



# Paddler's Post *May* 2015

## GB team top medal table after winning six medals at Paracanoe European Championships



Great Britain topped the medal table at the Paracanoe European Championships in Racice after a dominant two days of racing produced six medals (four Golds, a Silver and a Bronze).

Paracanoe World Champion Anne Dickins won the first Gold for Great Britain at the Senior European Championships in Racice, Czech Republic today, in the new KL3 category, whilst Britain's Martin Tweedie took a Bronze in the Men's VL3 200m final. The 2014 World and European Paracanoe Champion Jeanette Chippington continued the flow of medals with a gold in the Women's KL1 200m.

Britain's Ian Marsden, the reigning European Champion and 2014 Worlds Silver medallist, was equally convincing in the men's KL1 200m final, winning yet another gold for GB. Emma Wiggs, the 2014 World Champion and European Champion, won Silver in the KL2 200m final. In the last race of the day Birmingham's Rob Oliver took Gold in the men's KL3 200m final.

### Development athletes had an impressive Senior European Championships

British Canoeing is using the Senior European Championships and forthcoming World Cup 1 as a development opportunity for its emerging senior squad athletes who have an eye on Rio, and those looking further ahead to Tokyo, to gain further international experience and in some cases make their international debut.

Meanwhile, in the mainstream Senior Sprint European Championships taking place at the same venue, 18 year old Rebi Simon (Elmbridge) finished fourth in the Women's K1 1000m final, narrowly missing out on Bronze. The next day she took the women's K1 500m B Final.

Britain's team of development athletes completed this weekend's Senior Sprint European Championships with impressive B Finals performances.

A former promising junior, 21 year old Emily Lewis (Worcester) rose to the occasion of her first Senior Europeans today with a second place in the women's K1 200m B Final. In the men's K1 200m B Final Kristian Reeves (Addlestone), who placed seventh in the 2014 Racice World Cup, finished third.



Competing in the men's C1 200m B Final Chris Calvert (Fladbury) put in a good performance to finish sixth, three places and a fraction of a second behind reigning Olympic Champion Yuriy Cheban from the Ukraine.

Britain's other men's C1 competitor, James Styan (Fladbury), finished eighth in Saturday's 1000m B Final.

**"ABILITY**  
is what you're capable of doing.

**MOTIVATION**  
determines what you do.

**ATTITUDE**  
determines how well you do it."

- Lou Holtz

### Live your purpose. Live your dreams.

In everyone's life, we face obstacles that determine our character. These obstacles may be great achievements or they may be huge failures. More times than not we have to fail in order to succeed. Think back in history. Many of our great leaders failed before they succeeded. Such as Benjamin Franklin who failed over a 1000 times before succeeding at making a light bulb. Dr Michael Jordan who was cut from his high school basketball team before going on to be arguably the greatest basketball player to ever play in the NBA.

We cannot be afraid of failure. As soon as we lose our sense of urgency at being successful, we lose our purpose. Being successful is about getting up after you get knocked down or trying one more time after you've failed 1000 times. Life is about achieving when others say you can't do it. It's about thinking that the word "impossible" really means "I'm possible." You push forward when others would have given up. You refuse to quit. Why? Because this is your life, your dreams and your success.

## What's Going On ??????

If you would like to see how the regattas are run please enquire at the Secretaries Desk during Saturday morning to arrange a guided tour during the afternoon.

Ann Hoile, Volunteer Coordinator

## Promotions from April 2015 Sprints:

### Girls A

SDS R Syme

### Girls B

CLM E Russell

### Boys A

SLP R O'Connor

### Boys B

WEY C Carson

CLM T Gannicoat Porter

SDS B Gallacher

### Boys C

BAN L Antunovic

KCC R Foley

BOA E Nightingale

LIN B Quittenton

WYC F Brown

### Mens A

LON M Gregory

### Mens C

SHK G Underwood

### Womens A

LOU S Rees-Clark

### Womens B

BRU S Roberts

ELM K Kover

Please note the competitor names for the Women's K1 500 Final Race 232 (Sunday @ 14:03) have been omitted from the programme they are:

Race 232 14:03 (Sunday)

Lane1:

Lane 2: LIN, N Wells

Lane 3: NOT, S Millest

Lane 4: LBZ, C Ellis

Lane 5: STO, B Wallis

Lane 6: LBZ, L Oxtoby

Lane 7:

Lane 8:

Lane 9:

## A Few Admin Changes This Year

### Late Entry Fees

Both Debit and Credit cards can be used to make these payments at the Secretary Desk from 12- 3pm on Saturdays.

### Canoe England Memberships

Competitors at the regattas will be checked and if needed membership can be renewed or taken out at the Secretary Desk between 12 -3pm Saturday (& if needed Sunday)

### Entry Fees Payments

Details of the Regatta bank account for Team Leaders wishing to pay their club's national regatta entry fees directly instead of raising a cheque can be found on the Sprint Website.

## Masters National Championship Medal Presentations

Medals for the K1 & K2 Masters Championship events will be presented immediately after the paddlers have passed through Boat Control.

K4 Races: Paddlers are asked to come to the cabin at the bottom of the tower to collect their medals.

The James Cup will be presented to the winners of the Masters O34/44 K4 1000m (Race No 82) on Sunday at 13:35. This will be followed by the presentation of the Junior Promotion Certificates from the April rRgatta.

If you have anything you would like to see in the Paddler's Post:

Email: [L.Clive@gailaycc.co.uk](mailto:L.Clive@gailaycc.co.uk)

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