



# Paddler's Post September 2014

## Senior World Championship in Moscow

Louisa Sawers became World Champion for her first time after winning the women's K1W 5000 final at the Canoe Sprint World Championships in Moscow. The 26 year old from Elmbridge Kayak Club also finished seventh as part of the women's K4 500 boat.

18yr old Rebi Simon, who, like Sawers comes from Elmbridge KC, and competing in the GB senior team for the first time finished fifth in the K1 W 1000 Final with a new British record time of 03:53.550 minutes.

Britain's Olympic Champion Ed McKeever (Bradford on Avon) won Bronze medals in both the K1 200m and K1 200 relay on the final day of the Canoe Sprint World Championships. Later on McKeever teamed up with Liam Heath, (Wey KC) Jon Schofield (Soar Valley) and Kristian Reeves (Addlestone) to win Bronze in the K1 200 relay. London 2012 Bronze medallists Liam Heath and Jon Schofield were fourth by a narrow margin in the K2 200 final.

Jess Walker (Royal CC) and Angela Hannah (Banbury CC), Bronze medallists in the European Championships, finished fifth in the women's K2 200 final whilst Lani Belcher (Elmbridge KC) and Rachel Cawthorn (Wey KC) came eighth in the K2 500 final.

Other results were:

K4 W 500 Final A: Jess Walker, Rachel Cawthorn, Angela Hannah, Louisa Sawers, 7<sup>th</sup> - 01:32.475

K1 M 5000 Final: Ed Rutherford, 9<sup>th</sup> - 21:11.098

K2 M 1000 Final C: Jon Boyton, Ed Rutherford, 4<sup>th</sup> - 03:17.033

K1 W 200 Semi final: Hannah Brown, 6<sup>th</sup> - 40.920



## GB tops the medal table at the Paracanoeing Sprint World Championships

GB once again topped the Paracanoeing Sprint World Championships medal table after winning six Gold and three Silver medals in Moscow during its most successful championships yet. Britain's Anne Dickins became World Champion in the K1 (LTA) 200 metre Final. Joining Dickins on the medal table was Britain's Andrea Green, who retained her World V1 (LTA) title after beating Russia's Larisa Volik into second. Green's time of 57.948 was two seconds faster than a year ago.

Emma Wiggs, winner of the K1 (TA) added to her Gold medal collection by taking the V1 (TA) title. Britain's Ian Marsden won Silver in the men's K1 (A) final, two seconds faster than his own Silver medal winning time from last year's World Championships.

The total medals won to six Golds and three Silvers, making this year's World Championships the most successful ever for GB's paracanoeists.

Other Medals for GB Paracanoeists:

K1 (A) W 200 Final: Jeanette Chippington, Gold

V1 (A) W 200 Final: Jeanette Chippington, Gold

K1 (TA) W 200 Final: Emma Wiggs, Gold

V1 (TA) M 200 Final: Jonny Young, Silver

V1 (LTA) m 200 Final: Martin Tweedie, Silver



## World University Championship Canoe Sprint 2014

The international University Sports Federation (FISU) organise a series of World University Championships (WUCs) in even-numbered years.

The 6th World University Championship Canoe Sprint 2014 was held in August 2014 at the Republican Centre of Olympic Training for Rowing in Minsk region, Zaslavskoye Water Reservoir.

The British Team for the World University Championship Canoe Sprint 2014 consists of 12 athletes Matt Bowley, Sam Rees-Clark, Marton Simon, Katherine Trotter, Matt Robinson, Sophie Rooney, Jo Beavers, Pheobe Ayres, George Mitchell, Jonny Tye, Ian Weir and Dan Johnson.



Heather Williams, British Canoeing Talent Pathway Manager commented that "This is the first time we have selected a performance team for the Championships and I am delighted that we have been able to work in partnership with BUCS to support athletes who are combining their sport with their education."

Further information about the World University Championship at the official event website: [www.canoe-sprint2014.com/en](http://www.canoe-sprint2014.com/en)

Gold medal flapjack .... so so scrummy especially after training!!

100z Oats  
100z Sugar  
100z Butter  
60z SR flour  
3 heaped tbsps syrup  
3tbsps water

150c or gas 3

Melt butter, sugar, syrup and water - allow to bubble, as if making toffee for couple mins.

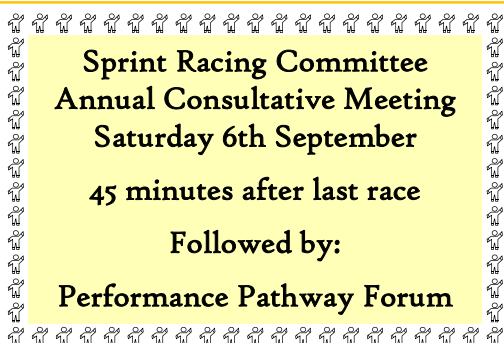
Add flour and oats mix well.

Grease deep baking tin then add handful of extra flour to dust tin (turn upside down after to remove excess flour).

Bake for 40 mins at 150c or gas 3 (lower if fan assisted oven)

Do not let it cook too quickly, remove when golden brown, it should be soft and chewy.

Allow to cool, but cut into pieces while warm, remove from tin when cool.

  
**Sprint Racing Committee**  
**Annual Consultative Meeting**  
**Saturday 6th September**  
**45 minutes after last race**  
**Followed by:**  
**Performance Pathway Forum**

Promotions from  
July 14 Sprints:

BOA	J ESCOTT	To Mens B
RIC	F PURCELL	To Mens B
RIC	F SCHEKE	To Mens B
CLM	O SHEPHARD	To Mens B
RDG	M LICUDI	To Mens C
LBZ	C SILLITOE	To Mens C
WEY	D MARTYN	To Masters B
RIC	M FEGENT	To Masters C
SOU	G HOLMES	To Masters C
NOR	D HUNT	To Boys A
CLM	D STRONG	To Boys A
FOY	D PALMER	To Boys B
CLM	A DEVILLE	To Boys C
CLM	T GANNICOTT-PORTER	To Boys C
BAN	HARPER	To Boys C
CLM	S PARKER	To Womens B
LBZ	L OXTOBY	To Womens C
BAN	R SEIKA	To Womens C
CLM	C AVERY	To Girls B
SDS	R KNEEN	To Girls B
ROY	K MADDEN	To Girls B
TRE	M CHEADLE	To Girls C
CLM	R ORENSTEIN	To Girls C
BSF	E GURNEY	To Girls C
BAN	FLACK	To Girls C

## GB Senior Athletes

(past & present)

S B O J A M E S S T Y A N F R  
R R H A N N A H A L E G N A E  
E N E N N Y W N A I L X C T D  
H R W Y F V I C I V R H L I R  
C E P O W N Q F O P E U I M U  
L V W V R A N A K L H U A B T  
E E H E Y B S J C A C P M R H  
B E A I Q K H A U O Y P H A E  
I K B N Q Z W A S C W C E B R  
N C Z W D T I R N I L V A A F  
A M C V H D Y W Q N U N T N O  
L D O O X X T Z K T A O H T R  
T E R S I P N Q F O P H L S D  
C N J O N S C H O F I E L D R  
S E V E E R N A I T S I R K S

ANGELAHANNAH  
EDMCKEEVER  
EDRUTHERFORD  
HANNAHBROWN  
IANWYNNE  
JAMESSTYAN  
JONSCHOFIELD  
KRISTIANREEVES  
LANIBELCHER  
LIAMHEATH  
LOUISASAWYERS  
PAULWYCHERLEY  
RACHELCAWTHORN  
TIMBRABANTS

Presentation of outstanding  
Marathon National Championship  
trophies will be held after the  
regular presentation on Sunday at  
aprox 1.20pm.

Thanks for donations from:  
<http://www.gbcanoeing.org.uk>  
<https://www.facebook.com/SprintKayakMemes>  
 J Ashley  
 GB Canoeing



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