



Paddler's Post April 2016



The Road to Rio Starts Here!

The Olympic & Paralympic Games take place in Rio during August and September this year. Team GB's aim is to build on the number of medals that they won in the London 2012 Olympics. Athletes and teams from more than 200 countries are battling for places at the Rio 2016 Olympic Games. All over the world qualification tournaments are taking place, while athletes are striving to rise up the world rankings or record the marks necessary to compete, including our own teams. At the moment it is still all about qualifying places then it turns to qualifying athletes.

Get to know your Athletes in Sprint

Liam Heath Age: 31

Class: Sprint - Men's K2 200m

Favourite Facts

Liam can name and make over 150 different cocktails.

Favourite superhero: Superman

Favourite warm up song: Whisky in the Jar (cover) - Metallica

Superstitions on race day: Wearing a cap backwards

Follow Liam on his #RoadtoRio

Twitter @Liam_heath

Instagram heath_liam



Rachel Cawthorn Age: 27

Class: Sprint - K1 500m & K4 500m

Favourite Facts

Favourite TV program: Home and Away

Tips for good technique: Use your legs and rotate

Best advice given by a coach: Just to enjoy yourself! Probably every coach has told me that

Follow Rachel on her #RoadtoRio

Twitter @RachelCawthorn

Instagram rachelcawthorn

Website: <http://www.rachelcawthorn.co.uk/>

Jon Schofield Age: 30

Class: Sprint - Men's K2 200m

Favourite Facts

Jon's 3 favourite things are coffee, cars and guitars!

Highlight of career so far? Competing at the Olympics in 2012.

Follow Jon on his #RoadtoRio

Twitter @Jonscho

Instagram jon_scho



Ed McKeever MBE Age: 32

Class: Men's K1 200m

Favourite Superhero: Batman

Sporting role model: Roger Federer

Top tip for good technique: Practice

Follow Ed on his #RoadtoRio

Twitter @edmckeeper

Instagram ed_mckeeper

<http://www.edmckeeper.com/>

Quote from Jon Schofield "Pull hard, race hard and most of all.....enjoy"

Just for fun: Unscramble these 'themed' words:

Kkyaa	taehelt	wmra up
gnceaino	ldaedp	hmnognttai
yarlppicam	ompcyli	uitntinor
		lhyospycgo

Get to know your Athletes in ParaCanoe

April Regatta is an important event for the Paracanoe athletes and will see them competing for a spot in the 2016 World Championship Team. Up to 2 Boats can be selected in each event but the standards are high. Athletes will need to display the ability to challenge for medals and are only likely to be picked if they have a high chance of achieving A final results.

The Paracanoe World Championships and final opportunity to qualify those all-important "nation slots" will take place at Duisburg, Germany alongside the Olympic Qualifying event and World Cup in May. This will be the final showdown of the world's top athletes before the Paralympics in September and will also seed the lane draw for the Games. The athletes will be maximising their tapering strategies for performances at this event.

KL3 Men



Rob Oliver

2015 World Championships Silver
2015 European Champion



Tim Lodge

2015 World Championships 8th
2015 World Cup Bronze



Jonny Young

2015 World Cup 9th
2015 World Champs
Silver V1

KL2 Men



Nick Beighton

2015 World Championships 8th
2015 European Championships 6th

KL1 Men



Ian Marsden

2015 World Championships 10th
2015 European Champion

KL3 Women



Anne Dickins

2015 World Championship Silver
2015 European Champion



Kelda Wood

2015 World Cup 6th



Emma Wiggs

2015 World Champion
2015 European Champs Silver

KL2 Women



Nikki Paterson

2015 World Championship Silver

KL1 Women



Jeanette Chippington

2015 World Champion
2015 European Champion

Show your support by following **GB Paracanoe Athletes** on Facebook and follow our journey on Twitter @BritishCanoeing.

More Information on Paracanoe at the 2016 Paralympics can be found at <http://www.rio2016.com/en/paralympics/canoe>

Promotions from Sept 2015 Sprints:

SDS F CADELL to Boys A
WEY C CARSON to Boys A
WEY D JAMES to Boys A
ADS J MCMURTRIE to Boys A
RIC B POWELL to Boys A
BAN S HARTE to Boys B
CLM J SPENCER to Boys B
ELM J GANNON to Boys C
EAL A KERESSZTURI to Boys C
BAN J LOVEGROVE to Boys C
BAN W MCCRACKEN to Boys C
TON T PRESTON-BELL to Boys C
ROY A BARTON to Boys C
LGW J BROCKWAY to Boys C
CLM B COCKRILL to Boys C

BSF E BEATTY to Girls B
GAI R BLACKMAN to Girls B
RIC F PETERS to Girls B
LON G CARMICHAEL to Girls C
IND E MCALLISTER-JEPPS -Woms B
IND N TOMOS to Womens B
LIN N WELLS to Womens B
CAM A GALLOWAY to Womens C
IND B ZEIDLER to Womens C
IND B GILL to Womens C
IND F MORTON to Womens C
IND T SPENCER-WINYARD -Woms C

#NottsRegatta

This regatta we will be using the **#nottsregatta** to communicate information. You can save this # and never miss out!

It is experimental to start with so bear with us and give any feedback at the Secretary's Desk.

Thanks!

Thanks for donations from:

British Canoeing

<http://www.sportscene.tv/>

<http://performance.co.uk/>

<https://www.facebook.com/SprintKayakMemes>

<http://worksheets.theteacherscorner.net/make-your-own/crossword/>

If you have anything you would like to see or share in the Paddler's Post (recipes / motivational or scientific articles / quizzes / reports):