

THE EUROPEAN GAMES

The European Games is a multi-sport event for athletes from all over Europe and will held every four years. The Games are owned, organised and regulated by the European Olympic Committees. The first Games has been held in Baku this year. GB athletes fought hard against talented competition.









There were very good performances from both James Styan in the C1 1000m and Tim Pendle with Andy Daniels in the K2 1000m. Both posting personal best times, with Styan knocking off an impressive three seconds.

There was disappointment for World Cup 2 gold medallists in K1 200m, Lani Belcher (Elmbridge) and Angela Hannah (Banbury), who had moved up to the K2 500m Olympic distance for the European Games. They missed out on the final by a frustrating 0.16 seconds.

Team GB newcomer, Chris Calvert, also gave a good performance in the C1 200m and just a fraction off his personal best, qualifying for the B Final where he came 17^{th} overall.

Emily Lewis and Hayleigh Mason went in the K2 200m heats but unfortunately fell out of the boat just before the line, to dash their hopes of a semi-final place. Tim Pendle of Norwich didn't finish in his K1 5000m.

Jon Boyton was making his first appearance in a major championship 'A' final in the men's K1 1000m. He had a great start and showed lots of early speed, but faded slightly over the last 250m to finish ninth, but nevertheless post the best international result of his career to date.

The women's K4 500m crew of Lani Belcher, Angela Hannah, Hayleigh Mason and Louisa Sawers finished eighth in the final.

Britain's Olympic champion Ed McKeever took the bronze in a fiercely contested men's K1 200m final, whilst Britain's Lani Belcher won silver in the women's K1 5000m final.

Having led the final Ed McKeever finished in third place, winning Bronze, behind Dudas and Sweden's Petter Menning, the 2014 World Championship runner up.



Liam Heath and Jon Schofield, bronze medallists in London, missed out on the medals today by just 0.005 of second, after finishing joint fourth.

London Olympian Rachel Cawthorn took eighth and ninth places in the respective women's K1 500 and 200m finals.

Lani Belcher, who has won three medals so far this season, added to her tally with Silver in the K1 5000 final.

Find the Paddler

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WHAT IS A WORKOUT?

By George Allen, former Washington Redskins Coach

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner - the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout shows dedication. When you finish a good workout, you don't simply feel better, YOU FEEL BETTER ABOUT YOURSELF.

Promotions from June 2015 Sprints:

NOT	Z Chmiel	Men's A		SDS	R Kerr	Boys B
FOY	C Peters	Men's B	RLS		P Miles	Boys B
WEY	J Hayman Joyce	C Men's B		KIR	I Chapman	Boys C
NMC	O Bartusik	C Men's C		RIC	A Fegent	Boys C
RDG	L Fekete	Masters B		ADS	C Lucas	Boys C
RIC	N Garner	Master B		LBZ	T Pickering	Boys C
SOU	S Willis	Masters B		FOY	B Holden	Girls B
EAL	A Brown	Masters C		WY <i>C</i>	J Ball	Girls C
LIN	R Guest	Masters C		SER	E Churchill	Girls C
NOR	J Sklenar	Masters C		BAN	I Johnson	Girls C
RIC	N Herwanger	Women's B		BAN	E Davison	Girls C
RIC	P Taylor	Women's C		FOX	J Long	Girls C
RIC	A Meikle- Briggs	C Boys A		NOR	G Anderson	Ltng A
RIC	B Phillips	C Boys A		NOR	B Hall	Ltng A
LBZ	M Callow	Boys B		ROY	E Hubbard	Ltng A
BAN	M Harper	Boys B		LGW	F Lewis	Ltng A
FOX	G Harris	Boys B				



British Canoeing would like to invite all paddlers to a very special event at the September Sprint Regatta at Holme Pierrepont. We would like to invite ANY paddler in a wooden craft to paddle 1,000 metres at the September Sprint Regatta. The only rule is the entire distance must be completed in a wooden or wooden framed craft. The event will be held in celebration of John MacGregor's 1,000 mile journey in a Rob Roy canoe, which founded canoeing as a sport in the UK, 150 years ago this vear.

If you're interested in taking part in the event, or would like further information, please email

Craig Duff contactus@gocanoeing.org.uk

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British Canoeing Sprint Racing Committee

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Preliminary Notice

Annual Consultative Meeting - Saturday 5th September 2015 National Water Sports Centre, Holme Pierrepont, Nottingham

The Sprint Racing Section's Annual Consultative Meeting will be on Saturday evening of the MacGregor National Inter-Club Competition Sprint Regatta.

Each year, the Chairman of the Sprint Racing Committee is elected for one year and committee members are elected for a period of two years by representatives from the sprint clubs.

Anyone who is interested to stand for election to the Sprint Racing Committee or as Chairman must send a nomination, supported by the signatures of two full Individual British Canoeing members, to the SRC Secretary, to arrive no later than 1st August 2015.

 $\widehat{\mathbb{G}}$ Likewise, any issues for discussion at the ACM need to be submitted in writing, supported by the signatures of two full Individual British Canoeing members, again to reach the Secretary no later than 1st August 2015.

Secretary, BC Sprint Racing Committee
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Mrs C Wynne, 40 Bramble Close, Hildenborough, Tonbridge, Kent TN11 9HQ
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Don't forget your sun cream!

http://www.sportscene.tv/

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@gaileycc.co.uk

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