



## Spring into Spring

Paddle Victoria Marathon

Paddler Update September 2022

### VIC Marathon Paddling Camp

**Saturday-Monday. 17-19 September 2022, Bairnsdale**

This 3-day camp is for all ages and paddling abilities. Explore new rivers and improve your paddling skills. 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. 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/>



### Echuca Mini

**Saturday 15 October 2022**

Starting at Jack Edwards Park in Barmah, finishing at Moama Beach in Moama.

Long course (48km), short course (18km) and relay options available.

**Register** via Webscorer:

<https://www.webscorer.com/register?raceid=287574>

**Information flyer:**

[https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/08/PVM\\_2022\\_Race\\_Flyer\\_Echuca\\_Mini.pdf](https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/08/PVM_2022_Race_Flyer_Echuca_Mini.pdf)



Photo credit: Echuca Moama Canoe Club

### 2022 ICF Canoe Marathon World Championships

**29 September - 2 October 2022, Ponte De Lima, Portugal**

Victorian team members include: Bec Mann, Hannah Scott, Kate Leverett, Rachel de Kretser and Em Harrison.

Watch it live on: <https://planet.canoeicf.com/2022MarathonWorldsPonteDeLima>

The 2022 ICF Masters Canoe Marathon World Championships will be held just prior, on the 26-27 September 2022.

Victorian team members include: Dom Scarfe & John Young.

## VIC Junior Ready-to-Race Clinics Wrap-up

The weekend of 2-3 July saw 50 junior paddlers attend specialised flatwater race clinics run by Olympic and World Championship paddlers Cat McArthur, Mick and Kate Leverett and Reka Abraham at Lake Weeroona in Bendigo. Cat, Mick, Kate and Reka were supported by nine coaches from Victorian clubs: Rachel de Kretser, Paul Kristian, Wen Tan, James Humphry, Chris Burns, Louise Greenwood, Hamish Young, Alex Boyd and Jake Reinits.

Four clinics on Day 1 focused on technique, body rotation, fast starts and wash riding, with breaks between the clinics to participate in the Victorian Short Course Marathon Championships races. The day concluded with medal presentations and a pizza night at Bendigo Canoe Club.

On Day 2 the clinics focused on teamwork, doubles paddling and K4. The team boat sessions were followed by a doubles short course race, where paddlers had the opportunity to implement what they had learned.

The weekend finished with a TK2 relay race, in which junior paddlers were divided into teams of four and partnered with a coach or former Australian Marathon team member.

Over 90 paddlers participated in the clinics and short course championships, with 50 juniors from Victoria and Tasmania participating in 22 separate clinic sessions; in addition to five short course events over the two days.

Thank you to all those involved in making the event a success, from the PV Marathon and Bendigo Canoe Club for organizing and hosting the event; Cat, Mick, Kate, Reka and the nine coaches for session delivery; the race officials for keeping the show on schedule; Bendigo Canoe Club volunteers for venue setup, on-water safety and catering; for the parents and coaches for preparing their paddlers and attending the weekend, and to the City of Greater Bendigo for their sponsorship.

- Great coaches, freely sharing their experience
- Good fun racing, practicing what was taught
- Free morning teas by Bendigo Canoe Club, creating the opportunity to socialize
- Great fun at a great venue



Photo credits:  
Cobram Barooga  
Canoe Club  
& Wen Tan



## What's coming up?

- VIC Marathon Paddling Camp, Bairnsdale, 17-19 September
- Echuca Mini, Barmah to Echuca, 15 October
- Bendigo Cup, 6 & 12km Championships, Lake Weeroona, 23 October
- Salty TK and Rec Challenge, Footscray, 13 November
- Bendigo Friendly, Lake Weeroona, 19 November
- Murray Triple Crown (including the Ben Ward), 10-11 December

Race Calendars, information flyers and registration links, are available on the PV Marathon website: <https://vic.paddle.org.au/sample-page/competition/marathon/> then go to "Calendar & Registrations"



Photo credit:  
Frank  
O'Rourke



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



Paddle Victoria Marathon



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