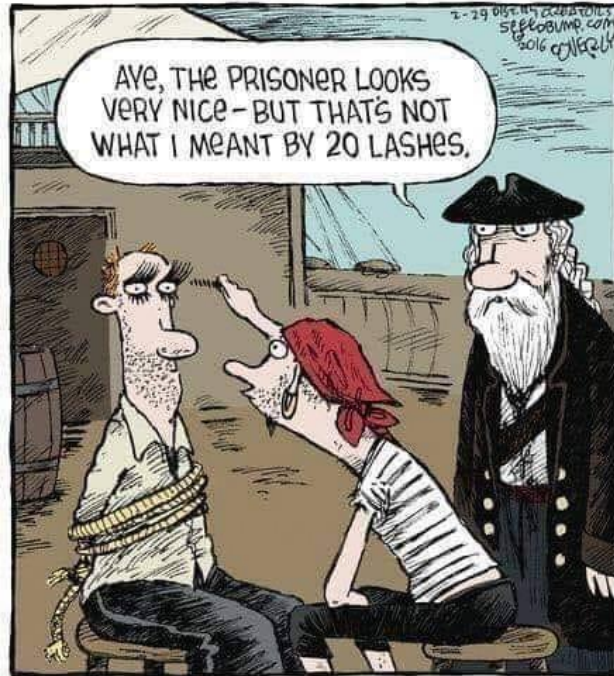


Length: 5.8 m; Width: 46 cm; weight: 15 kg

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



Right: John Harmer has called it a day and retired from the HCC, having completed all the previous 44 HCC events. A sad day for the HCC but a prudent move by him. Well Paddled John and may your retirement be long and pleasant!



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 – **10:30-12:00 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.

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 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.

Meanwhile, on LBG: NCA Project Updates

Scrivener Dam Dissipator Strengthening Project Update & Lowering of the Lake Levels:

The NCA are currently progressing with the procurement for the Head Contractor for the DSP. It is anticipated that construction for this project will commence in November (at the earliest) with an estimated duration of up to 3 years. As part of this project, the lake levels will be lowered and the options for temporary floating structures across the Lake will be explored to assist with accessibility for Lake Users.

Commonwealth Ave Bridge Project Update

Similar to the DSP, the NCA are currently progressing with procurement for the head contractor for the design and construction of the Commonwealth Ave Bridge strengthening project.

Lake users will be updated as these projects proceed.

Floating Sauna Update

The public consultation period for the Floating Sauna has closed. The NCA's Works Approval team are currently reviewing the submissions received.

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