



# Dragon Boat Challenge

Lake Albert, Wagga, Sunday December 1 8am-3pm

Advertising feature



## Get a team together

### Dragons ready to roar in Wagga for the first time



The Kildare Catholic College Year 10 Dragon Boat team in training on Lake Albert this week with Denise Flockton on drumming duties. There is still time to enter a team in the Challenge but entries close on Friday, November 22.

COMMUNITY teams and sporting clubs will be converging on the shore of Lake Albert on Sunday December 1 to take part in the Wagga Inaugural Dragon Boat Challenge.

Crews are now signing up for the challenge, which the organisers from Dragon Boats NSW hope will become an annual event.

Crews will be coming

from Sydney, across regional NSW, the ACT and Victoria to race on Lake Albert.

Six crews will race their boats in 200 metre events. Participants and supporters will gather at Apex Park off Lake St from 8.30am and racing will continue until about 3.30pm.

Wagga is home to only one full size Dragon Boat, which belongs to Bidgee

Dragons Wagga but another six boats from Sydney will be on the lake for the event.

The racing boats have a crew of 22, which includes a sweep and a drummer to keep time. Smaller boats which are used for training have a crew of 12.

Bidgee Dragons Wagga was formed in June 2009 by members of Dragons Abreast Wagga, who are a group of breast cancer survivors who first came together in the interests of fitness and – first and foremost – fun in 2006.

Founding member teacher Denise Flockton said the expansion was needed to bring other community members to the sport.

“With the pink history of the group, people had come to think the group was only for women who were breast cancer survivors,” Denise says.

“But the sport is for everyone of all ages and shapes and sizes – you don’t have to be super fit, it’s all about being part of a crew and having fun.

“The success of our club depends on the ongoing involvement and input of our members.

“We encourage the exchange and sharing of ideas for fundraising, merchandising, raising community awareness, and general fun stuff – any excuse to celebrate life.”

Denise says Bidgee Dragons encourage

their members to primarily enjoy their paddling with a focus on participation and inclusiveness.

“Some paddlers may aspire to more serious competition in Dragon Boating but the end of the race, crews always come first in their lane and that’s what it’s all about,” she says.

The deadline for community team entries and entry fee payments is Friday, November 22.

■ For all information about the Challenge, contact Bidgee Dragons: [bidgee.dragonswagga@gmail.com](mailto:bidgee.dragonswagga@gmail.com), go to the website: [dbnsw.org.au/bidgee-wagga-club-profile.html](http://dbnsw.org.au/bidgee-wagga-club-profile.html) or phone 0419 432 737.

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## and make a splash

### Fitzpatricks challenge teams to sign up



Fitzpatricks Director Lyn Kimball with Bidgee Dragons President Barb Belt.

FITZPATRICKS Real Estate are supporters of Bidgee Dragons Abreast Wagga Wagga, originally a group of breast cancer survivors and their supporters who formed a Dragon Boat group for exercise, support and socialising.

The group is now a community club and everyone is invited to join.

Fitzpatricks are pleased to be providing a set of buoyancy vests for the Bidgee Dragons again this year and are also entering a team in the event.

"Our team is keen to be involved in community groups and events such as this," Fitzpatricks Director Lyn Kimball says.

"We are inspired by the company's five new core values, one of which is 'We are Fitzpatricks - always United. Our aim is to be community minded; supportive; respectful and one team.'"

Taking up the challenge to participate, the Fitzpatricks crew have been training at Lake Albert with the Bidgee Dragons.

"The event is open to amateurs and the Bidgee Dragons are hoping for more teams to participate.

"Dragon boating is fun and great physical exercise - so why not organise a team today?" Lyn says.



The Bidgee Dragons: Ann Buik, Debbie Hamilton, Lindy Kennedy, Barb Belt (President), Denise Flockton, Jacquie Cutting, Helen Supple, Sandy Doyle, Annabel Sharkey, Monica Corby, Sharyn Kelleher, Inge Webster and Nic Carusella.

**Kildare Catholic College**  
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**Good luck to the Kildare Dragon Boat Teams!**

*Wishing the Bidgee Dragons all the best in the Dragons Boat Challenge*

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Why not organise your work colleagues, school teams, sporting mates or friends to enter a team?

**17th November 2013**  
Central West Dragon Boat Challenge  
Lake Canobolas, Orange

For further information contact:  
**Melanie Cantwell**, melanie@dbnsw.org.au / 0418 480 731  
**Phil Lambert**, pla79515@bigpond.net.au / 0408 968 254

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