



For Gay Hansen from our Allied Health team, a gym or 'ordinary' sport would never do. She recently brought home a bronze medal from the dragon boating state titles.

Gay describes dragon boating as a challenging and competitive sport that is just as fun as it looks.

"I'd seen boats on the water and thought it would be fun. But you don't realise how hard it is until you get into a boat," Gay says.

"You just think that looks really fun. It's fun, but it is a competitive sport."

Gay's team, the NQ Phoenix Dragons, is one of only two teams in Townsville. They placed third in the Senior A Women's 20s 500m at the State Titles held 18-20 February at Kawana Waters, Sunshine Coast.

Adding to the marvel, the club has only been running for 2.5 years and Gay has been dragon boating for just eight months.

"It's my first win. It's a great sport. I love it."

She encourages anyone to have a go at dragon boating – it's an interesting way to get active and you might find that you love the sport as much as she does.

