



Cairns Beaches

Outrigger Club

President Tuki Brown ph 4092 728

Vice President Bodo Lenitschek

Club Captain Geoff Wright ph 40312755

Secretary Leigh Page **Treasurer** Alan Hopkins

Cairns Beaches Outrigger Club Inc.

ABN 47 574 648 698

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CBOC 2008 Training Times

Mon - In Town - 5.15 pm – Novices

Tues - In Town - 5.00 am - Men

Tues - In Town - 5.25 pm – Women

Wed - In Town - 5.25 pm – Men

Thurs - In Town - 5. 25 pm – Women

Sat - Ellis Beach - 6.00 am - Men

Sat - Ellis Beach - 9.00 am - Women

Sat - Ellis Beach - 12.00 pm – Women (if needed)

Remember if you can't make it to your squad's designated training time turn up to any other session - we are one club, and any training is good training