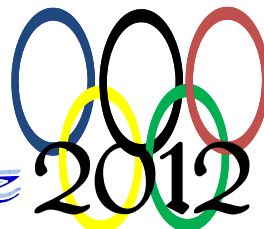




## A FEW SQUAD UPDATES

# Paddler's Post

## June 2012



Since the May Regatta our Elite Paddlers haven't been sitting around doing nothing, there have been races galore going on Internationally!

There were the European Championships in Poznan, which were for Olympic Qualification;

With low temperatures and winds gusting up to 17mph, it all made for challenging racing.

Notably, Lani Belcher and Angela Hannah came 3rd in the K2 500m A Final, Lani Belcher came 6th in the K1 200m.

The regatta drew to a disappointing close, with Great Britain's hopes of qualifying further boats for London 2012 dashed, despite their best efforts.



In the Paracanoeing; Jeanette Chippington, Daniel Hopwood and Nicholas Heald all had winning races



Next came World Cup 1.— Poznan, Poland

In the men's K1 1000m the battle continued between Tim Brabants and Paul for the Olympic place. Paul raced well to finish second in his semi to go into the next day's final, Tim's fourth place in a tough semi final draw was not enough to take him through.

Paul Wycherley was in the A final of the men's K1 1000m. He found it a tough race and finished 9<sup>th</sup> commenting: "I did my best but made a few errors which cost me dearly. However a good learning experience."

Ed McKeever, men's K1 200m, had a solid race in a strong headwind pushed all the way by the Spanish Saul Craviotto and Russian Maxim Molochkov. Ed deservedly won gold in 36.92, the only man under 37.00 seconds.

Liam Heath and Jon Schofield didn't have a good start by their standards and the French gained half a boat length lead, they had to use all their acceleration to get back in the mix. The French took the win and it was hard to separate GB from the Canadians and the Danes. The photo finish gave the result to Great Britain and with it the silver medal.

Full results : <http://www.kayakpl.com/>



World Cup 2—Duisburg, Germany

In the men's K1 1000m Tim Brabants and Paul Wycherley set about the third and final race of the Olympic qualification process. The two found themselves in a head to head tussle for not only a finals place but the third win. Wycherley pushed hard amongst the fast and furious field but Tim showed a return to form, took the win and booked his finals place. Paul finished 3rd narrowly missing out on the final. Paul can hold his head up high as he showed maturity and team spirit by quickly congratulating Tim and wishing him luck. Brabant kept amongst the front runners in the K1 1000m Final, but with less than 500m to go the race leaders turned up the pace, to cross the line in 7th place.

The K4 of Abigail Edmonds, Jessica Walker, Rachel Cawthorn and Louisa Sawers took to the water for their first final of 2012, in the women's K4 500m. A tight race to the line saw the British finish in 5th place, a good start to their season.

Paul Wycherley took a convincing win in the MK1 1000m b final. Ed McKeever opened the finals with another world class performance in the K1 200m. Right from the start he left the opposition in his wake as he blasted away from the start, dominating the field, to claim victory for the second weekend in a row. Liam Heath and Jon Schofield in the K2 200m final. In a tight fight for the line the Russian's sneaked in front, leaving the British with the silver medal. The medal winning trio were joined by Ed Cox for the Men's K1 200m Relay final. A great start from McKeever took the GB team into the lead, which was held by Liam Heath and Jon Schofield in the middle. With the final leg to go Ed Cox took over to bring the Brits in the Gold, the second of the day for the GB Team. Full results: <http://www.kanuduisburg.de/cms25/>

## LET'S NOT FORGET THE JUNIOR SQUAD

National Junior Coach Mark Hoile stated "The Annual Piestany regatta in Slovakia always has a good level of competition and gives us a chance to test our athletes against some of the best junior and U23 athletes in the world. With a mix of experience amongst our GB athletes, this competition provided great racing experience for our squad, with all athletes stepping up to the plate and performing well."



Marton Simon started with a strong performance in the Junior Mens K1 500m race, winning Gold by over a second ahead of strong competition from Germany and Finland. In the same event at the 2011 Junior European Championships Marton won the bronze medal. Marton then went on to earn a Bronze medal in the K1 1000m race.

Katherine Trotter secured GB's second Gold of the regatta, she dominated the Womens' U23 K1 1000m, the 2011 Junior World medallist moved ahead at the halfway point to hold the lead to the finish.

The final Gold of the weekend came in an exciting U23 K1 200m race with an impressive performance from first year senior Matt Robinson. After a powerful start Matt pushed all the way to the line to take the win by 0.06 seconds.



Junior C1 paddler Marco Csokasi had a great, race winning Bronze in the 1000m. The Junior Men's K4 of Dan Johnson, Peter Bannister, Sean Redmond and Andy Potterton had a competitive 1000m race and won Bronze. After challenging the German K4 in the first half, they fought hard together through the second half but were narrowly beaten by the Slovakian K4 on the line.

Rebi Simon took bronze in the Junior womens K1 1000m and then added another Bronze medal in the K2 1000m with Amy Ward.

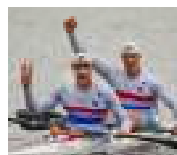
The U23 K2 of Dean Terry and Mike Lambert earned 3 medals over the weekend, Silver in the 1000m and 200m and a Bronze in the 500m.

The U23 C2 of Ian Weir and Adam Stannard raced well to win bronze in the C2 1000m and James Styan took Bronze in the U23 C1 500m.



Official Motto of the 2012 Games:

*'Inspire a Generation!'*



If you have anything that could be included in a future 'Paddler's Post' please send it to:

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## GERMANY TO HOST CANOE SPRINT MASTERS

This year's event will be held in Brandenburg from 1-2 September 2012.

The venue and the date of the 2012 ICF Sprint Masters Competition has been selected to take place between 1-2 September 2012 in Brandenburg, Germany. Brandenburg has in the past successfully organized European Championships as well as last year's Junior Canoe Sprint World Championships. The Chairman of the Organizing Committee will be Henry Schiffer. This event will be included in the ICF Events Calendar.

Perfect chance for a bit of sun, a break abroad and some good paddling at the same time

<http://www.canoe-brandenburg.de>

## Back to Basics

### Energy Balance

As kayak/canoe flatwater paddlers are heavily muscled and sustain high training loads, they have increased daily energy (kilojoule), carbohydrate and protein requirements.

For some athletes this means careful planning with their meals and snacks throughout the day to match daily energy requirements

### Timing of Meals and Snacks Around Training Sessions

Most athletes have work or study commitments outside of training and need to carefully plan the timing of their meals and snacks throughout the day.

The nutritional focus in assisting an athlete's recovery following training will depend on the nature and duration of the session, along with the environmental conditions in which the session was performed.

Eating a carbohydrate-rich, protein-containing snack or meal immediately after training may optimise gains in muscle mass by increasing production of anabolic hormones, reducing protein breakdown and supplying amino acids for protein synthesis. For athletes striving to increase lean body mass, recent research suggests that this snack may be even more effective when consumed before the session.

The following snacks are examples that provide sufficient carbohydrate to optimise recovery following heavy exercise:

#### **Male athlete (target 60-80 g carbohydrate)**

- \*200 g fruit yoghurt + jam sandwich
- \*200 g fruit yoghurt + cereal bar + 250 ml fruit juice
- \*200 ml flavoured milk + cereal bar + banana
- 750-1000 ml sports drink
- \*60 g PowerBar Protein Plus powder with water + large banana
- \*Sports bar + 500 ml sports drink

#### **Female athlete (target 40-50 g carbohydrate)**

- \*200 g fruit yoghurt + cereal bar
- \*200 g fruit yoghurt + 1 banana
- \*200 ml flavoured milk + cereal bar
- 750 ml sports drink
- \*60 g PowerBar Protein Plus powder with water + piece of fruit
- Jam sandwich + 250 ml fruit juice
- \*Sports Bar

Note: \* indicates a valuable source of protein/amino acids in addition to carbohydrate

### Timing of Meals at Regattas

National level competitions are usually held over two or three days. Paddlers may race several times throughout any one-day of competition in individual and team boat events.

Despite events lasting only 1½- 4 minutes, athletes may exercise for 20-30 minutes each race they contest with warm-up and cool-down included. As athletes may compete several times throughout the day, the timing of foods and fluids becomes important. Athletes are also faced with the uncertainty of when an event may start, hence juggling the timing of fluid and food choices throughout the day becomes complicated.

Breakfast needs to be eaten at least 2-3 hours before the start of competition. Foods selected should be easily digested as athletes are often required to race early morning. Throughout the day, athletes need to incorporate a post-race snack, which aids recovery and acts as a pre-race snack for the next race. Ideally this snack should be eaten within 10-15 minutes of the race finish and 1-1½ hours before the next race. In addition to the fluids listed for snacks, athletes should sip on water throughout the day in order to meet sweat losses.

## **You May Be a Racing Paddler if...**

1. You wash your hair whilst driving on the M40
2. Your feet have year round "flip flop" tan.
3. You lean to the right whilst turning left on your bicycle.
4. You refer to non-paddlers as "civilians".
5. When you go swimming you get changed in the car park.
6. You have a pathological hatred of anglers and rowers.
7. You visit Niagara Falls and think "That'd need an overstern."
8. You pay attention to adverts mentioning wings
9. You find yourself kicking the clutch pedal when driving instead of using the steering wheel
10. You are utterly unable to find your car in a car park if you have removed the v-bars.
11. You attempt a slap support whilst skateboarding
12. You have a Pavlovian response to phrases such as "Are you ready?" and "Attention!"
13. Your idea of a complete first aid kit is a roll of duct tape.
14. Red boards on the Thames are seen as an invitation.
15. If you live in a town with a river running through it, you give street directions with descriptions like "upstream of the ..."
16. When adjusting the seat in your car, you automatically reach for the wing nut.
17. You've managed to get frostbitten and sunburnt on the same day.
18. After a car crash, the first thing you check for is damage to the boat on the roof.
19. You regard any form of motorised watercraft as cheating.
20. You approach a car parking space at a 45 degree angle, crash into the kerb, leap out and attempt to sling the car over your shoulder.



## Promotions from May Sprints:

Mens B	
LBZ R. Creamer	RIC J. Ruiz
Mens C	
BAS M. Rees-Clarke	
Womens C	
STO B. Wallis	NOT K. Birbeck
Boys A	
SOL T. Lusty	LBZ D. Crocker
NOR A. Nobbs	LEA S. Naftanaila
HYM M. Bishop	
Boys B	
BSF J. O'Sullivan	RDG D. Hutchinson
FOX K. Husband	RDG J. Foster
Boys C	
SDS N. Low	LEA K. Gregory
RLS W. Smithson	SOL J. Pittaway
Girls B	
SDS R. Syme	NOR H. Drane
Girls C	
SOU E. Hewitt	
Masters A	
LBZ M. Martin to Masters A	
WOR M. Moran to Masters C	



I'm so sick of his "Boys are better in boats" baloney!  
Wait 'till he finds out I put Crazy Glue on his kayak seat!

Thanks for donations from:

<http://www.gbcanoeing.org.uk>  
<http://waterfyncartoons.wordpress.com/>  
<http://sprintwise.wordpress.com>  
<http://www.london2012.com> [www.bcu.org.uk](http://www.bcu.org.uk)  
<http://www.canoe-brandenburg.de>  
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