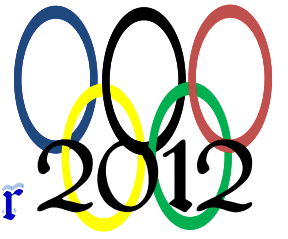


Paddler's Post

September 2012



Well Done to Our Olympic Team



Liam Heath
Men's K2 200m
Club - Wey

"That was a really long race. With a headwind like that, especially when you're going at that speed, it's really tough but I'm so pleased."



Jon Schofield
Men's K2 200m
Club - Soar Valley

"We weren't happy with our heat and we were worried. But Liam showed that he goes quiet, he thinks, he stewes, but he comes out with the right reaction. That start was amazing and we just about held on to get a medal."



Tim Brabants
K1 1000m
Club - Nottingham

"To be in the final was my main aim and then to try and make that podium again
"The right guys won and they showed their class, they showed their form. My main problem is letting down the home crowd."



Ed McKeever
K1 200m
Club - Bradford on Avon

"It's difficult to describe but there was almost a sense of relief crossing the finish line that I had done it and put a smile on the British faces.
Luckily I have got a gold medal as well now so I am more willing to accept the comparison with Bolt



Richard Jefferies
C1 1000m & 200m
Club - Nottingham

Thanks so much for the overwhelming support out there for me, it's been an amazing experience and a monumental challenge!



Rachel Cawthorn
K1 500m K4 500m
Club - Wey

'I put everything in to the last bit. The crowd helped so much to keep me going at the end. 'I think because I was up with everyone, I was able to come through. It feels like my own lake, like it's my home. The crowd was awesome.



Angela Hannah
K4 500m
Club - Nottingham

"It's been awesome. We've never experienced this. It's been such a privilege and I hope everyone has really enjoyed it. "Thank you to all those in the crowds or shouting at a screen! Dorney will feel like a ghost town once these 2wks pass



Abigail Edmunds
K2 500m
Club - Wey

'To be here like this and see everyone surrounding you, you get a real buzz.' I set out to enjoy it as that's the best way to get the best out of myself. It may not have been fantastic but it was a pretty solid race for us.'



Louisa Sawers
K2 500m K4 500m
Club - Elmbridge

'When they call out your name it feels so good. We did all we could. Lane one is not the best but we just did our race plan. When we went in to the bucket at the start I thought we had to enjoy this and use the crowd. It lifted us up and felt so good.'



Jess Walker
K1 200m K4 500m
Club - Royal

Just had an amazing 2 weeks at the Olympics. Want to do it all again! Amazing atmosphere and the British crowd made it the best games ever.



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:

L.Clive@galleycc.co.uk

Olympic Results:

Sprinting Juniors

Men's K1 1000m

- 1 NOR Eirik Veras Larsen 3:26.462
- 2 CAN Adam Van Koeverden 3:27.170
- 3 GER Max Hoff 3:27.759
- 8 GBR Tim Brabants 3:34.833



Each year, the Koninklijke Sobeka KanoClub, Zwevegem, host a regatta. This year, to encourage increased exposure to international competition for our junior athletes, Canoe England and the Sprint Racing Committee are supporting a trip to the Sobeka Regatta on Sept 7th - 10th. The following athletes have been selected to attend:

Women's K4 500m

- 1 Hungary 1:30.827
- 2 Germany 1:31.298
- 3 Belarus 1:31.400



5 Great Britain 1:33.055

Jess Walker, Rachel Cawthorn,
Louisa Sawers, Angela Hannah

Men's C1 1000m B Final

- 1 POL Piotr Kuleta 3:54.414
- 2 MEX Jose Ristobal 3:56.118
- 3 ROM Iosif Chirila 3:59.730
- 7 GBR Richard Jefferies 4:42.992



Women's K1 500m results

- 1 HUN Danuta Kozak 1:51.456
- 2 UKR Inna Osypenko-Radomska 1:52.685
- 3 SA Bridgitte Hartley 1:52.923
- 6 GBR Rachel Cawthorn 1:53.345



Women's K2 500m results - B Final

- 3 GBR Abigail Edmonds and Louisa Sawers 1:46.341



Men's K1 200m

- 1 Great Britain Ed McKeever 36.246
- 2 Spain CRAVIOTTO RIVERO Saul 36.540
- 3 Canada de JONGE Mark 36.657



Women's K1 200m

- 1 New Zealand CARRINGTON Lisa 44.638
- 2 Ukraine OSYPENKO-RADOMSKA Inna 45.053
- 3 Hungary DOUCHEV-JANICS Natasa 45.128
- 7 Great Britain WALKER Jess 46.161



Men's K2 200m

- 1 Russia POSTRIGAY Yury / DYACHENKO Alexander 33.507
- 2 Belarus PIATRUSHENKA Raman / MAKHNEU Vadzim 34.266
- 3 Great Britain SCHOFIELD Jon / HEATH Liam 34.421



Mens C1 200m SemiFinal 3

1. Ukraine CHEBAN Yuri 40.647
2. Belarus HARAZHA Dzianis 41.427



Alison Martin	RIC
Matilda Stevenson	CAM
Harriett Hicks	NOR
Emily Buchanan	ROY
Hannah Drane	NOR
Emma Tonner	LIN
Sarah Walters	BPR
John Jones	FLA
Max Jamieson	WEY
Emily Hewitt	SOU
Ryan Hunt	RLS
James Bowley	ANK
Ziggy Chmiel	NOT
Max Littlewood	NOT
Luke Harding	LON
Magnus Gregory	LON

Dominic Hutchinson	RDG
Simeon English	BSF
Kieran Husband	FAL
Cameron Bentley	ANK
Jake O' Sullivan	BSF
Harry Cawston	CLM
Matt Bishop	ROY
Jordi Eccles	ANK
Simon Williams	WOR
Sam Plummer	LBZ
Stelian Naftanaila	LEA
Jonty Palfrey	BAN
Nick Romain	RIC
Tom Stanway	CLM
Tom Lusty	SOL
Stephan Ball	ANK

The following athletes have been selected to represent Great Britain at the Olympic Hopes Regatta in Szeged, Hungary from 13-17 September 2012:

Lauren Barker
Deborah Kerr
Lucy Lee-Smith
Bethan Owen
Amber Owen
Emma Ricketts
Rebeka Simon
Amy Redmond
Samantha Rees-Clark
Rhonwyn Smith
Amy Ward
Jessica Warrior
Amy Wignall
Nicole Williams
Harry Archer
William Bird
John Childerstone
Marko Csokasi
Lewis Duffield
Edmund Haws
Samuel Kirschstein-Smith
Peter Quittenton
Sean Redmond
Bruce Jones

The BCU Sprint Racing Committee
Annual Consultative Meeting
Saturday 1st September.
One hour after the last race
Please do your best to attend

Thanks for donations from:

<http://www.gbcanoeing.org.uk>
<http://www.london2012.com>
<http://www.dailymail.co.uk>
<http://www.sportinglife.com/>

www.bcu.org.uk
<https://twitter.com/>
<http://www.teamgb.com/>

I asked various people to send me their thoughts and experiences of the Olympic Games and in particular the Sprint Races at Dorney. Here is a selection of what was sent to me. Some a bit longer than others! I apologise that I have had to edit some otherwise this month's Paddler's Post would be around 8 pages. Also, I have deliberately not included any 'post-mortems' as I don't believe this is the place for them, the PP is for entertainment and information. This is not the London Times :-)

My husband and I, with our 8 month old son attended the Wed and Thursday at Eton so saw a mix of racing. The venue was amazing; we were blown away by the friendliness of the crowds and the volunteers. The racing was also great, we enjoyed them even though we didn't medal, it was great being able to see them and also watch on the screen. The one thing that stood out for me were the Hungarian supporters, they were just fab. They would cheer for us and themselves! A lot could be learnt from them compared to Mr Grumpy in front of us who could only say "well that shut them up" when they didn't do as well in one of the races!! Their pure passion for the sport was just lovely to see for us, as we love the sport too. I only wish I could have been there on the Saturday to see Ed get his gold.
Sarah Westall

Having not had the privilege of seeing Ian Wynne or Tim Brabants win their Olympic canoe sprint medals, it was an absolute thrill to see Ed McKeever, Liam Heath and Jon Schofield win theirs at Eton Dorney. I watched the press conference afterwards and was struck by what pleasant, modest men they were. It was also a thrill to see Tim Brabants make the 1,000m final after a difficult 18 months and also to see our women do so well, particularly Jess Walker, Rachel Cawthorn and the K4 with Angela Hannah and Louisa Sawers. They did tremendously, not just in getting to finals but putting up a fight once they got there. They're a young group, that's got to augur well for the future. And, meanwhile, I don't know about inspiring the next generation, but I am certainly inspired to get fit and enjoy paddling again.
Guy Dresser

It was great to have the Olympics in London and it was extra special for us as we secured tickets for the canoe sprint at Eton Dorney. It was our first experience of paddle sport at this level and we were soon caught up in the buzz. All the staff at the venue were welcoming and friendly – whether a 'Gamesmaker' volunteer or police officer or member of the armed forces, it seemed a really slick operation. The atmosphere in the stands on the first day of finals (Wednesday) was electric and although we didn't get a medal in the men's K1 or ladies K4 the roar of the crowd for Team GB was deafening. We were so pleased to have the opportunity to be part of the Olympics as GB supporters and very proud of all our GB paddlers. It was fabulous to see the GB canoe slalom team at Eton Dorney supporting their counterparts in the sprint events too!
Helen Mee



Eton Dorney & Team GB Canoeing rock! I've been paddling with Longridge since I was seven, but London 2012 was the first time I've seen world class paddling live. The GB squad have done training from Longridge and I couldn't wait to see Louisa Sawers and Rachel Cawthorn and the rest of the team compete! On Wednesday 8 August I was with my parents in stand 6 to support all the GB paddlers at Eton Dorney. I had my Union Jack and my Team GB Mandeville mascot with me and I shouted at the top of my voice and clapped and generally did everything I could to will our paddlers on! It was amazing. We didn't win any medals on the Wednesday but it was an incredible experience and one I'll never forget. It was so inspiring. I've pretty much been out in my Elio every day since!
Jacob Mee (12yrs)

I think one of the most crucial things to come out of this years games was the viewing of the sport its self. Before I went to the games everyone used to think I was a rower and whenever someone beat me on a rowing machine in the gym there would always be an odd look of shock on their face A feeling I think we all can relate to. But after I got back from a great games and saw Ed and Liam win their bronze and Ed win his gold alongside the great placings of our other athletes everyone knew what I did and what I was about. I think there will be a legacy to this games and the get involved tent alongside the viewing public may well give us our next Ed or Tim in 8 years time
James Kneen



We were lucky enough to get tickets to go to the 1000m and the 200m finals. Our son, Mark, got a Summer job at Camp America so couldn't use his ticket and was gutted to miss his role model, Ed McKeever, as we were all positive he was going to get a medal. We'd been told about the increased traffic etc so we got up at 3am for the drive down and although we were over an hour early to go in it was all very relaxed, we didn't need to worry about where we were going. The directions and park and ride meant we got there without even thinking about it, it all just flowed. Once in Dorney the Gamesmakers had me convinced I was back in Disney World with their smiling faces, cheerful comments, jokes and helpful directions. The atmosphere was catching and everyone was smiling and 'in the spirit of the games'. They were all fantastic! The pre-race show was very entertaining with so many different sorts of boats on show, a war canoe and even a K4 pulling a wakeboarder. The commentator was funny if a little cheesy but all good fun, especially when the 'Bongo Cam' stopped a few rows away from us and despite Ben Brown's effort to have a go it was the Prime Minister who was caught playing them!
The races were so exciting with many of them being separated at the finish line by the smallest of margins, we had to wait for commentary a few times as we couldn't judge it. The noise levels would give any music festival a run for their money, especially when any of the GB paddlers were mentioned, as people of every nation were screaming, clapping, whooping and playing the many varied instruments around!
The fact that we were there on the day of the first ever 200m finals and that the Gold medal was won by a GB paddler made it all the more special. There were a few people with tears in their eyes at the thought of being there while history was being made and that this was 'something to tell the grandkids' We saw lots of our paddling friends on both days so it felt a bit like it was a big GB party with the added bonus of lots of role models / top athletes / celebrities attending.
The Sprint events and the Olympics as a whole pulled everyone together and for a couple of weeks all you heard about was people being proud to be British, it would be fantastic if that feeling could keep going for a while longer!
Louise Clive

First and foremost well done to all our athletes who took part in The Games with a special mention to Ed McKeever, Liam Heath and Jon Schofield. It is I believe the first time GB have won medals with more than one athlete in Sprint Canoeing at an Olympic Games. A special mention must also be made to all the other athletes who made the finals in their event, a great, great effort. I spent most of the Olympics watching the Slalom and Sprint canoeing in front of the television.. But I did get to Eton Dorney for the Friday of the 200mtr Heats and Semi-finals. A really big thank you to LOCOG and the event organisers.. From picking the train to arriving at Eton Dorney watching the event and returning home, brilliant, brilliant organisation, my Irish brother-in-law was blown away and did not believe this was a GB organised event!

My sympathy goes to all the other squad athletes who did not get to complete at the games. Please remember you being there battling for places has pushed those who completed to be the best they can, so your contribution is invaluable. Keep going for "it" the World Championships and next Olympic Games are all within the next 4 year cycle which has already started. A truly great performance by our athletes and the best way to say it is simple; "Thank You for your hard work and performance on the World Stage".

Kevin Kelly

The last day of the Canoe Sprint - get to the unloading point and have a bit of banter with a Games Maker - he's been there every one of the 6 days and being Scottish still insists the Times is called the London Times. The discussion started when we told him the Times said the Canoe Sprint was at Lee Valley and developed every day. Then the long walk. It got longer every day but after a few days you knew what to expect - what music were they playing about halfway, how big was the queue to photograph the kids with Wenlock, was the bloke hiding under the same tree to keep out of the sun and then round the corner security check and tickets. From there it is was a short walk over the river past "Mr Happy" welcoming each group as they walk past him to get to the course.

The spectators are streaming into the stands as we head for the friends and family area on the other side of the course. Into the stand and put up our flags and then rush off for a well needed coffee and a quick chat with some of the other parents, including the rivals! Back to the stand, chat with the volunteers - they know us by now so don't ask for our tickets.

Ten minutes to go the realization hits.. Ed lines up and the heartbeat on the big screen makes me nervous and how loud is it. Ed Cox next to us says that would make him nervous on the line.

A couple of seconds silence then they are off - Ed is clear in the lead - the crowd are cheering - I swap to watching the big screen just to be sure Ed has won ---- then relief . Janice is speechless . Anya is in tears and all our friends from the other clubs are waving at us and cheering.

We watch the ceremony and then get grabbed for an interview by the Beeb. This makes us miss a good view of Jonny and Liam's race so we have to wait until we are back in the stands to find out if they were 2nd or 3rd. Then I get a phone call can I do an online with Chris Evans on Radio 2.

After Jonny and Liam's ceremony we start walking round to the Stand 1 and 2 side - that 500 metres takes me an hour and a half - so many of Ed's friends and fellow paddlers want to congratulate us.

What a wonderful day!

Derek McKeever



I was a member of the management team that put together the services and technical requirements for the Canoe Sprint event at Eton Dorney. My role as Sport Information Group Leader involved liaising with many areas during my time spent at Canary Wharf pre Olympics. I gained a wide knowledge of the event and the processes to deal with requests from athletes, coaches and team leaders.

I had a great deal of fun working with such a great team of people from all walks of life especially at the top of the lake in the canoe training camp where, welly boots, hard hats and vis jackets were required initially. Shaun the Sheep the mascot completed a fantastic team.

To be part of this team, meeting with members of participating nations, being invited to a technical rehearsal for the opening ceremony and being presented with a ticket for the closing ceremony are just some of my memories of being just one tiny cog in the wheel of such a phenomenal event.

Ann Hoile

Being an Olympic Ambition athlete – Hannah Brown

This was a unique opportunity to experience the Olympic Games as a competing athlete would. I was unsure what to expect from the programme but with the knowledge that 2 of the past sprint canoeing Ambition Athletes were now competing at the games I knew that it must be something special. That it was! It is hard to say exactly what moments were the best; meeting past/current Olympians, experiencing the athletes way of life during those two weeks or watching live events. But I think personally it was the feeling of being part of 'the Team' not just simply seeing the emotion but feeling and sharing it with so many. It was truly inspiring on so many levels, if not purely to feel that belonging and pride again and the possibility to add to it, Bring on the next 4 years! I want to thank all those who made this possible, Cheers!

Through being on the Olympic Ambition Programme we had some unique experiences, the highlight being Ed McKeever winning a gold medal at Dorney Lake. We also got to meet Kate, William and Harry at Buckingham palace as part of the torch relay handover. At team GB house we had tea and cake with Denise Lewis as well as having an inspirational talk from the swimmer Adrian Moorhouse. We had a fantastic time visiting the Olympic Park, the Olympic village and watching the boxing at Excel. The Ambition Programme had given us an exclusive opportunity to have an inside experience of the Olympics and has truly inspired us. Katherine Trotter