



BLAZING PADDLES

Newsletter of the
BURLEYGRIFFIN CANOE CLUB

Volume 35 Issue 6 March 2025

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Secretary: Patricia Ashton

Treasurer: Neil Fargher

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- [Antarctic Adventure](#)
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Coming Events:

- 15-16 March, 2025 Canoe Polo Summer Series #3 BGCC Molonglo Reach, ACT
- 22 March, 2025 Sydney Tri-Series #1 Mosman NSW
- 30 March, 2025 PNSW Marathon Series Race 4, LCRK, Lane Cove River, Sydney, NSW
- 5-6 April, 2025 Course WW Guide/Instructor Cotter & Murrumbidgee Rivers Canberra area
<https://education.paddle.org.au/courses.php?register&eventId=3536>
- 11-13 April, 2025 Marathon National Championships Ascot CC Perth, WA
- 15-20 April, 2025 Canoe Polo Oceana Championships Gold Coast, Qld
- 3-4 May 2025 Course River Rescue Level 2 Cotter & Murrumbidgee Rivers Canberra area
<https://education.paddle.org.au/courses.php?eventinfo=&eventId=3537&courseType=ACAS>
- 17 May, 2025 PNSW Marathon Series Race 5, BWP, Davistown, NSW
- 14 June, 2025 PNSW Marathon Series Race 6, SSPC, Woronora River, Sydney, NSW

President's Report

Happy Autumn! The golden season is now upon us, but luckily the weather still remains sunny and the water prime for a dip.

March is an exciting month for BGCC, with both of our primary competitive disciplines on display at the PNSW State Marathon Championships and Canoe Polo Summer Series events. Make sure to pop by and see our athletes in action, from the excitement of the marathon portage to the thrill of a canoe polo shot, there's lots to cheer for. Hosting events is a real strength of BGCC's, thanks to the hardworking volunteer contingent who have earned us such a good reputation nation-wide and I'm sure these two events will be no exception.

Recently I've been a President on the tools, whizzing around and enjoying joyrides atop the ride-on mower and combined with some support from TCCS, the Canoe Polo Gardening Club and John Lockie, I think Molonglo Reach is looking in tip-top condition at the moment. We're incredibly fortunate to have such a wonderful venue, so make sure to do your bit to keep it that way, whether it's bringing stray pieces of rubbish to the bins or getting on the whipper snipper, we are all responsible for looking after our little patch.

One of the highlights of the Canberra calendar also starts this month: the Canberra Balloon Spectacular. Having now paddled this event three times, I can say it's one of the coolest experiences in Canberra and definitely not to be missed. You can find all the details [here](#).

With the final month of daylight savings upon us, make the most of it by supporting our club events or attending the club paddles, and make sure to go and see the balloons!

- *Laura Kleinrahn*

The Frank Harrison Memorial Races, 15th & 16th February, 2025.

A team of 16 BGCC paddlers headed off to Albury for this two-day inter-state competition. The temperature was quite nice, but the wind on Saturday was altogether a different matter! The BoM registered something like 25-30 kph, with some gusts up to 50 kph. This made for some very "interesting" paddling conditions. The Murray River was at a nice height, with water flowing out of Hume Dam at a good rate, covering the sometimes-present pebble races. And the depth of the "eddy-holes" was something I had not seem before. Some paddle-strokes seemed to go into clean air because of the lack of water-pressure

Saturday Results for BGCC paddlers:

						<u>Possible points</u>
Division 1	26 km:	6 th	Matthew Gates	K1	1:39:12	98
		8 th	Craig Elliott	K1	1:42:43	97
Division 2	26 km:	2 nd	Jason Rantall	K1	1:46:22	100
Division 3	26 km:	5 th	Larissa Cleverly	K1	1:52:38	96
		6 th	Laura Lee	K1	1:56:50	95
Division 6	26 km:	4 th	Andy Osborne	OS1	2:05:23	99
Division 7	26 km:	12 th	Helen Tongway	MR1	2:33:09	96
Division 8	16 km:	6 th	Margi Bohm	K1	1:14:26	97
Division 9	16 km:	2 nd	John Preston	OS1	1:20:17	99
Division 12	16 km:	4 th	Neil Fargher	LR1	1:25:08	97
		5 th	Louise Gates	K1	1:26:54	96



Above: Hume Dam outflow;



Above: Laura Lee, Larissa Cleverly at the finish line



Left: Matt Gates; Above: Craig Elliott



Above: John Preston Right: Andy Osborne

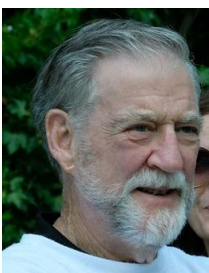


Above: Helen Tongway

Above: Louise Gates



Above: Neil Fargher; Right: Margi Bohm at start



Left: Bob Collins contemplating the river – and what problems it might give him and Patricia in their double on Sunday

Well, that was the tough day – for the single-boat paddler. Thankfully Sunday turned out to be much nicer with much abated wind speeds but quite a hot day by the end of the races.

Sunday Results for BGCC paddlers:

				<u>Possible points</u>		
Division 1	26 km:	1 st	Matthew Gates/James Harrington	K2	1:28:21	100?
		5 th	Laura Lee/Craig Elliott	K2	1:38:14	98
		6 th	Larissa Cleverly/Jason Rantall	K2	1:42:31	97
Division 5	26 km:	2 nd	Patricia Ashton/Bob Collins	LR2	1:57:08	100
Division 7	26 km:	3 rd	Helen Tongway/Yvette Maconachie		2:15:52	98
Division 10	16 km:	2 nd	Andy Osborne/Louise Gates	TK2	1:15:04	100
Division 12	16 km:	1 st	Jen Stevens/Carley Goodwin	TK2	1:10:36	100

(Possible points: because I don't know if the points are based on those paddlers from NSW/ACT only, or if the Vic paddlers are to be taken into account. I have also removed the single-boat paddlers who paddled on the doubles day.)

- Helen Tongway

Ocean Racing Report: Makai Cup, Ulladulla

Craig Elliott, Mark Halpin and Laura Lee competed for Burley Griffin in the Makai Cup on Saturday 8th February. This race also doubled up as the Australian Ocean Racing Championships. Due to the southerly winds the race was run from the start at Bawley Point to the finish in Ulladulla Harbour, over roughly 21 km. [*Below: Laura Lee with skis, awaiting start.*](#)



The day was sunny with moderate winds which provided very pleasant conditions for the race, although this did mean that there were also fewer runs to enjoy. There was a threat of rain but thankfully this held off until the prize giving was almost complete.

We all enjoyed the race and the day at the beach with the compulsory coffee at Braidwood on the way as well as in Ulladulla to celebrate finishing the race. This is a fantastic, well organised race in a beautiful location making it a great trip. *Below: Laura Lee with Craig Elliott.*



BGCC Results 2025 Ocean Racing Championships, Ulladulla

W SS – 1	V45-49	4 th	Laura Lee	1:55:37
M SS – 1	V40-44	8 th	Mark Halpin	1:43:02
M SS – 1	V45-40	6 th	Craig Elliott	1:35:09

- Laura Lee

Canoe Polo Report

BGCC Canoe Polo goes to Tassie!



10 intrepid travellers braved the seas and made their way to Tasmania, to attend the first canoe polo competition featuring mainland players to be held in there for at least a decade - probably two.

It was a mixed competition, with individual entrants being put into teams created by the Tassie organisers - with the goal of tight, even games. There was the added bonus of prize money for the winners too. Division 1 taking home \$600; Division 2, \$250.

Left: Laura Kleinrahm, Jen Savenake and Dave Burr after their Grand Final loss

Adam Hofmeyer and Matt Gates won Division 1 together. The dream team reunited with Matt having been on a polo hiatus since his worlds' appearance. In Division 2, Laura Kleinrahm, Jen Savenake and Dave Burr came a plucky second to Bane Burr's team which took the gong.

It was a very quick, whirlwind trip just over the weekend. But worth it and hopefully Tasmania will host more competitions in the future.

Right: Jen Savenake, Louise & Matt Gates, Dave, Bane, Caitie & Emma Burr, Adam Hofmeyer, Laura Kleinrahm.



-Adam Hofmeyer

PNSW/ACT State Marathon Championships Report

Well – what a weekend! Record entry numbers – 121 paddlers. Threatening weather forecasts. Excellent grounds preparation. And what must have been record volunteer participation as well. The Grey Army did what they do best – getting everything ready in time. Margi Bohm spent hours getting the event categories and timings lined up, as well as arranging for the goodies bags and their contents. Maria Ouvrier outdid herself with the food preparation and presentation of the Friday evening dinner by the river. Lucy Imeson kept everything running smoothly on the Food Stall on both Saturday and Sunday. Russell Murphy made sure all the paddlers' times were correctly recorded on the Webscorer system. And while I could go on with who did what, I will instead just list those who's names I have and if you did jobs before, after or over the weekend and I don't have your name on the list, thank you and please let me know and I will add you in the next issue of *BP!*

Volunteers: Bob Collins, Patricia Ashton, Margi Bohm, Russell Murphy, John Lockie, David Gordon, Wayne Jones, Richard Fox, Jason Rantall, Andy Osborne, Ted Hall, Shane Lund, Scott MacWilliam, Scott Hunter, Russ Swinnerton, David Tongway, Andrew Webber, Ali Thwaites, Dave Abela, Neil Fargher, Peter Pickernell, Maria Ouvrier, Karla Palecek, Lucy Imeson, Robert Bruce, Ceara Clark, Terry Korodaj, Sue Powell, Jon Bell, Sharon Crowley, Jacqui Keogh, Kelly Doherty, Jaide Winters, Jed Whitcombe, Yvette Maconachie, Margy Burn, Helen Tongway, Chris Lucey, Tom Layton, Meg Keen, Sylvie Fromont, Tony Bond, Basil Lau, Matthew Gates, Colin Calderwood, Glen Kennedy, Ann Lloyd-Green and???

Here is the message from Margi:

"A big thank you to everyone who helped over the weekend. From the feedback, the event ran rather well. I was pretty impressed with how quickly we tidied up afterwards. Team-work was amazing. Thanks very much to everyone who helped. I would like to host a Volunteers Feedback and BBQ at the shed in the next week or so. In the meantime, please write down

what worked for you and what didn't with any suggestions on how to improve. If you received feedback from paddlers in the event, also please write it down. I will talk with you soon re the Feedback session. Those of you located outside of the BGCC region, I will organise an online feedback session. Once again ... BIG thank you."

That is it for the very important volunteers – you are very much appreciated and I hope you got to enjoy the event from your vantage-point. Now for the actual Marathon Championships.

Friday Evening Short Course: this was held as the sun started to set, with most paddlers completing three laps of the 1 km course. While there were only the occasional scuds of misty rain blowing through, the wind was blowing quite hard down the course.

BGCC Results:

C1	M	Open	1 st	Marcelo Cabezas	14:52
K1	M	Open	2 nd	Matthew Gates	12:50
		V45-54	1 st	Craig Elliott	13:12
			5 th	Dom Hides	16:10
K1	W	Open	1 st	Laura Lee	14:45
		V35-44	1 st	Larissa Cleverly	14:55
General	M	Open	1 st	Dylan Spiby	15:10
	W		1 st	Katherine Cross	20:19
(TC1 – 2 km)		U14	1 st	Yuvna Chhetri	16:39
General	W	U16/U18	1 st	Tessa Griffin	19:54
			2 nd	Yuvani Chhetri	20:27
	M	V45-54	1 st	Andrew Griffin	14:33
			2 nd	Andrew Webber	14:44
		V55-64	1 st	Jason Rantall	13:32
			10 th	Tom Layton	16:19
			12 th	Colin Calderwood	16:39
			14 th	Terry Korodaj	20:41
		V65+	13 th	Basil Lau	21:24
	W	V65+	1 st	Margi Bohm	16:19
			3 rd	Patricia Ashton	17:00

Saturday Marathon Single-boat Courses: having enjoyed the marathon eating event on Friday evening, paddlers were up and ready for their starts on the longer 3.7 km loop course, each with a 1 km loop for the final round. The wind was still blowing strongly and the occasional scud of rain was still blowing through during the early morning, though the rest of the day was dry. The first session was again for the paddlers in C1 and K1s who included portages in their race.

BGCC Results:

C1	23.2 km	M Open	1 st	Marcelo Cabezas	2:09:15
K1	26.9 km	M Open	4 th	Michael Hanemaayer	2:12:32
	19.5 km	M V45-54	1 st	Craig Elliott	1:32:31
			4 th	Dom Hides	1:54:43
K1	15.8 km	W V35-44	1 st	Larissa Cleverly	1:24:22
			2 nd	Louise Yabsley	1:39:52
		W V45-54	1 st	Laura Lee	1:23:45

When the time came for the second Saturday session – paddlers in General boats, not portaging – the sun was making an appearance, but the wind was doing its' best to blow us off the course.



BGCC Results:

General	Novice Race	1 st	Dylan Spiby	1:08:44	
		2 nd	Chris Lucy	1:18:28	
		3 rd	Sylvie Fromont	1:23:02	
		4 th	Katherine Cross	1:31:29	
Gen	12.1 km	W V65-74	1 st	Margi Bohm	1:16:49
			2 nd	Patricia Ashton	1:16:49
TC1	8.4 km	W 75+	1 st	Helen Tongway	1:27:34
JK1	2 km	W U10	1 st	Molly Halpin	0:14:44
TC1	2 km	W U14	1 st	Yuvna Chhetri	0:16:14
JK1	2 km	M U14	1 st	Eli Cleverly	0:16:22
Gen	19.5 km	M V45-54	2 nd	Andrew Webber	1:45:22
			7 th	Andy Osborne	1:57:33
	19.5 km	M V55-59	2 nd	Jason Rantall	1:39:20

Below: Novice paddlers conquering their fears: Katherine Cross, Sylvie Fromont, Chris Lucey, Dylan Spiby



Sunday Marathon Double-boat Courses: the weather-gods had decided that rain was off the books and had even eased off with the winds. Some of the paddlers had probably enjoyed their evening out at the presentations held at the Canberra Brewery on Saturday evening, but most were still looking bright and happy. The first session was for single-sex paddlers.

BGCC Results:

TK2	8.4 km	W U16	1 st	Yuvani Chhetri/Yuvna Chhetri	1:09:20
K2	3.7 km	Junior/Master	1 st	Larissa Cleverly/Matilda Cleverly	0:22:51
Gen	12.1 km	W Open	1 st	Ali Thwaites/Sylvie Fromont	1:13:41
	15.8 km	M V45-54	3 rd	Andy Osborne/Andrew Webber	1:20:17
	12.1 km	W V55-64	2 nd	Helen Tongway/Yvette Maconachie	1:22:55

The second session on Sunday was for mixed-sex doubles paddlers.

BGCC Results:

K2	12.1 km	X V35-49	1 st	Laura Lee/Craig Elliott	0:55:09
Gen	12.1 km	X V35-49	1 st	Larissa Cleverly/Jason Rantall	0:56:05
		X V65+	1 st	Margi Bohm/Colin Calderwood	1:03:02
			3 rd	Patricia Ashton/Bob Collins	1:07:46

Well – that is it for the 2025 PNSW/ACT State Marathon Championships! Just to say Thank You to Marathon Supremo - Bob Turner - for keeping us all on-track. He now has the unenviable task of rounding up the point-score for the two trophies up for grabs from this event: the Joan Morison Trophy for the club with the greatest number of points gained by female paddlers (I think we have a good chance there) and the Tongway Trophy for the club with the greatest number of points from all of their paddlers (not too sure on that one.) That's it till 2026, when we will be back, not for the State Championships, but for the Australian Marathon Championships – last hosted by BGCC in 2015.

Junior Marathon Paddlers Report

A lovely sight at this year's Champs – was seeing the number of juniors taking part. There were four U10s, two U14, one U16 and one U18! Below are the five in the Saturday, Session 2 single boats, about to start their courses – with one mum along as security.

Below: Ebony Leverett, Yuvna Chhetri, Eli Cleverly, Molly Halpin (and Mum) and Luka Leverett



One of the joys of the juniors along the river-bank was their enthusiastic cheering-on of their respective parents. I think Matilda Cleverly would have won the prize for consistency, with her cries of “Go Mummy” from in front of the timing tent. Larissa commented that:

“I loved hearing the kids cheer for me. Even when I was really tired, I kept pushing hard because I could hear them from across the course.

Matilda was excited to do the K2 race. She asked if we could win a medal and also wanted to compete at Nationals! (Unfortunately we can't make it to Perth).



Eli had a great time during his race. For him, it was about joining in with the other kids who also competed. It was great to see a group of kids getting out there and racing.”

Left: Matilda showing her paddling style in the K2 with Larissa – with their rudder only just submerged in the water!

"The Saturday night dinner was a great way to spend time with the family and to chat with other competitors about the day of racing. All while enjoying delicious food and drinks!"

[P.S.: Matilda won the female fancy dress prize at the dinner!]



Above: paddlers and friends enjoying their dinner at the Canberra Brewery while medals were awarded for the Friday and Saturday races.



Left: Larissa, Matilda and Eli Cleverly with Grandad Geoff Horsnell, wearing their medals and beaming with pleasure

Other items of interest from the Champs:

Our first aid lady, Deanne, was called on to deal with two medical incidents over the weekend, reinforcing the need to

have a qualified first aid person on-site. Ambulances were called and one person spent a night in hospital but both were okay afterwards.

For those who heard that a K1 had come off a car travelling to overnight accommodation – it fortunately ended well, with the boat being returned to the owner. Thank you Canberra!

While Lucy Imeson, in charge of the food Stall, commented: "A special mention to our cake/slice bakers!! They were very much appreciated!"

Ali Thwaites let us know that: "While paddling today (Sunday 9th) I heard some paddlers from another club commenting on how well the event was organised! Well done everyone."

Right: The control Centre, with Bob Turner on boat-numbers and Russell Murphy keeping times.

Below: Paddlers paying attention during Margi's Race Briefing



Right: Yvette Maconachie and Helen Tongway, Sunday morning

Thank you to Larissa, Ali, Colin and Margi in helping me put this report together!

- Helen Tongway





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
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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 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

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

For Sale: FENN Surfski.
Primary Stability: 1-2,
Secondary Stability: 2.5
Kayak for intermediate to advanced. Possibly up there with the Epic V10.
Condition: Average to good.
Price: \$1200.

Phone Steve: 0434 264 016



For Sale:

Kermit (Weapon) K1

Primary Stability: 1

Secondary Stability: 1

This Kayak more for the advance paddler very tippy and quick.

Condition: a little worn, but reasonable okay

Price: \$100 Phone Steve: 0434 264 016



For Sale: Mango Racing Kayak K1

Primary Stability: 1.5

Secondary Stability: 1.5

Kayak for the intermediate to advance, good speed. Kayak based on the Vanquish model.

Condition: Average to good. Carbon Fibre

Price: \$300

Phone Steve: 0434 264 016

email:

smesaric2@hotmail.com.au





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



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

Introductory Whitewater Course



Introductory Whitewater Course Reconjures Canberra's Pioneer History

by Mark Grundy

(Title image: Molonglo River, c1920s, Wikipedia)

The first kayakers were the Inuit and that's not just my opinion. It's right there on the Internet, which also says that they did it for thousands of years and got very good at it.

So, when you think about it, the Inuit probably could have kayaked from Greenland to Canberra if they'd wanted to – down through the Pacific, living on whale-meat and rain-water, then in at Lake's Entrance, up the Snowy River, portaging across and down the Murrumbidgee, then up the Molonglo. That they didn't is not because all that upstream effort would have put these capable paddlers off, but because Canberra was only colonised for sheep-grazing and even the Inuit wouldn't paddle all that way behind a sheep.

Consequently, the first white-water kayaker recorded in the Canberra region was not an Eskimo but an Irish farmwife: Mrs Mary Ann Mayo in 1856. She lived at the property of Duntroon and was a neighbour of farmer Samuel Shumack, who wrote this about her:

They were excellent neighbours and Mrs Mayo was a woman in a thousand. On one occasion she was called to attend a maternity case, and the prospective mother was Louisa McKenzie. The Molonglo River separated them, and when Mrs Mayo arrived at the Duntroon crossing she found the river was running a banker owing to a heavy storm the previous day. Matters were serious indeed for the mother-to-be, so one of the Duntroon hands in a short time constructed a raft of two boards fastened together to form a 'V' shape, on which a large tub was placed, and on this frail structure she crossed the river.

As the Duntroon property is nearby, Mrs Mayo must have crossed the Molonglo somewhere near the BGCC clubhouse. This surely rates it Heritage status, and I think we ought to hang a picture of her and her bathtub whitewater kayak on the wall to commemorate. The AI agrees with me and has offered the following image in support.



AI impression of Mrs Mayo, her midwife kit and bathtub kayak after its Vee-shaped boards fell off.

So it's only appropriate that Canberra's 150 year-old Irish whitewater tradition is now being rekindled by someone with a name like Mic Doyle. I and eleven other historic reenactors joined his class and I for one was glad to see that Mic had read his Shumack too and got us straight into neoprene skirts.

But we live now in safer times. The impounded Molonglo no longer runs a banker and the demand for midwifery on our Thursday night training sessions was much reduced too. Instead, Mic and co-trainers Dave and Thomas spent the early weeks showing us all the things that *could* have happened to Mrs Mayo on her fateful emergency call-out, how she might have wielded a plank of carved two-by-four to prevent them and what else she could have done about it when inevitably, they happened anyway. After weeks of our learning how it feels to be upside-down in a bathtub on a river while urgently needing to be somewhere else, they assured us that we were ready to practice our midwifery call-out skills on the mighty Murrumbidgee itself. So, on the Canberra Day long weekend we convoyed out to Childowla, just downstream from Burrinjuck Dam, to re-enact further.

Although amongst the cattle, it's still fierce sheep country and their early hopes of emigration with the Inuit having been spurned, the sheep still hold a grudge. My first tries at entering and exiting eddies and ferrying across the river earned me only their bleated contempt. With a century and a half to observe and judge, they'd clearly seen better paddle craft. Yet, rather

than daunt me, it drove me to even greater efforts to show those damn sheep who was wearing the skirt.

After a warm summer of heavy irrigation, the forecast for the downstream Murrumbidgee was 'Rocky, with a chance of water'. While no portage was needed, I quickly became a keen reader of this rugged river's secrets, learning to detect hidden rocks lurking a mere inch beneath the water's surface. Unfortunately, it was only my buttocks which learned this skill, but I can now instantly say whether what I have bounced off was a sunken rock, a sunken log, or a swimming student's upturned boat. Yet notwithstanding the logs, rocks, capsizes and bystanding sheeply scorn, our class upheld the traditions of the redoubtable Mrs Mayo and remained cheerful throughout.



Part I of this Introduction to Whitewater Paddling concludes in March with Part II starting straight after and running through until May and local paddle-sites should multiply as the weather cools. Mic hasn't said when he'll be introducing the surprise baby deliveries for this course, but at this point we are buoyed with confidence and feel ready for anything. (I also have a novel idea for a regional pizza delivery startup, if any member feels like investing.)



The class would like to thank Mic, Dave, and Thomas for their instruction, encouragement and support, Ela for providing shuttle and photography services and the ANU Mountaineering Club, Carla P, and 1st Illaroo Scouts for supplying additional boats and gear.

- *Mark Grundy*

2025 Hawkesbury Canoe Classic: 8th – 9th November. Moonlight!!



8th / 9th 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

Humpback whale swallows and then spits out kayaker off Chile coast

Humpback whale swallows and then spits out kayaker off Chile coast - ABC News



A huge humpback whale has swallowed and then spat out a kayaker in the seas off the coast of southern Chile. Luckily, the kayaker, Adrian Simancas came out unscathed despite being fully enclosed inside the whale's mouth. "I thought I was done for, that I was dead. It was like three strange seconds down there," he said after the incident.

A huge humpback whale has swallowed and then spat out a kayaker in the seas off the coast of southern Chile.

The dramatic incident lasted just a few brief seconds and was all caught on camera.

Luckily, the kayaker, Adrian Simancas came out unscathed despite being fully enclosed inside the whale's mouth.

Mr Simancas was out with his father last weekend in the seas off the town of Punta Arenas, when the whale surfaced and scooped him up in his mouth.

"I felt like I was being lifted, but it was clearly too strong to be a wave," he said.

"When I turned, I felt something blue and white passing close to my face, like on one side and above. I didn't understand what was happening.

"I went under and thought I had been swallowed."

In another kayak nearby, his father caught the whole thing on camera.

"I turned on the camera and heard a wave crash behind me, loudly. When I turned, I didn't see anything," said his father, Dell Simancas.

"So that was the only moment of real fear because I didn't see Adrian for about three seconds. Then he suddenly shot out without the packraft, and a second later, the packraft emerged, and then I saw the fin of something."

Adrian Simancas was sure he was going to die during the ordeal.

"I thought I was done for, that I was dead. It was like three strange seconds down there," he said.

What does a banana say to express its' gratitude?

Thanks a bunch

Whitewater Guide and Instructor Course



Whitewater canoeing and kayaking is an extremely fulfilling, fun and rewarding sport, enjoyed on rivers far and wide by paddlers of all ages. Rivers can be unpredictable and potentially dangerous without appropriate paddling activity supervision and safety support. This makes Whitewater Guides and Instructors essential to assuring the safe leadership of whitewater paddling activities and development of paddle community.

The abilities of participants and dynamic variations of water conditions, necessitates that Whitewater Guides and instructors possess strong paddling, communication & group management skills, sound risk management-based judgement, intuitive knowledge/skills sharing abilities, and dependable navigation safety, decision making & emergencies management capacity. A strong whitewater paddle community is dependent on development of Whitewater Guides and Instructors.

The Paddle Australia (PA) Whitewater Guide and Instructors Course presents participants with a fantastic opportunity to upskill: developing confidence and obtaining practical on water supervision and instructional skills and knowledge. Assuring greater white-water paddling safety for all.

Do you have a love for whitewater paddling? Do you want to help build our paddle community, promote opportunities for more paddling and make your whitewater paddling safer? Do you thrive off of helping others develop confidence and skills? Do you aspire to be a whitewater guide and/or instructor? Then this course is for you!

When: Saturday 05 and Sunday 06 April 2025

Pre-requisites: Course participants seeking guide and/or instructor qualification should have knowledge and skills at the level of PA whitewater skills and be capable of confidently paddling Grade 3 whitewater. Those seeking Instructor qualification will need experience in Guiding whitewater activities and be able to inspire novice paddlers through sharing of skills, knowledge and self-belief. Course participants should be comfortable spending time on the river both developing confidence and building skills and knowledge. A corequisite of this qualification is the River Rescue Level 2 qualification. Course participants will also need to register for and complete the River Rescue Level 2 Course (See as scheduled in the same location on 03-04 May 25).

Venue: Cotter River (In vicinity of Cotter Bend and Cotter Campground). The course venue will be confirmed in the week prior to this course, subject to appropriate water conditions for the safe completion of the course.

Register: <https://education.paddle.org.au/courses.php?register&eventId=3536>

Closing date: 28 March 25

River Rescue 2 Course

While whitewater paddling activities are generally safe, things can easily go wrong in the dynamic and often unpredictable whitewater environment. Whitewater safety is assured through pre-emptive management of risk and pro-active rescue responses.

The Paddle Australia (PA) River Rescue Level 2 Course presents participants with an amazing opportunity to upskill: developing confidence, and obtaining practical swift water rescue skills and knowledge. Assuring greater white-water paddling safety for all.

Do you have a love for whitewater paddling? Do you want to help build our paddle community and make your whitewater paddling safer? Would you like to be able to rescue yourself or a paddling friend in whitewater? Then this course is for you!

When: Saturday 03 and Sunday 04 May 2025

Venue: Cotter River (In vicinity of Cotter Bend and Cotter Campground). The course venue will be confirmed in the week prior to this course, subject to appropriate water conditions for the safe completion of the course.

Course Overview: The course emphasises both maintenance of personal safety and building of confidence and abilities in effecting river rescues. Developed through sharing of practical skills, knowledge and techniques and hands-on individual and team/group scenario based learning.

Register: <https://education.paddle.org.au/courses.php?register&eventId=3537>

Closing Date: 25 April 25

Club 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.

Draft Minutes of February Committee Meeting

BGCC Meeting 12th February, 2025. 7:30pm – at the Club Shed

Attendees: Laura Kleinrahm, Helen Tongway, Andy Osborne, Mic Doyle, Adam Hofmeyer, Colin Calderwood, Patricia Ashton

Apologies – Neil Fargher, Wendy Xaio, Shay Beck, Richard Fox

Minutes of Last Meeting:

Proposal: that the Minutes of the December 2024 meeting be approved

Proposed: Colin	Seconded: Laura	Accepted
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President's Report: Exciting to see so many things happening within the club – read about them in Blazing Paddles. Our Come & Try was successful; we have a fully booked intro to white water; the Marathon competitions have been well attended as has Canoe Polo comps.

Financial Report: see below. ATO forms: Previous forms are not included in the National Register. What has now been requested is a recent board meeting minute with the current office holders' names, positions, date-of-birth, and address.

See below confirming our current key office holders.

Safety Officer:

Colin will be Safety Officer for the States as Tom Long won't be able to make it.

Shane Lund did some work on the men's shower – unblocked the pipes as best he could, seems to be working at present. One of the shower heads is leaking. Shane will do some work on the guttering on the extension and fix the shower head.

Boat Captain: Have done repairs on a V8; the Apex 52; one of Infusion handles; Viper 44 requires some further rudder cable adjustments (cable is fraying, also requires repair).

Recently purchased 3 new paddles: 2 wing, 1 flat blade: \$200ea. Have been gifted an as-new V8 – suggested that we might make some stickers with 'donated by' ...

Correspondence In: Sport Integrity Australia's Education Webinars – details below
Out:

Items from Previous Meeting:

- **Uniform Update:** currently being advertised.
- **Masters Games: October 2025:** we've pulled out
- **Child Safe Standards Scheme:** BGCC needs to comply with PA requirements. This is mainly to look after the interests of juniors. All our coaches have WWVP cards.
- **Succession Planning:** The committee needs to start earlier in the financial year for recruiting the following year's committee; probably start in about March/April. Job descriptions for other non-committee positions can be posted to entice club members to take on single event-type jobs around the club.

Will need a new Treasurer. Should start advertising for this position so they have several meetings for handover.

- **24 Hour:** dates for next December – 6th & 7th December – the Victorian race is the following weekend.
- **Come & Try –** despite the high winds & cool weather had a decent turnout from the public. Several potential new members. Thanks to all the volunteers - we did have many members come along to help out.

- **Juniors** – unfortunately, there were no registrations. Advertising? Timing?

Convener Reports

Canoe Polo: 9 ACT CP members went to Tasmania for the 1st comp there in many years. \$2000 in prize money! Was well attended. Canberra Invitational 15th & 16th March & Nationals 12-13th April. Selections underway.

Marathon: States planning is well underway. Wagga 2nd Feb, - good turnout. Frank Harrison in Albury next weekend.

Sprint:

Slalom: Colin was our only representative at last comp – see BP's report, next comp this weekend.

White Water: Mic Doyle, PA assessor & instructor has put together a Basic Skills course – 4 weeks \$40 for non-members, leading onto a 2nd part. Free for members. Fully booked, 14 participants and have a wait list. Most indicate they will continue on to the follow-up sessions – club members only (non-members will need to join). Will have several members helping out. May need to advertise for ww boats to borrow or buy.

Recreation: no trips planned

Coaching: need more!

Membership: 208 adults, 25 juniors –

Time Trials: 1 cancelled, 1 low numbers, last one well attended.

Other Business: Project Independence – Possible trial - see below

Laura will contact Michael to get a better idea of what is required, what the restrictions may be. Will consider a Come & Try though not wanting to get into the fundraising aspect. Mic suggested we could get canoes if stability and/or doubles are required.

PNSW Courses

White water Guide & River Rescue courses are being advertised, Mic can also add a Flatwater Guide course if there is enough interest – would require a minimum of 6 participants. Patricia to advertise.

Shed Access – Mic would require access to the shed during the Intro to white water sessions & beyond. Patricia will contact Bob to get a key to Mic – as a convener he is eligible for a free key.

Club Fees – do we wish to make any changes? Agreed to keep BGCC fees the same for next year. Did briefly discuss charging more for the key refundable deposit as a percentage of members don't return their keys. While the \$50 is still covering the \$30 to replace key, we'll leave it the same.

Loud Hailer – Bob requested that the club purchase a new megaphone as the 2 we currently have don't work (one is over 30 years old). The committee agreed that he could spend up to \$100. More if we found one which could be mounted to the tinny with a water proof rating. (Decided to buy a regular one - \$60)

Meeting Nights – Neil can no longer make Wednesday evenings. All present could do Tuesdays, possibly Mondays. Laura will check with others.

Business via Email:

Meeting Closed: 8:25 p.m.

Next Meeting: due to Canberra Invitational can we have next meeting a week later – 17th or 18th March

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 if you have any questions.

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

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>

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.

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