



## Thaw out your paddle

Paddle Victoria Marathon  
Paddler Update August 2022

### City twilight race

Saturday, 13 August 2022, Essendon

Race distances of 24, 18, 12, 6 or 4.5km. This is a designated doubles race, however singles are also welcome.

**Register:** <https://www.webscorer.com/register?raceid=272617>

Early bird entries before 8pm Thursday 4 August 2022.

**Entries close:** 8pm Thursday 11 August 2022. NO entries on the day.

**Race Flyer:** [https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/06/PVM\\_2022\\_Race\\_Flyer\\_City\\_Twilight.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/06/PVM_2022_Race_Flyer_City_Twilight.pdf)

### VIC teams relay and paddle relay results

The VIC Short Course Marathon Champs and Ready-to-Race Clinics were held in Bendigo on 2-3 July 2022. A total of 56 juniors aged between 8 and 18yo registered for the clinics. Australian Olympic and World Championship paddlers, Cat McArthur, Mick & Kate Leverett and Reka Abraham, lead the coaching on fast starts, body rotation, wash packs, teamwork and doubles paddling. The City of Greater Bendigo supported the event and, with the help of the assistant coaches and Bendigo Canoe Club, it was a fun and informative weekend.

Race results: <https://vic.paddle.org.au/sample-page/competition/marathon/> and go to the "Results" tab



## VIC teams relay and paddle relay

Sunday 17 July 2022, Nagambie Lake Regatta Centre

**Race Information:** [https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/05/PVM\\_2022\\_Race\\_Flyer\\_Relay\\_Rally.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/05/PVM_2022_Race_Flyer_Relay_Rally.pdf)

**Registration:** <https://www.webscorer.com/register?raceid=275258>

Registrations close 8pm Friday 15 July 2022. There are NO entries allowed on the day.

Divisions 1-5: 15km singles race

Divisions 6-10: Relay race of 4 x 1km

Paddle with the stars: 1.5km paddle with novice/juniors pairing with experienced paddlers.



## Victorian marathon paddling camp

Saturday-Monday, 17-19 September 2022, Bairnsdale

This 3-day camp is for all ages and paddling abilities. The intention is to explore new rivers and to improve your paddling technique and skills, while enjoying the company of fellow paddlers.

Based in Bairnsdale, it is an opportunity to paddle on the Mitchell, Nicholson and Tambo Rivers and, weather permitting, to paddle along the picturesque silt jetties (watch this [drone footage](https://www.youtube.com/watch?v=wPAusQW3LUU) for some inspiration <https://www.youtube.com/watch?v=wPAusQW3LUU>).

Accommodation options include camping, your own caravan, a cabin or motel rooms.

On the Sunday afternoon there is an option to explore the local winery, visit Metung or to just relax somewhere peaceful.

**Register:** <https://www.incc.org.au/events/event/recreational-paddling-camp-at-bairnsdale-hosted-by-paddle-vic-marathon/> and stay tuned to the PV Marathon website and Facebook page for more details.

## What's coming up?

- 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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