



# Paddler's Post

September 2016



## GB Sprinters Bring Home Two Medals From Rio 2016 **K1 200M - LIAM HEATH (WEY KAYAK CLUB)**

*GOLD MEDAL!! (35.197s)*

*"It feels absolutely incredible. It's all the efforts of so many people behind me in my team, UK sport and lottery funding, my coach, my K2 partner, my loving family, my wife, my friends at home. All their efforts are combined into one moment when you cross the line and it's pretty intense."*



## **K2 200M - LIAM HEATH & JONNY SCHOFIELD (WEY & SOAR VALLEY)**

*SILVER MEDAL!! (32.368s)*



*"The end of the race is where you make up seconds. Everyone can hit the same top speeds, it's about who can stay there the longest at the end."*

**500M K2 - ANGELA HANNAH (BANBURY) AND LANI BELCHER (ELMBRIDGE)** *Final B - 7th - 1:54:193*

**200M K1 - JESSICA WALKER (ROYAL CANOE CLUB)** *Final B - 7th - 42:205*

**K1 500M - RACHEL CAWTHORN (WEY KAYAK CLUB)** *Final B - 7th - 1:58:47*

**K4 500M - RACHEL CAWTHORN, LOUISA GURSKI, JESSICA WALKER, REBEKA SIMON (WEY/ELMBRIDGE/ROYAL)** *Final A 7th - 1:40:043*



Lani "It's not been a smooth year and that's probably been reflected in how up and down we've been. It is disappointing to finish with that but we have to keep it in perspective. Four weeks ago we weren't coming here so it's a bonus that we are here and we have worked really hard to be here."

Angela "Our families have supported us through this and them knowing we have still enjoyed ourselves despite being a bit upset by how we raced there, I hope they know how precious they are and how they have helped us and it's wonderful to be here."



Jess "It's about what you do on the day and taking the opportunity. I didn't grab it today as well as other people did and I'm disappointed that it didn't happen."



Rachel "You always have to go out hard in the semi-final to be in with the chance, I did exactly that so I am really glad with how I did."

Rebeka "You can see the people next to you but once you're going you just keep your head down and go for it and believe in yourself for the last bit."





# Chocolate Peanut Butter Bites - (energy in a mouthful)

## Ingredients

1/4 cup peanut butter (or other nut/seed butter) (2oz)      1 ripe banana, mashed  
 2 tablespoons honey      1 teaspoon pure vanilla extract  
 1 cup rolled oats (8oz)      1/2 cup chopped almonds (or nut of choice) (4oz)  
 1/4 cup chocolate chips, or raisins / sultanas / currants (2oz)



## Directions

- Line a baking sheet with parchment paper and set aside.
- In a small pan over medium-high heat, add the peanut butter, mashed banana, honey, and vanilla extract, stirring until smooth and fully combined. Bring the mixture to a boil before removing from heat. Stir in oats and chopped nuts, mixing well. Set aside and allow the mixture to cool before adding the chocolate chips.
- Drop dough onto your prepared baking sheet by the heaping tablespoonful, studding the tops with more chocolate chips and/or nuts if desired.
- Place baking pan into freezer and allow to cool for 30 minutes until bites have set. Store in an airtight container in the fridge for up to a week, or in the freezer for up to a month.

## Nutrition Information Serves: 12 | Serving Size: 2" ball

Per serving: Calories: 123; Total Fat: 8g; Saturated Fat: 2g; Monounsaturated Fat: 3g; Cholesterol: 0mg; Sodium: 0mg; Carbohydrate: 13g; Dietary Fiber: 2g; Sugar: 7g; Protein: 4g

## Promotions from July 16 Sprints:

NOR	S Drane	to Boys A	NOT	J Silwa (J)	to Mens A
WEY	C Falco	to Boys A	NOT	A Abraham	to Mens B
BOA	C Gingell	to Boys A	BSF	J Fitzpatrick	to Mens B
RLS	A Greaves	to Boys A	ROY	J Newing	to Mens B
NOR	K Hayward	to Boys A	LEA	D Barber-May	to Mens C
RDG	F Kemp	to Boys A	CNI	L Fitzhenrey	to Mens C
SKR	R Kerr	to Boys A	SOL	J Leaper	to Mens C
BOA	E Nightingale	to Boys A	NOR	A Radavicius	to Mens C
			PAR	N Beighton	to MST B
WOR	P Bauer	to Boys B	LIN	A Dingley	to WMS C
TRU	J Drage	to Boys B	BSF	H White	to WMS C
ELM	R Gannon	to Boys B			
SOU	D Grimsey	to Boys B			
RIC	C Lopez	to Boys B			
WEY	J Martyn	to Boys B			
LEE	L Acquisto	to Boys C			
BAN	S Cummings	to Boys C			
WOR	K Killey	to Boys C			
WEY	P Lewis	to Boys C			
PAN	C Macnab	to Boys C			
NOR	J Murad	to Boys C			

## Overall Olympic Medal Positions

						TOTAL
1	USA	UNITED STATES	46	37	38	121
2	GBR	GREAT BRITAIN	27	23	17	67
3	CHN	CHINA	26	18	26	70
4	RUS	RUSSIAN FEDERATION	19	18	19	56
5	GER	GERMANY	17	10	15	42
6	JPN	JAPAN	12	8	21	41
7	FRA	FRANCE	10	18	14	42

## Canoeing Medals

Country				Total
Germany	4	2	1	7
Spain	3	0	1	4
Hungary	3	0	0	3
Great Britain & N. Ireland	2	2	0	4
Slovakia	1	2	0	3
France	1	1	1	3
New Zealand	1	1	1	3
Ukraine	1	0	1	2
Brazil	0	2	1	3

## #NottsRegatta

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