



# Paddler's Post

## April 2012

### Three months to go - GB Canoeing on course

With around 100 days to go to the start of the London 2012 Olympic Games, it is full steam ahead for Great Britain's Canoeists in both Olympic disciplines of Slalom and Sprint. After a solid 2011 season, winter training is well underway and anticipation for a successful Game this summer is high, with three medals including two gold the target.

This would build on GB Canoeing's strong track record of medal success at European, World and Olympic level. Canoeing has won Olympic medals at four of the last five Games since 1992, and in 2008 Tim Brabant won GB's first Olympic gold medal to become the sport's most successful Olympian.

Looking forward to the year ahead, GB Canoeing's Performance Director, John Anderson MBE said: "With just 200 days to go until the Opening Ceremony of the London Olympic Games our preparations are going to plan.



"Now that we are in 2012, there is a great deal of excitement throughout the whole of our sport and we see the London Olympic Games as a real opportunity to showcase canoeing, a sport that can offer so much to people of all ages. Everyone is looking forward to the Games and the energy is being focused on delivering quality performances in every training session, between now and July 2012."

Reigning Olympic Champion Tim Brabants, in the Sprint Men's K1 1000m added: "Training in preparation for the Olympics is going very well for me. Having had a tough 2011 season fighting back from surgery and missing a whole winter of quality training, I am now back on form and in great shape. I am in the middle of a very tough training camp in Cape Town and making great gains. I can't wait to race again this year and compete to defend my Olympic title!"



### GETTING READY FOR 2012

The existing Eton College Rowing Centre at Dorney Lake will be enhanced to provide improved facilities for athlete warm-up and Flatwater Canoe/Kayak competition.

Additional facilities have been added with an upgraded roadway and the construction of two bridges on the island between the main lake and the return lake.

Up to 30,000 spectators per day will be able to enjoy the Rowing, Kayak and Paralympic Rowing events at Eton Dorney and there will be 3,500 staff and volunteers assisting the venue.

Athletes will be housed in the residential buildings at the Royal Holloway College, which is 16km from the competition venue. Athletes will also be provided with a bed at the main Olympic Village in Stratford.



I CAN'T RECALL HIS NAME, BUT, THE BOTTOM OF THAT BOAT IS FAMILIAR

### Canoe Sprint

At the London 2012 Olympics, the 200m event is a new addition and has replaced the men's 500m. The 12 Olympic medal events in Canoe Sprint are now as follows:

	1000m	500m	200m
<b>Women's Kayak</b>		K1, K2, K4	K1
<b>Men's Kayak</b>	K1, K2, K4		K1, K2
<b>Men's Canoe</b>	C1, C2		C1

I asked Abi Edmonds from the Womens GB Squad for an update on the ladies:

"Well, not forgetting April Regatta, there's a pretty important event coming up this year. London 2012 Olympics! The girls squad have already qualified 4 spots, and are sending out Lani Belcher, Angela Hannah, and Hayleigh Mason in pursuit of 2 more come May. Cheer them on.

In preparation the squad have spent the last few months in Port Edward; South Africa and Seville; Spain. All the camps have seen lots of hard sessions go by, a few tears, and many many miles clocked up between us.

In South Africa we were kindly lent boats by paddlers out there. The monkeys kept us on our toes, although thankfully they didn't quite master kayaking! It was nice being able to paddle without pogies and 3 layers, just don't forget the suncream.

Seville was Seville. What can we say? Orange trees, the taste of garlic, and crew boats sums it up. The river is lovely and wide, home to many canoe and rowing clubs which is great to see. The hotel also turns a blind eye to us traipsing in dripping wet every morning.

So here we are at April. I'm guessing we're going to be needing those pogies again."



### BCU - Sprint Racing National Perpetual Trophies awarded 2011

The Sprint Racing Committee is pleased to announce that the following awards have been made to:-

- **Dexter Trophy** – Men's Senior B  
Best performance @ National Championships **PAUL YATES (WEY)**
- **Lee & Joan Davies Memorial Trophy**  
– Women's B, Best performance @ National Championships **HANNAH BROWN (BOA)**
- **Adjutants Cup** – Under 18 C1,  
Best performance @ National Championships **MARKO CSOKASI (RIC)**
- **Skinner's Salver** – Female Junior C1  
Best Performance @ National Championships **EMILY HEWITT (SOU)**

The presentation of these four trophies is scheduled to take place during a National Sprint Racing Regatta at the National Water Sport Centre, Holme Pierrepont, Nottingham on Sunday 15<sup>th</sup> April 2012, at 13.00 beside the Control Tower.

### Promotions and Demotions from September Sprints:

#### Promotions

0696	WEY	P. Yates	to Mens A	6077	TON	G. Lovan	to Mens B
6349	LON	S. Logan	to Mens C	6293	TRE	G. Haigh	to Mens C
4874	RIC	J. Wilshaw	to Mens C	6846	BAD	M. Green	to Mens C
5168	NOR	L. Linnell	to Womens B	1618	RUN	M. Dilai	to Womens B
1276	BAN	L. Fergusson	to Womens C	5086	LBZ	C. Creamer	to Womens C
5672	BOA	J. Misson	to Boys A	6372	HER	B. Jones	to Boys A
6104	FOR	O. Carruthers	to Boys A	2825	WEY	E. Haws	to Boys A
5489	SLP	S. McCapthy	to Boys A	6116	WOK	M. Gregory	to Boys C
6872	ELM	D. Porter	to Boys C	6443	BSF	S. English	to Boys C
5645	FOX	L. Greehy	to Girls B	6045	RDG	S. Collins	to Girls B
6114	RDG	E. Chalk	to Girls B	5059	NOR	H. Hicks	to Girls B
5538	WEY	M. DeFeffer	to Girls B	5558	NOR	L. Lee-Smith	to Girls B
6693	ROY	E. Dresser	to Girls B	6686	FOX	A. Turner	to Girls B
6303	SDS	D. Kerr	to Girls C	6310	FLA	S. Ellis	to Girls C
6784	ROY	P. Wallman	to Girls C	6304	SDS	R. Caldwell	to Girls C
6746	NOR	H. Drane	to Girls C	0834	CDF	R. Rogers	to Masters A
4334	SOU	S. Willis	to Masters B	2598	RIC	S. Martin	to Masters B
5799	TRE	P. Roberts	to Masters B	6477	NOT	P. Illett	to Masters C
6490	RUN	D. Arundale	to Masters C	5648	RLS	J. Vorberger	to Canoe B
6081	RIC	M. Csoksi	to Canoe B				

#### Demotions (No demotions at this event)

You might be a paddler if:

- Your friends or relatives are shocked when you answer the phone at home on a weekend.
- You can't drive over a bridge without looking for water under it.
- The smell of resin doesn't bother you.
- Your idea of a complete first aid kit is a roll of duct tape
- You choose a new car based on whether or not your existing vbars will fit on top.
- Every once in a while you touch your paddle, just to touch it...every once in a while you let go of your paddle, just to eat something.
- You paid more for a roof-rack for the boat than you spent for birthday presents.

You might not be as good as you think if:

- You write "Please Turn Over" on the bottom of your kayak
- Everyone gets their cameras out when they see you getting into your boat.
- People pull out throw bags, cell phones and First Aid kits as you head for the rapids...
- You get a letter from your boats manufacturer asking you to switch brands.
- In order to avoid paddling with you, your friends resort to coaching.
- People begin to recognize you by the bottom of your boat.

Thanks for donations from:

<http://www.gbcanoeing.org.uk>

<http://waterfuncartoons.wordpress.com/>

