



Paddler's Post

May 2013

Olympic gold medallist Tim Brabants retires from Canoe Sprint



Tim Brabants MBE, Great Britain's most successful Olympic canoeist and one of the world's most accomplished Men's K1 sprint kayakers, has announced his

retirement from the sport.

Tim is a four times Olympic Games competitor. During the 2008 Beijing Games he made history by winning Britain's first Olympic gold medal in canoeing. He once said: 'I was certain I was going to win about three strokes into the final. It's a strange feeling to have. It was my best ever race. I led from start to finish, something that I had never done in an international race before.'

At the Beijing Games he also won bronze in the K1 500m event, adding to the bronze medal he had won previously at the 2000 Sydney Games in the K1 1000m. In 2009, was awarded an MBE for his achievements in canoeing.

"This has been an incredibly difficult decision to make, but reluctantly I realise I have reached the point where I need to retire from the sport," said Brabants.

"As a competitive athlete with a competitive brain I cannot make this decision easily and I know lots of athletes have had to go through this, but it wouldn't be right to just keep competing for the sake of competing and, when you're not getting your best results, it wouldn't be fair on my family or on the other athletes in the sport that are trying to come through."



Brabants graduated as a doctor from the University of Nottingham in 2002 but put his medical career on hold to concentrate on competing, he now plans to resume his medical career with the likelihood of specialising in emergency medicine.

"I would like to stay involved in the sport in some way and my level of involvement will become more apparent over the next six months to a year."

I'm sure we would all like to thank Tim for his hard work and dedication as both an athlete and ambassador of our sport and we wish him well for his future.

If you have anything that could be included in a future 'Paddler's Post' please send it to:
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Olympic medallists selected for GB Canoeing Sprint Team 2013

The three London Olympics medal winning sprint canoeists head the list of athletes selected to compete for GB Canoeing's senior sprint team this season.

London Games Men's K1 200m gold medallist Ed McKeever has been selected to race in this category at the first two World Cups of the season, Szeged in Hungary (10-12 May) and Racice in the Czech Republic (17-19 May).



Selected alongside McKeever, Schofield and Heath for World Cups 1 and 2 are Jon Boyton (Men's K1 500 and 1000m), Ed Rutherford and Andy Daniels (K2 500 and 1000m). London Olympian Richard Jefferies, winner of the two Men's C1 200m finals at Nottingham, will compete in both World Cups 1 and 2 in C1 200m.



Confirmed in this year's GB Canoeing women's team are London Olympians, Jess Walker, who will compete in the K1 200 and 500m in World Cups 1 and 2, and Rachel Cawthorn, selected for K1 200m in World Cup 2 and K1 500m in World Cups 1 and 2.

The Women's K4 500m will see London Olympians Angela Hannah and Louisa Sawers return to international competition in the K4 500m, for World Cups 1 and 2. Joining them as K4 crewmates are Lani Belcher and Hayleigh Mason.



Amongst the new faces in the 2013 GB Senior team is 23 year old Hannah Brown, who finished second in the second K1 200m final at the Nottingham selection event. To see the full list of selected athletes go to: <http://www.gbcanoeing.org.uk>

Dr Scott Gardner Appointed to Lead GB Canoeing's Sprint Programme

GB Canoeing has announced the appointment of Australian Dr. Scott Gardner as the new Head Coach for its Canoe Sprint programme.

During the last Olympic cycle, in addition to his role as an elite Olympic Cycling Coach with British Cycling, he also worked with GB Canoeing as a coach mentor and undertook elite sport performance research for UK Sport.

Scott Gardner said: "I am passionate about seeing athletes maximise their performance potential. Through the integration of leading edge scientific knowledge and practices into the coaching process, I aim to help GB Canoeing's athletes to find the extra small margins required to achieve success and in so doing maximise their performance potential. I am really looking forward to the challenge."

Scott will take up the position with effect from 1 June 2013 and will be based from Bisham Abbey National Sports Centre .

Hydration for Performance

The Importance of Hydration

Water is an important nutrient for life because it helps regulate our temperature, lubricate our joints and transport nutrients throughout the body. Around 60% of our body weight is made up of water and it is vital to maintain that balance so that your body and mind can function correctly.

How much do you need to drink?

The European Food Safety Authority (EFSA) determined that women require 2 litres of liquids a day and men require 2.5 litres a day. So this is the absolute minimum you should be aiming to drink each day. It is difficult to know what your levels of hydration are. Thirst can be a poor indicator of hydration status and therefore athletes should not rely on thirst alone.

A simple way to check that you are drinking enough fluid is to check the colour of your urine. The more transparent it is, the more hydrated you are. You should seek to produce urine that is 'very pale yellow', 'pale yellow' or 'straw coloured'.

Hydrating when exercising

Staying hydrated is important for everyone, but athletes have an even greater need to maintain proper hydration. Performance can start to decline even with only 2% dehydration. It also makes your heart rate and body temperature spiral upward, making strenuous exercise tough to carry out.

During exercise, the physical effect of dehydration is that you get fatigued more easily, so every bit of effort feels harder and tougher. The mental effect is that you lose concentration, skill and accuracy. The combined effect is that you are going to end up in a situation where your performance will suffer. This can easily be avoided through effective hydration.

Your hydration strategy

There are 3 basic rules:

1. Make sure you are well hydrated before you start your training or event or your performance will suffer. 400 to 600ml is a sufficient amount to take 3 to 4 hours before exercise. If you are participating in a demanding event, start paying attention to your hydration a couple of days in advance, to make sure you are optimally hydrated by the time you are on the starting line.
2. Drink at regular intervals during exercise – Take 3 to 4 sips every 10 minutes if possible, or 5 to 6 swallows every 15 minutes. Depending on exercise intensity, duration and temperature general guidelines are 500 ml to 1 litre per hour.
3. Drink after you have finished. Ideally weigh yourself before and after exercise and for every 1/2 kg you lose, replace with 750ml of fluid. Don't drink too fast – aim for around 500ml per half hour, allowing your body to hydrate at a reasonable rate.

Once rehydrated, do not forget your recovery product or foods to help fatigued muscles recover quicker in time for your next session.

<http://www.scienceinsport.com/sports-nutrition/hydration-for-performance/>

Promotions from

April Sprints:

Mens A	CEL M. Fitzsimons	
Mens B	SLP D. Pringle	CLM O. Shephard
	WOP N. Cresser	
Mens C	RIC N. Barton	WOP L. Royle
	TON L. Clark	LIN M. Edwardes
	SHK G. Underwood	SLP R. Brady
	ERN D. Murphy	
Masters A	ANK S. Ricketts	
Masters B	WEY A. Reeves	
Masters C	RDG B. Hammond	NOT P. Lowe
	CLM J. Avery	
Boys A	LON M. Gregory	LON L. Harding
	NOT Z. Chimiel	ELM K. Wilkinson
Boys B	EAL T. Thomson	CLM J. Russell
	FOX S. Glover S	LP J. Seery
	CLM B. Green	FOR L. James
	RLS W. Smithson	ELM E. Solway
Boys C	SLP M. Slattery	RIC O. Khlaf
	SLP R. O'Connor	NOT J. Sliwa
Boys D	LIN B. Quittenton	
Girls A	SKR D. Kerr	ELM E. Piercy
	ANK E. Ricketts	BAS S. Rees-Clark
Girls B	LIN E. Gray	
Girls C	TON N. Sanders	WYC L. Brown
	ELM R. Solway	NOR L. Rowe
	ROY L. Ruff	STO C. Ellerton
	FOX E. Hield	
Jr Canoe A	RIC M. Csokasi	
Jr Canoe B	WEY J. Hayman-Joyce	
Canoe A	FLA J. Styan	

Presentation of certificates will take place at 1pm on Sunday at the tower.

Website and live results for World Cup 1:

<http://results.digicorp.hu/competition/16771283>

There was a very interesting item on Facebook recently. [Eoin O Conaire](#) wrote a blog about why paddlers get numb legs when kayaking. If you want to read his ideas:

<http://www.ebtc.ie/painful-numb-legs-when-kayaking/>

Thanks for donations from:

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

<http://www.facebook.com/SprintKayakMemes>

Metro publication

Racing Canoe Clubs Group on FB

www.scienceinsport.com

