



Paddler's Post May 2016



Canoe Sprint Team Announced for Second Round Olympic Qualification and World Cup Series

Following two days of exciting racing at the Olympic Selection Trials in Nottingham the senior team was announced that would compete at the European Continental Olympic Qualifying event next month, along with those selected for the ICF World Cup series.

Seven men and two women will take to the start line in Duisburg on the 18 and 19 May, with the aim of claiming as many of the remaining Olympic quota places for Rio 2016 as possible. With this being the final opportunity for European nations to qualify for this year's Olympic Games, the competition is bound to be extremely tough.

Olympic Champion Ed McKeever will be focused on a top two finish in the men's K1 200m event in order to keep his hopes alive of defending his title in Rio. Also chasing the one remaining men's kayak place will be Jonathan Boyton in the K1 1000m, whilst Chris Calvert (C1 200m), James Styan and Jonathan Jones (C2 1000m) have all been given the opportunity by the selectors to contest the one remaining spot in the canoe class.



Angela Hannah will contest both the individual 200m event (K1 200m) and team up with Lani Belcher in the K2 200m. Only an outright win for Hannah and Belcher will be enough to put them on the plane to Rio, whilst a top two finish for Hannah in the K1 would still keep her in contention.

Liam Heath and Jon Schofield will be looking for a repeat of their excellent form at the British Olympic trials and now armed with the confidence that their names have already been written onto the nomination sheet for Rio. A good performance at their first international regatta of the season would give them a further boost and show that they are well on track for their second Olympic Games.



The women's K4 500m of Rachel Cawthorn, Jessica Walker, Louisa Gurski, and Rebeka Simon, who qualified the boat for Rio at last year's World Championships in Milan, will also get their inaugural run out of the season and the first of two chances to show their form and fitness under racing conditions, ahead of final crew confirmation for the Olympic Games.



The team for World Cup 1 also includes a number of new faces to the British team and a chance to make their senior international debuts, including three women from the Girls4Gold programme, the joint UK Sport, British Canoeing talent initiative. Congratulations to all the athletes selected!

FULL TEAM LIST can be read on <https://www.britishcanoeing.org.uk/news/2016>

What are the Benefits of Kayaking

Few exercises provide the entertainment range of kayaking. One minute, you're gliding through the water as you admire the tranquility of your surroundings -- the next minute, you're racing down a 1000m sprint. Kayaking isn't just a way to create variation in your workout, this water sport has a number of benefits that can greatly improve your overall health.

Strength -- Inside and Out

The website Better Health Channel notes that kayaking can elevate your cardiovascular health and strengthen a number of major muscle groups throughout your body. While kayaking provides a challenging upper-body workout, it's also suitable for your lower body. It's possible to navigate the boat through leg movements, which keeps your entire body active during the activity.

Overall Health Improvement

Kayaking provides an aerobic workout, which should be a key part of your weekly fitness routine. General benefits of all forms of aerobic exercise include increased endurance, improved heart health, better regulation of cholesterol levels, blood sugar control, lower blood pressure and better lung strength, according to the Cleveland Clinic.

A Clear, Happy Mind

Exercises such as kayaking play an integral role in the improvement of your mental health. Aerobic exercise, notes Harvard Health Publications, triggers the release of brain chemicals that can quickly improve your mood. If you're depressed, stressed or just need to clear your mind from the hectic nature of your day, paddling a kayak can provide a relaxing workout. The physical benefits you receive through this workout can also lead to higher self-esteem.

Building a Fitter Body

Many people seek exercises that can burn enough calories to aid in weight loss. If you have access to a kayak, the proper equipment and a body of water, this activity can play a role as you burn fat to build a slimmer physique. Harvard Health Publications reports that in 30 minutes of kayaking, a 185-pound person burns about 222 calories. This calorie burn is lower than many forms of exercise, but over the course of a long excursion, it's easy to burn more than 1,000 calories.

Paracanoe Team Announced for 2016 World Championships

British Canoeing announced the Paracanoe team selected for the 2016 World Championships. The team of five men and seven women will travel to Duisburg, Germany for the competition 17-19 May. Ian Marsden (K1 200m KL1) and Nick Beighton (K1200m KL2) will be targeting the top four finish required to qualify the two remaining Paralympic quota places, to ensure that Great Britain contests all six events in Rio in September. Jeanette Chippington will defend her K1 200m KL1 World title, one which she has held since 2012 and put a marker down ahead of the sport's inaugural Paralympic Games. Emma Wiggs (Diseworth) will be targeting a fourth successive World title and will be joined by teammate Nicola Paterson, the 2015 World silver medallist, originally from Manchester. Anne Dickins, also a 2015 World silver medallist and Kelda Woods will both compete in the K1 200m KL3 class.

Birmingham's Rob Oliver, the current European Champion, will also be targeting the podium in Duisburg in the K1 200m KL3, he would love to continue his upward trend on the international stage, which has seen him progress steadily from 10th, to 6th to 4th and then 2nd last year, since his first World Championships in 2012. Northern Ireland's Jonny Young battled his way to the second team spot in the K1 200m KL3, winning a race-off decider with Guilford's Tim Lodge, with only 0.25 seconds separating them in the end.

Also travelling to Duisburg will be three athletes competing in the non-Paralympic Va'a boat classes. Martin Tweedie (VL3), is a two-time European Champion and World silver medallist from 2014, whilst Fran Bateman, a World silver medallist from 2015 in VL3 and Lizzie Tench in VL2 will represent the women.

The full team is list can be found on <https://www.britishcanoeing.org.uk/news/2016>

Promotions from April 16 Sprints:

WEY	A KOVACS	to Boys A	LON	W BIRD	to Mens B
SLP	B O'NEIL	to Boys A	NOT	A ABRAHAM	to Mens C
CLM	A SKIPPINGS	to Boys B	NOT	A ABRAHAM	to Mens C
WYC	F BROWN	to Boys B	ERN	D MURPHY	to Mens C
LON	J BELL	to Boys B	CNI	C WILSON	to Mens C
CLM	A MCINTYRE	to Boys B	FOX	T DAWSON	to Mens C
BOA	E NIGHTINGALE	to Boys B	RLS	B SIRRELL	to Masters A
CLM	A BUNYON	to Boys B	NOR	F DUFFIELD	to Girls A
LIN	J DORAN	to Boys B	CLM	E RUSSELL	to Girls A
KCC	R FOLEY	to Boys B	ROY	Z CLARK	to Girls B
RIC	C HOFFMAN-MUZIO	to Boys B	BOA	H QUIGLEY	to Girls B
RLS	T HOWLETT	to Boys B	FOX	E DALE	to Girls B
EAL	A KERSZTURI	to Boys B	WEY	R SWIFT	to Girls C
LIN	B QUITTENTON	to Boys B	CNI	Z THOMPSON	to Girls C
SLP	R SLATTERY	to Boys C	ADS	B TURNBULL	to Girls C
KCC	A THORPE	to Boys C	BSF	L WHITE	to Girls C
WEY	A BICKNELL	to Boys C	SER	M WIGGINS	to Girls C
NOR	T BOOTH	to Boys C	HPP	A BURGESS	to Girls C
WEY	K BURR	to Boys C	ELM	M ASPELL	to Girls C
KCC	S DIGHAM	to Boys C	NOR	M BICKNELL	to Girls C
ELM	R GANNON	to Boys C	SDS	A CADELL	to Girls C
SOU	M HINVES	to Boys C	ROY	M CARTER	to Girls C
SDS	M KOWAL	to Boys C	EAL	Y IP	to Girls C
RIC	C LOPEZ	to Boys C	ADS	M KILVINGTON	to Girls C
WEY	J MARTYN	to Boys C	HPP	M LITTLEWOOD	to Girls C
FOX	J MILLARD	to Boys C	SLP	K MCCARTHY	to Girls C
DEV	A SHEPPY	to Boys C	NOR	L LEE-SMITH	to Womens A
SDS	M SIELICKI	to Boys C	HPP	T CLAYTON	to Womens C
SLP	C SLATTERY	to Boys C	HPP	Z SHIMMIN	to Womens C
NOT	S NAFTANILA	to Mens A			
LBZ	C SMITH (J)	to Mens A			
CDF	M ROBINSON	to Mens A			
SDS	L FLETCHER	to Mens A			
FOR	I JAMES (J)	to Mens A			
LON	L HARDING(J)	to Mens A			

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



London Regatta

Please note that the date for this regatta has been changed from 26th June to 17th July.

#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:

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