



PADDLER UPDATE

May 2023

**Paddle
VIC
Marathon**

City Singles

Sunday, 18 June 2023, Essendon

This is a designated singles race, however doubles are also welcome. Early bird entries before 8pm on 9 June (-\$5). Standard entries before 8pm on 16 June. Late entries (+\$20) until 12noon on 17 June. NO entries on the day.

Registration:

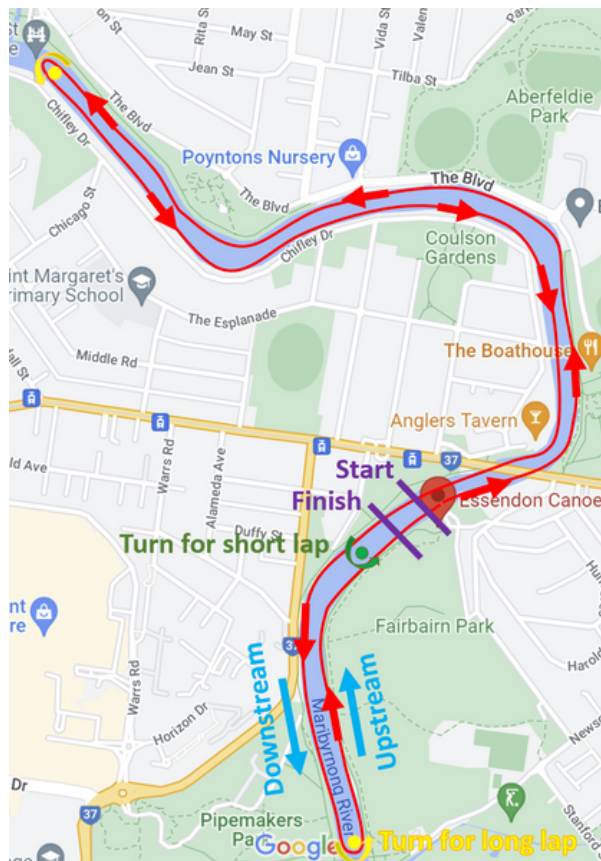
<https://www.webscorer.com/register?raceid=304749>

Race Information:

https://vic.paddle.org.au/wp-content/uploads/sites/5/2023/02/PVM_2023_Race_Flyer_City_Singles.pdf

Distance	Laps	Divisions
24 km	4 x 6km	Div 1 & 2 (> 12 km/hr)
18 km	3 x 6km	Div 3 & 4 (11-12 km/hr)
12 km	2 x 6km	Div 5 & 6 (9-11 km/hr), Div 7a (<9 km/hr), Div 8 (U16 & U18), Canoe/SUP
6 km	1 x 6km	Div 9 (U14), Para / Adaptive
4.5 km	1 x 4.5km	Div 7b (Novice), Div 10 (U10 & U12)

You can register for any distance, however please do not choose the 24km distance unless you can paddle at greater than 11.5 km/hr over that distance.



Team Pursuit, INCC Yarra Paddlers

Sunday, 16 July 2023, Fairfield Park

This is a team-based race, with teams comprised of 2 to 4 boats (singles and/or doubles). The objective is to work together to get your team over the line in the fastest time. Early bird entries before 8pm on 7 July (-\$5). Standard entries before 8pm on 14 July. Late entries (+\$20) until 12noon on 15 July. NO entries on the day.

Registration: <https://www.webscorer.com/register?raceid=312383>

Race Information: https://vic.paddle.org.au/wp-content/uploads/sites/5/2023/05/PVM_2023_Race_Flyer_Team_Pursuit.pdf

Division	Distance	Laps
Divisions 1 to 4	19 km	2 long laps
Divisions 5 to 6	14 km	1 long lap, 1 short lap
Divisions 7a, 8, 9	9.5 km	1 long lap
Divisions 7b, 10	4.5 km	1 short lap



You can register for any distance, however please do not choose the 19km distance unless you can paddle at greater than 11 km/hr over that distance. Refer: PV Marathon Divisional Racing System: https://vic.paddle.org.au/wp-content/uploads/sites/5/2022/03/PVM_Flyer_Divisional_System.pdf



Victorians Selected for the Australian Team

Congratulations to the 40 paddlers selected to represent Australia at the 2023 ICF Canoe Marathon World Championships and Masters Canoe Marathon World Championships in Vejen, Denmark from 28 August to 3 September.

The Victorians selected were: Reka Abraham, David Cole, Kate Leverett, Rebecca Mann, Joaquin Cuevas Perea, Hannah Scott, Brianna Jones, Aidan Han, Emma Murray, Isabella Parish, Lachlan Dal Sasso, Dominic Scarfe, John Young, Lisa Newton, Michael Wilson and Tony Bond.

Read more at: <https://paddle.org.au/2023/05/16/2023-australian-canoe-marathon-teams-announced/>



Get Ready for Winter Paddling

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. Firstly, check the weather forecast and water conditions. Secondly, wear the right gear. Avoid cotton as it makes you colder when wet. Synthetics are better. Wear long thermals under your regular paddling gear. Your PFD will provide added insulation and warmth. 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 towel and dry, warm clothes for when you finish your paddle. Eat a protein and carb-rich snack after your paddling session.

Upcoming Races

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 & Race Registrations"

Race Results

On the Paddle VIC Marathon website at:

<https://vic.paddle.org.au/sample-page/competition/marathon/> then the "Results" tab; or on Webscorer at: <https://www.webscorer.com/CVMarathon>

DATE/S	EVENT / RACE
18 Jun	City Singles, <i>Essendon</i>
16 Jul	Team Pursuit, <i>INCC Yarra Paddlers</i>
23-24 Sep	Bendigo Cup and Paddling Clinics, <i>Bendigo</i>
14 Oct	Echuca Mini, <i>Barmah to Moama</i>
12 Nov	Salty TK and Rec Challenge, <i>Footscray</i>
9-10 Dec	Murray Triple Crown, <i>Murray River</i> <ul style="list-style-type: none"> Ben Ward Memorial, <i>Yarrawonga to Cobram</i> Thompsons Beach Circuit, <i>Cobram</i> Peaches & Cream, <i>Cobram to Tocumwal</i>
9 Dec	Paddle VIC Marathon Awards Night, <i>Cobram</i>



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



Paddle Victoria Marathon



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