



Daddler's Post

September 2013

GB International Sprint Racing

Canoe Sprint World Junior Championships

On the final day of racing in Canada GB had six British boats in A and B finals.

Jack Childerstone and Will Bird were in the junior K2 200m B final, which saw them finish in 5th in the race. Matt Welsh and Matt Robinson were next in the U23 K2 200m B final. They charged through to win the race in a time of 33.85. Chris Calvert was our sole Canoe representative in the B final of the U23 C1 200m class he came home 5th in a tightly contested race in a time of 41.48.

In their respective A finals Katherine Trotter finished 9th in the U23 K1 500m with a massive personal best of 1.53.03 with Amy Ward & Sam Rees-Clark 9th in the junior K2 500m in 1.48.79, an excellent performance in their first Canoe Sprint World Championship final. The outstanding British performance came from 17 year old Elmbridge paddler Rebi Simon who won a well deserved world silver medal to add to her K1 1000m European Junior title in Poznan earlier this year. Rebi finished in 1.54.60.

Britain finished a successful Paracanoeing World Championships at the top of the table.

Great Britain completed a highly successful Paracanoeing World Championships in Duisburg, finishing top of the table by a margin of three gold and three silver medals over second placed Brazil.

In the V1 Women 200m LTA final Britain secured its fifth gold of the championships. Winning in a time of 59.967, Andrea Green showed real determination to outsprint a highly experienced field.

Ian Marsden won silver in the men's K1 A final, smashing the world record.

In the men's 200m K1 LTA event Britain's Robert Oliver finished sixth, his time of 40.6 seconds a huge improvement on his PB.

World Championships - silver, a new high for Heath and Schofield



Great Britain's Liam Heath and Jon Schofield won the K2 200m silver medal in the final day of the sprint World Championships in Duisburg, going one better than their bronze at last summer's London Games.

Surrey's Ed Rutherford had got the day off to a great start for GB by winning the bronze medal in the K1 5000m event. A successful marathon paddler as a junior, the Surrey 23 year old only began competing in the K1 5000 this season, combining the discipline with the K2 500 and 1000, partnering Andrew Daniels. In World Cup events this year he took a tenth in K1 5000, an eighth in K2 1000 and eleventh spot in K2 500.



Elsewhere Olympic Champion Ed McKeever finished 6th in K1M 200 in an incredibly competitive field. Jessica Walker and Hannah Brown, sixth in K2W 500m B Final, finished 7th in the women's K2 200m final. The GB women's K4 500m crew finished first in the B final, making them tenth overall in the competition.

Rachel Cawthorn, fifth in the K1 500m final finished K1 200m B final in third place.

McKeever, Heath, Schofield and Kristian Reeves rounded off with a fourth place in the men's K1 200m relay.

Promotions from June Sprints:

Mens A BOA T. Simmons ROY M. Ressel KIR C. McMorrin RDG S. Kirschstein(J) WOR S. Williams(J) SOL T. Lusty(J)

Mens B ANK S. Balls LIN J. Harley-Beckett GAI P. Murphy BAS M. Rees-Clark

Mens C RIC F. Purcell TRE G. Haigh

Womens B BPR S. Walters RUN J. Illidge

Womens D RUN M. Dilai

Boys A LIN P. Quittenton ANK J. Bowley LBZ D. Crocker RDG K. Husband SKR N. Low

Boys B DEV C. Henley LBZ J. Westwood CHE J. Oldfield-Connor NOR H. Shearer NOR A. Thursby ELM S. Di-Gregorio NOR O. Kirkham

Boys C GAI B. Haynes FOX W. Alden FOX T. Morris NOR M. Hayward ADS G. Willoughby BAN J. Petersen LEA N. Dembele CLM O. White CHE D. Hatton

Girls C ROY M. Wallman CLM C. Avery ELM R. Williams ELM N. Dawes RIC S. Khlaf RIC M. Monahan

Masters A WOR J. Parker LBZ M. Martin NOR R. Kilbourn NOT R. Littlewood LBZ S. Tingay NOR I. Haywood

Masters B NOT D. Oughton

Masters C SOL R. Elliot SOL A. Penhallurick

New Trophy in Memory of Paracanoeist Jonathon Broome who passed away on November 1st 2012



At the Paracanoe National Championships there will be a new trophy donated for the winner of Paracanoe Kayak Men's 'A' class, the 'Jono Broome Memorial Trophy'. GB Canoeing, Paracanoe have donated the trophy plus a replica to present to Jono's parents to keep.

"Jono" as he was affectionately called, started canoeing at the age of 12, and was a founding member of the 4 A's club in Newark. He started competing in the Paddle-Ability sprint regattas at Holme Pierrepont in 1999, and was a very consistent competitor in Mens Timeband C, winning the National Paddle-Ability trophy in 2006 and 2010. His first taste of International competition came in 1995 when he was part of Great Britain's Paddle-Ability team in Milan, but it was as part of the GB Paracanoe team, at the 2010 World Championships in Poznan that he had his greatest canoeing success. He won GB's first ever Paracanoeing medal, a bronze, in the Mens K1 A category. Jono dedicated over 20 years to his sport but was always a very private person, who never wanted any fuss.

Sprint Racing Committee ACM

Saturday 7th September 2013

30 minutes after last race

Followed by:

England Talent Pathway Forum

- * Opening remarks and introduction to the forum

John Anderson (GB Canoeing Performance Director)

- * Overview of the England Talent Programme

Heather Williams (GB Canoeing Talent Pathway Manager)

- * Insights from the England Talent Coaches

A selection of coaches working at each level in the England Talent Pathway

- * Coach Education and Development

Mike Chandler (GB Canoeing Coach Development Officer)

- * Panel Q&A

Panel: John Anderson, Heather Williams, Alan Williams, Mike Chandler, England Talent Coaches

If you have anything that could be included in a future 'Paddler's Post' please send it to:
L.Clive@gaileyc.co.uk

Well Done to Norwich Canoe Club on winning the MacGregor Paddle Trophy this year!!



[An interesting article on the art of performance: by Jonathan Males \(Performance1\)](#)

"You have to expect things of yourself before you can do them" Michael Jordan

No matter where you are in your paddling career, here are at least three fundamental areas that will help you master your performance:

Act powerfully.

In this wired world there are constant demands for attention. It's all too easy to get into a reactive, hyper-vigilant state of mind where we're constantly waiting for the latest tweet or Facebook update. The upside is a sense of connection, but the downside is that young paddlers don't spend enough time being fully present and paying attention to the task at hand.

This means that they are often splitting attention and energy, talking to someone while checking the phone, or flicking to Facebook while completing an assignment. So they don't get much practice getting into an execution mind-set, which is the focused state of mind needed for competition. This makes it harder to sustain concentration and energy during training and racing.

So develop your sense of discipline and focus. Where's your attention when you meet people? Are you fully present? How often are you checking your phone or email when you're doing something else?

Relate well.

While it's essential to be strongly self-focused when competing, this doesn't have to extend off the water as well. Young paddlers on the way up can often get a bit self-obsessed. At worst this comes across as arrogance, and it means that they don't always get the help they need when they need it. People generally like helping people they like.

So think about the people who help you: coaches, parents, training partners, physiotherapist, and sponsors.... When was the last time you said 'thank you' to appreciate their efforts? When did you last ask how you could help them to help you?

Think straight.

There are no short cuts and achieving real mastery takes time and perseverance. Paddlers who have yet to learn this are more likely to take un-necessary risks when they race. With winning margins of hundredths of a second in slalom and sprint races there is certainly no place for hesitation, but at the same time it's essential to learn where and when a high risk maneuver is worthwhile. Sometimes the lower-risk move is no slower, just less showy.

Reflect on your own attitude to risk. Do you make good decisions and balance out the risk and reward, or do you default to 'going for broke' regardless of the benefit? If so, what's your motivation?

Act, relate and think are the three components that create outstanding performance when they are driven by mastery motivation - the desire to be the best you can be. By paying attention to them off the water, you'll soon see the benefits on the water too. Race well!

Find the latest Sprint Timetables / Programme / Results and Paddler's Post on:
<http://www.weykayak.co.uk/>

Latest news on GB Canoeing & Sprint Racing
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