



ISSUE THIRTEEN 2010....





Dragon boating

By Lorraine Bayliss

In the tranquil and beautiful surroundings of Yarramundi Reach at Weston Park, ACTPLA'S dragon boat team took to the water on 23 October to compete in the 2010 Dragons Abreast Dragon Boat Challenge.

The early morning start was countered by the colour and excitement of the day, which also had its serious side to raise awareness of breast cancer and money for breast cancer organisations. I believe the event raised an outstanding \$30,000.

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ACTPLA's Perfectly Planned team was coached by Jacqui Girvan and captained by me, Lorraine Bayliss. Neil Savery and Brendan Sloane headed up the engine room (the strongest biggest paddlers) with Greg Ledwidge, Simon Hawke, Rhonda Myers, Pete Wyse, Ben Treloggen, Adam McLachlan and Albert Derigo. The pacers at the front of the boat, setting the race pace, were Lorraine Bayliss, Kristy Carswell, Guilia Savery, Bernadette, Peter Phillips and Ursula. The sprinters in the rear were Tom Percival, Daniel Meyers, Teagan Brown, Kym Strudwicke, Brianna McKeown and Katrina Wyse. The water is faster at the back of the boat so they had to get forward fast to catch the water effectively.

We won our first race convincingly, but times of other heats showed we were actually a few seconds off the pace (1 minute 14.16 seconds to NCA's 1 minute 11.31 seconds). We achieved 1 minute 17.15 seconds in our second heat, which won us a place in the A final.

The final race was run with lots of cheering from the Savery and Myer children, family, friends and the crowd. Our drummer and sweep urged us on with loud drumming and shouting and we paddled our hearts out.

Despite our best efforts, we came in fifth behind Crossfit Base, CISAC Water Dragons, Burley Gryphons (NCA) and Zoo Media. We had improved our time coming in at 1.10.63. Crossfit Base came in at 1.07.97.

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It was a sterling effort to come in 5th out of 43 teams after only two training sessions and some last minute ring-ins. But now NCA and ACTPLA are one all – I suggest we go for the best of three. Bring on the Chinese New Year in February next year!

Want to try dragon boating? Beginner sessions are held by Navmat Dragons at 9am on Saturday mornings at the boat launching ramp at Lotus Bay, Yarralumla. Or check out other teams on the Canberra Dragon Boat Website: <http://www.cdba.com.au/teams.html>

