



Paddler's Post

June 2016



GB World Cup Highs and Lows

GB finished the World Cup in Duisburg with some disappointments but also some encouraging performances from the team's development level athletes.

Liam Heath finished third equal in the K1 200m. The win went to Italy's Manfredi Rizza.

"I had a great 150m, but then I basically coasted down the last 100m as my arms blew out and just stopped working. I just tried to maintain as much speed as I could down to the line and initially I thought I had come fourth but then found I had tied for third. - Liam Heath

Great Britain's K2 200m competitors Liam Heath and Jon Schofield, believe their preparations are on track after competing in their first international final of the year.



Ed McKeever, Olympic Champion in the men's K1 200m event, needed a top two place in today's final European Continental Olympic Qualifying event in order to keep his hopes alive of defending his title in Rio but he finished fifth

I can't really explain why and I'm not going to dwell on it too much but it just didn't happen. The end goal was the Rio Olympics which is off the table now so I will go away and reflect and see where I go from here. - Ed McKeever



In the women's K4 500m the British quartet of Jessica Walker, Rachel Cawthorn, Louis Gurski and Rebie Simon - who qualified GB's K4 quota spot for the Rio Games last year - also had reason to be cheerful, with a strong surge to the line ensuring a competitive fourth place, only 0.13 seconds off a medal.

Britain's Angela Hannah and Lani Belcher needed an outright win in the women's K2 500m to confirm their Rio spot but missed out by taking third place. "It is obviously hard to take, coming away with a third when we were fighting for the win," said a bitterly disappointed Belcher, who accepts this is the end of her own Rio campaign. Hannah later finished out of the running for the women's K1 200 spot after coming ninth in the final.

In the Olympic Qualifying event's 1000m events the three boats contesting finals finished outside the cut. Jon Boyton came eighth in the K1, Matt Bowley and crewmate Ed Rutherford were eighth in the K2, whilst in the C2 James Styan and Jonathan Jones were seventh.

Tom Lusty from Solihull took part in his second B final of the World Cup and gave a fantastic performance to finish third in the men's K1 500m.

Also making their senior international debut were two Girls 4Gold programme athletes. Afton Fitzhenry and Chloe Bracewell raced in the C2 500m and finished a creditable sixth place.



21 year old Katie Reid who took Bronze in the C1W 200m final. Her time of 47.70 seconds a PB by almost one second. The former Scottish karate champion transferred to canoeing less than two years ago through the Girls4Gold programme.

Longridge 17 year olds Luke Harding and Magnus Gregory added to the youthful feeling of this weekend's team and finished the K2M 1000 C final in seventh place



John Anderson, BC Performance Director: "On the Olympic second round qualifying, my first reaction is disappointment for the athletes. We came close, but close isn't close enough. So the six athlete places that we qualified at last year's world championships will be the sprint Olympics team for Rio."

Six World medals for GB Paralympic Team

Britain's paracanoe team's main aim was to qualify the final two boats for the Rio Games. Having achieved that, together with 6 medals, only Great Britain and Australia will head to the Rio Paralympic Games this summer with the full contingent of six boat places.

The day began with Ian Marsden finishing just off the medals in the KL1 200 final.

My job - and only job - was to get the quota place for Great Britain and anything else would be a bonus, so I'm over the moon - Ian Marsden

Nick Beighton won bronze in the men's KL2 200 final, qualifying the remaining boat. He said "On a personal level it's a huge confidence boost to take into the next four months in the lead up to the Paralympics."



The first gold medal went to Emma Wiggs who came in ahead of team mate Nicola Paterson in the women's KL2 200.

"I'm super chuffed that we got gold and silver, which shows the dedication of our programme to being world class," said the ever-upbeat Wiggs after her final.



Then, a second gold followed quickly when Anne Dickins won the KL3 200, improving on her silver from last year's Worlds.

I didn't think I had it in me to be competitive, so I just followed my plan and imagined I was at home doing a time trial - Anne Dickins



Meanwhile, Jeanette Chippington, winner of more paracanoe world titles than anyone, narrowly missed retaining her KL1 200 title today. But she was still satisfied with the silver. "At this stage in the game I am really pleased with a silver medal. I can now look towards selection for Rio"



In the men's KL3 200, Rob Oliver finished sixth, whilst Jonny Young was close behind in eighth.

In the last non-Olympic class races of the day, Britain's Martin Tweedie took the team's second bronze in the men's VL3 200, whilst Liz Tench came fifth in the women's VL2 200.

There are a number of other countries that are on the same playing field as us but we still have a slight edge and we will use the time between now and the Games for some tweaking and refining to make sure we deliver in Rio

- Steve Harris, British Canoeing's Paracanoe Programme Manager

Adopting a High Performance Attitude

Everyone knows about Mohammed Ali, one of the most vocal and successful boxers of all time. He came across as pretty arrogant and over-confident, but the one thing we can't deny is that he was the greatest when it came to self belief. He talked the talk, and walked the walk, but most importantly, he also did the work, which allowed him to totally believe in his ability to beat his competitors.

If you have put in the time, and prepared to the best of your ability, leaving no stone unturned in your groundwork, then you have every reason to be confident in your ability to perform.

This all starts with adopting a High Performance Attitude. Waking up every day, make the commitment to take on an approach that is directed at being as professional as possible.

First thing is to be positive! You have chosen this path, so go out there and enjoy it!

Motivation starts within, and having a positive attitude each and every day will go a long way in determining how successful you are in achieving your results in the long run. Staying motivated also takes daily effort, so have a method to continuously work at this element (starting with a positive attitude is the first step).

Then you need to take ownership of your future. Ultimately it is you that is responsible for how well you do. "Your attitude determines your aptitude"!

Taking ownership means taking responsibility for yourself. Aim to get the most out of your training, your recovery, your nutrition, and manage your body and mind to enable yourself to give out your optimum performance.

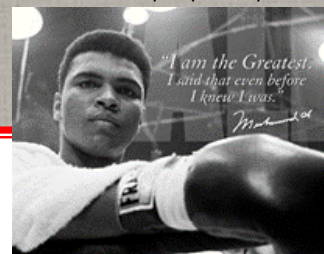
To perform consistently, you need to prepare consistently. This is the basic building block of any successful paddler.

Aiming to be consistent, firstly means committing to your coach's program and attending all the training sessions. Missing a session here and there might not seem like much at the time, but just missing one 80 minute session a week, adds up to about 64 hours in year (on a 48 week year) That's 2.5 days of training time!

Secondly, be consistent within the session. What you do in each and every training session will count towards race day. Training sessions have goals, that you should strive to achieve. Aim to be in the present, know and understand why you are doing something, and make sure you are working in that direction.

And lastly, be consistent in your approach. Assume that positive attitude every morning, and work at your motivation levels every day. Always have a solid warm up routine, and cool down, not just physically, but mentally prepare yourself as well.

Train hard, be positive and most importantly, have fun!



Promotions from May 16 Sprints:

SLP	C CUMMINGS	to Boys A	LEA	N DEMBELE (J)	to Mens A
SDS	B GALLACHER	to Boys A	FOX	S GLOVER	to Mens A
BAN	J PETERSEN	to Boys A	CLM	M JOHNSON	to Mens A
SLP	M SLATTERY	to Boys A	HPP	M LITTLEWOOD (J)	to Mens A
LBZ	J WESTWOOD	to Boys A	EAL	T THOMPSON (J)	to Mens A
GAI	J BEST	to Boys B	LBZ	A TOWNEND	to Mens C
NOR	J HOW	to Boys B	BTH	S WOOD	to Mens C
WEY	R INGHAM	to Boys B			
SDS	E LEISHMAN	to Boys B	HPP	K REID	Canoe Wms A
CDF	A PARRY	to Boys B	CNI	A FITZHENREY	Canoe Wms B
LBZ	T PICKERING	to Boys B	HPP	C BRACEWELL	Canoe Wms C
BAN	W MCCRACKEN	to Boys B	WOR	S MILLS	Canoe Wms C
RLS	H SAUNDERS	to Boys B	HPP	N TOMOS	Canoe Wms C
KCC	A THORPE	to Boys B			
WOR	P BAUER	to Boys C	WEY	S THOMPSON	to Girls A
CLM	L CHAMBERLIN	to Boys C	LON	G CARMICHAEL	to Girls B
SER	E CHAPPELL	to Boys C	SER	E CHURCHILL	to Girls B
NOT	S CHMIEL	to Boys C	BAN	E DAVIDSON	to Girls B
SOU	D GRIMSBY	to Boys C	LON	S HUTCHINSON	to Girls B
PAN	S LEANORD	to Boys C	BAN	I JOHNSON	to Girls B
LIN	P MONGAN	to Boys C	LEE	K MCQUAID	to Girls B
ADS	R STEWART	to Boys C	ROY	B CLARK	to Girls C
PAN	S TILBURY-CLARKE	to Boys C	NOT	A DURRENT	to Girls C
BAN	G URQUHART	to Boys C	NOR	M EDE	to Girls C
			RIC	M HILL	to Girls C
			LON	K HIPKINS	to Girls C
RIC	M KELTA	Canoe BoysB	LON	S LONG	to Girls C
RIC	A LEECH	Canoe BoysB			
			LGW	K ARMSTRONG	to Lightning A
			GAI	Molly COOKE	to Lightning A
			GAI	Madison COOKE	to Lightning A
			EAL	L VILLARUEL	to Lightning A

**WHEN COACH
CORRECTS YOUR
TECHNIQUE**

**BUT YOU WERE
DOING GOOD**

#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!

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