



## WINTER UPDATE

Paddle Victoria Marathon  
Paddler Update June 2022

# VIC Short Course Marathon Champs & Ready-to-Race Paddling Clinics

Receive coaching on flatwater paddling techniques (both marathon and sprint) from Australian Olympic and World Championship paddlers. Learn new skills and put them into practice – all on the same weekend. Learn about fast starts, real body rotation, wash packs and doubles paddling. Cat McArthur, Olympic K4 finalist from Tokyo, will be a guest at the clinics. Joining Cat will be Mick & Kate Leverett and Reka Abraham, all multiple Australian Marathon team members.

The clinics will be held in **Bendigo on 2-3 July 2022**, in conjunction with the Victorian Short Course Marathon Championships and the Bendigo Sporting Festival.

Race Information:

[https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/05/PVM\\_2022\\_Race\\_Flyer\\_VIC\\_Short\\_Course\\_Champs.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/05/PVM_2022_Race_Flyer_VIC_Short_Course_Champs.pdf)

Clinic Information: [https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/05/PVM\\_Ready\\_2\\_Race\\_Clinics\\_1-4.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/05/PVM_Ready_2_Race_Clinics_1-4.pdf)

Registration: <https://www.webscorer.com/register?raceid=269644>

**Early bird registrations close 8pm Saturday 11 June 2022.**

Registrations close 8pm Thursday 30 June 2022. There are NO entries allowed on the day.

The Ready-to-Race Clinics are free with entry into VIC Short Course Marathon Championships (\$40 for juniors & \$50 for adults for the 2 days). There will be 32 places available. Anyone can register but preference will be given to U23 and younger. Register by 11 June to receive a long sleeved t-shirt and race cap.



## Winter Paddling

With less daylight and colder days, it's often harder to get motivated to go paddling. However, there are many benefits of continued exercise during winter, for both your physical and mental health. The important thing is to understand the added risks of paddling in winter. So check the weather forecast and water conditions. Wear the right gear. Avoid cotton as it makes you colder when wet. Synthetics are better. Your PFD will provide added insulation. Wear a beanie. Use a spray deck. Invest in some pogies (mitts which attach to your paddle). Put on some booties. Warm up before you go paddling to get your blood pumping and your muscles warm. Remember to stay hydrated. Ensure that you have a towel and dry warm clothes for when you finish your paddle, along with protein and carb-rich snack.



## 2022 Australian Canoe Marathon Team



Congratulations to the 21 paddlers selected for the 2022 Australian Canoe Marathon Team who are now set to attend the 2022 ICF Canoe Marathon Championships in Ponte Lima, Portugal, from 29 September to 2 October. A team of 20 masters paddlers were also selected for the 2022 Australian Canoe Marathon Masters Team.

The Victorians selected were:

- Short Course Open Women K1: Rebecca Mann (Reserves: Hannah Scott & Rachel de Kretser)
- Short Course Open Women C1: Em Harrison
- Standard Course Open Women K1: Rebecca Mann & Kate Leverett
- Standard Course Under 23 Women K1: Rachel de Kretser & Hannah Scott
- Standard Course Open Women K2: Hannah Scott / Rebecca Mann
- Masters Men: Dominic Scarfe (M55 K2), John Young (M60 K1, M55 K2), Paul Kristian (M45 K1, M45 K2)

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## What's coming up?

- VIC Short Course Championships & Ready to Race Clinics, Lake Weeroona, Bendigo, 2-3 July
- VIC Teams Relay & Paddle Rally, Nagambie, 17 July
- City Twilight Race, Essendon, 13 August
- VIC Marathon Paddling Camp, Bairnsdale, 17-19 September
- Echuca Mini, Barmah to Echuca, 15 October
- Bendigo Cup, 7 & 14km Championships, Lake Weeroona, Bendigo

2022 Race Calendars: The PV Marathon Race Calendar and the PV Junior Race Calendar are both available on the PV Marathon website: <https://vic.paddle.org.au/sample-page/competition/marathon/>



<https://vic.paddle.org.au/> >Disciplines >Marathon



Paddle Victoria Marathon



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