



Paddler's Post *June* 2015

Sprint World Cup 1 -Portugal



British Canoeing selected a team of development athletes to gain further international experience and in many cases make their international debut.

20 year old K1 paddler Daniel Johnson (Chelmsford) had been aiming for a top three place in one of the weekend's B Finals. On Saturday he came close to that that by finishing fifth in the Men's K1 1000 B Final with a Personal Best. But exceeded his expectations by finishing ninth in the K1 500 A Final, following a second place and a PB in his semis.

Men's C1 competitor, Jonathan Jones (Fladbury) (whose only previous international team experience was as part of the British Team in the 2013 Olympic Hopes regatta) kept composed to produce a third place in semi finals which qualified him for the A Final and an eventual 9th place.

Amongst the other standout performances of the weekend were the new K2 crew of Lewis Fletcher (Linlithgow) and Matthew Robinson (Brunel University) who missed out on their men's 200 A Final by one place. Likewise Sean Redmond (Linlithgow) just missed the men's K1 500 final after a fourth place in the semis.

Hannah Brown (Bradford on Avon) competed having only recently recovered from a long running virus. She showed she was fit and healthy after a seventh and eighth place in respective women's K1 500 and 200 B Finals.

World Cup 2 - Duisburg

Great Britain's international season got off to a great start with gold and bronze medals at the ICF World Cup 2 in Duisburg.



In the women's K2 200m, Great Britain had two boats in the final. Lani Belcher with Angela Hannah powered through to cross the line first and take gold. Hayleigh Mason with Louisa Sawers also had a good race and finished fifth in what was a close, competitive contest.

London 2012 bronze medallists, Liam Heath and Jon Schofield, also showed that they are in fine form at the start of the important Olympic qualification year, taking bronze in the K2 200m.

Also in the A finals in the Women's K1 500m, Rachel Cawthorn finished fourth to just miss out on the podium. She went on to make it through the semi-finals of the Women's K1 200m, finishing third. Emily Lewis, also competing in the women's K1 200m semi-final, finished fifth and qualified for the B Final. This is a really good result for Emily who is still an under 23 paddler and is making her GB senior debut this year.

2012 Olympic Champion, Ed McKeever finished second in his semi-final to qualify for the A final. Kristian Reeves, also in this event, finished seventh and will contest the C Final.

Great Britain's Lani Belcher and Louisa Sawers won gold and bronze in the K1 5000m marathon event, to take the team's medal tally to two gold and three bronze and get the international season off to an encouraging start.

Having finished in a disappointing eighth place in the women's K4 500m, Angela Hannah and Hayleigh Mason then teamed up with Emily Lewis and Rachel Cawthorn over the shorter 200m distance and collected a well-deserved bronze.

In one of the toughest contests of the weekend Ed McKeever was up against the world's best in the final with only the finest of margins (0.26 seconds) separating the top six paddlers. Ed finished sixth, with the gold going to Maxime Beaumont of France.



British Para-Canoeing had sent a development team to Germany, to gain further international experience and in many cases, to make their international debut. All six athletes rose to the challenge, with each of them making their respective finals. However on the final day of competition Charlotte Wilkinson-Burnett in the women's KL1 200m struck gold, having waited all week to race and make her international debut.



Also making the podium was Tim Lodge, who finished third in a competitive Men's KL3 200m and collected the bronze medal. Teammate Jonny Young was 9th in the same event, in his first international race in the kayak, having recently swapped over from the Va'a boat, once it was decided by the International Paralympic Committee to restrict events in Rio to kayaks.

In the Paracanoe Finals and GB's development team were represented by Adam Simmons in KL2 200m finishing 8th. Samantha Scowen and Kelda Wood in the KL3 200m finished fourth and sixth respectively.



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Sprint World Cup 3 in Copenhagen

London 2012 Olympians Rachel Cawthorn and Louisa Sawers produced the first medals for Great Britain at the ICF Sprint World Cup 3 in Copenhagen.

Cawthorn (Wey KC) won Silver in the women's K1 500m A Final, finishing less than a second behind New Zealand's Olympic Champion Lisa Carrington.



Great Britain's Louisa Sawers (Elmbridge CC) followed up on her K1 5000 Bronze medal at Duisburg by winning a further Bronze in the K1 1000 final.

Soon afterwards she teamed up with Lani Belcher (Elmbridge CC), Hayleigh Mason (Nottingham KC) and Angela Hannah (Banbury CC) in the women's K4 500. A third place in their heat gave them automatic qualification for the A Final.

In the women's K2 500 A Final Lani Belcher (Elmbridge CC) and Angela Hannah (Banbury CC) finished seventh, one place ahead of Jessica Walker (Royal CC) and Rebeka Simon (Elmbridge CC).

The men's K2 1000 A Final saw Mathew Bowley (Royal CC) and Ed Rutherford (Elmbridge CC) take sixth, a significant progression from their twentieth place in Duisburg,

Likewise, Jon Boyton (Royal CC) showed good progress in the K1 Men 1000 B Final

Britain's total medal count for the season's final World Cup is one Gold, two Silvers and three Bronzes, a result that shows the team is preparing well for next month's European Games in Baku (14-16 June).

Against a reasonable headwind Heath (Wey KC) and Schofield (Soar Valley CC) followed up on their Bronze at the Duisburg World Cup by winning Gold in the men's K2 200 A final.



In the men's K1 200 A Final Ed McKeever (Bradford on Avon CC) won Bronze, his first medal of the season. McKeever finished just 0.328 of a second off the pace of winner Peter Menning (SWE).



McKeever missed the 2014 World Cup season whilst recovering from a virus but bounced back to win Silver at the European Championships in Brandenburg and Bronze in the Moscow World Championships.

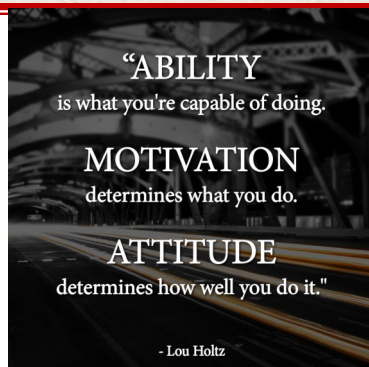
In this afternoon's final women's race of the regatta, the non-Olympic K1 5000, Lani Belcher (Elmbridge CC) claimed Silver whilst Louisa Sawers (Elmbridge CC) took Bronze.



Amongst the day's other good performances Hannah Brown (Bradford on Avon KC) produced a personal best by finishing seventh in the women's K1 200 final.

Ed Rutherford (Elmbridge CC) finished fourth in the men's K1 5000 A Final whilst Jon Boyton (Royal CC) came seventh.

Kristian Reeves (Addlestone CC) and Jon Boyton both set new personal landmarks by winning their respective K1 200 and K1 500 B Finals.



“ABILITY
is what you're capable of doing.

MOTIVATION
determines what you do.

ATTITUDE
determines how well you do it.”

- Lou Holtz

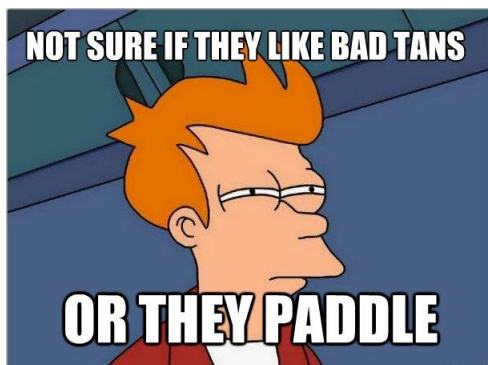
What's Going On ??????

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 May 2015 Sprints:

WEY	J Beeves	Men's A	LEA	N Dembelle	Boys A
WOR	G Mitchell	Men's A	CLM	M Johnson	Boys A
ROY	J Newing	Men's B	ANK	R Orme	Boys A
RAF	S Hadland	Men's C	LBZ	C Smith	Boys A
LON	C Michell	Men's C	WEY	O Banks	Boys B
ANK	J King	Master A	SDS	O Bohle	Boys B
FOY	J Asser	Masters B	LGW	F Cadell	Boys B
RLS	B Sirrell	Masters B	NOR	M Hayward	Boys B
WOR	A Trickett	Masters B	RIC	O Khlaf	Boys B
NOR	H Drane	Women's B	TRE	W Nixon	Boys B
ROY	G Browne	Women's B	SOL	O Cook	Boys C
CHE	J Swallow	Women's B	SDS	B Gallacher	Boys C
NOR	L Rowe	Girls B	SDS	R Kerr	Boys C
LBZ	E Hall	Girls C	CDF	W Parker	Boys C
ROY	J Hanchet	Girls C	RLS	J Smithson	Boys C
FOY	B Holden	Girls C	RIC	A Meilke-Briggs	Boys C
BSF	I Gurney	Girls C	RIC	B Philips	Boys C



Don't forget your sun cream!

Recovery After Training

Training hard is necessary to improve your paddling but you need to be able to recover from the sessions you do to come back stronger and fitter and able to train even more. Here's some basic things to consider:

Sleep

Getting enough sleep is critical to recovering. The optimal amount seems to vary between individuals, but 8 hours is the standard recommendation. Maybe more important is the quality of your sleep, having a dark room helps as does sticking to a regular sleeping schedule, relaxing before going to bed and avoiding looking at screens close to bed time. Whilst you're asleep you get growth hormone and testosterone releases, vital for strength and fitness gains, and nervous system recovery (CNS) which is vital for technical improvements.

Massage, foam rolling and stretching

They are all different but do similar jobs, trying to improve tissue quality and keep aches and pains at bay. Massage and foam rolling aim to reduce excessive tightness in your muscles and break down adhesions and trigger points. Foam rolling is a great addition to your gym warm-ups and generally make most people feel much better. Static stretching can reduce muscle power output if done before training so it may be better to stretch in the evening, perhaps using it to relax before bed.

Food

Eating decent quality food not only gives you energy but also a whole range of nutrients that are needed for proper metabolic functioning. Remember, if you aren't healthy then getting fitter and stronger is going to be a lot harder, coming down with a cold can really set your training back. Ensure you're getting plenty of vegetables, fruit, quality protein (getting around 1.5g per kg body weight), a balance of fats and enough carbohydrate to fuel your exercise. Essential fatty acids, primarily fish oils, may be useful if you're having any joint soreness.

Post workout nutrition

You can get all sorts of drinks and shakes designed to be drunk post-workout, they are fantastically convenient and should have the generally recommended 3:1 ish carbohydrate to protein ratio. You can also consider worth making your own - some whey protein, oats and fruit is a good starting place - you skip some of the sugar but still get the carbs, protein and a load of micronutrients. Have a look at some of team nutritionist David Dunne's (@Dunne_Nutrition) recipes for a starting place.

Hydration

The volume you need to drink varies each day and between different people. However, you should pay attention to if you're thirsty or not, drinking before you actually get thirsty is best. If your urine is overly dark and make sure you drink enough. If you're training a lot in hot conditions then adding some electrolytes to your drink might be useful, especially if you ever suffer from cramping.

Active recovery

Active recovery is basically just doing gentle exercise rather than nothing at all on a rest day. The idea is to get some blood flowing and thus speed up recovery from preceding sessions. The main thing to think of is, don't spend an entire rest day just sat inside as you'll invariably end up tight and sore, you'd be better to go for a walk, or a quick swim. Yoga or pilates would fit nicely in here and a bit of extra flexibility would probably help a lot of us who spend too much time sitting down in front of a computer and in a boat (the GB team include pilates so why not try it).

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If you have anything you would like to see or share in the Paddler's Post (recipes / motivational or scientific articles / quizzes / reports):
Email: L.Clive@gailycc.co.uk



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Canoe Sprint Head Coach Scott Gardner Steps Down



British Canoeing has announced that Canoe Sprint Head Coach Dr Scott Gardner will step down from his role with the sport from 10th June 2015.

Scott joined the organisation in June 2013 and brought a wealth of performance, science and coaching knowledge and experience to Canoe Sprint, following similar roles with British Cycling and British Swimming.

Since then, he has said to have made a significant impact on the performance culture and environment of the Canoe Sprint programme and has brought extensive expertise in sports science, to drive greater evidence based performance data, most notably through weather and results monitoring.

After a strong winter training period and promising results from early season World Cup competitions, the GB Senior Team is in good shape heading to Baku on 10th June as part of Team GB to participate in the inaugural European Games. They will use this as a platform for their final phase of training ahead of the World Championships in Milan, which is the first stage of Rio 2016 Olympic qualification.

Paddling Words

L	F	O	L	Y	M	P	I	C	S	D	N	T	O	H
W	E	R	A	T	G	F	G	B	G	D	G	R	M	N
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S	Y	I	F	P	I	Y	L	F	C	E	U	I	R	D
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