

### New Appointments since September

**Heather Williams**  
Canoe Sprint Performance Manager



Heather has been at British Canoeing since 2012 as talent pathway manager. "With 12 Olympic events in the sprint programme at the Tokyo 2020 Games there is a great opportunity for us to build on our success with the creation of the new centralised programme that will provide us with the best opportunity to support our athletes compete for medals."

**Tim Brabants to join British Canoeing as chief medical officer**

A four time Olympian, Tim won medals at the Sydney and Beijing Games and was crowned World and European Champion. In 2009 he was awarded an MBE for his services to the sport. During a 15 year career as a senior Tim also combined his sporting achievements with a medical career,



"I look forward to working with a great team of support staff to keep our athletes in their optimum state of health and wellbeing, despite the heavy stress placed on the body and mind through training."

**Talent Pathway Managers**

On his appointment Richard Ramsdale, who has worked at British Canoeing for nine years, said: "I am looking forward to working in partnership with key clubs to enhance the young talent coming into the pathway and the amount of athletes training around our key white water venues on a daily basis."



Mark Hoile said: "I am looking forward to the new challenges this role brings, and believe working with the clubs and developing coaches we can create a stronger pathway to challenge for medals in the future."

**Paul Ratcliffe appointed as Performance Director**

Paul Ratcliffe will succeed John Anderson MBE who has led the programme to medal success in each of the last five Olympic cycles.

On his appointment he said: "It is a privilege and honour to be offered this role, I'm extremely passionate about canoeing and British Canoeing.

"I'm keen to put all of our athletes right at the heart of what we do and to operate, as I always have done, with transparency and honesty.

"Starting out as an athlete myself, becoming a coach and now being appointed as performance director, I've developed an insight over the years, into many different aspects of our sport. I'm excited about working with our fantastic teams across all of the programmes to become the best we can be."



*Ivan Lawler MBE  
President of BC*



*Bronagh Kennedy  
Independent Director BC*



*Professor John Coyne CBE  
Chair of BC*

### Canoeing recognised in New Year Honours list

Four Sprint gold medallists were recognised in the Queen's New Year Honours list. Liam Heath, Jeanette Chippington, Emma Wiggs and Anne Dickins were all awarded an MBE, in recognition of their outstanding performances at the Rio 2016 Olympic and Paralympic Games last summer.

To end an already amazing year, my best ever, with an MBE is such an honour, I really couldn't ask for anything more. Being able to represent Team GB in Rio was an honour and a dream, but to be recognised in this way means so much. I'd like to thank those that have been with me every step of the way; I wouldn't have achieved the success I have without such loving and amazing support behind me.

**Liam Heath**

I am truly so proud to be receiving an MBE. Having represented GB at six Paralympic Games I am proof that hard work, dedication and with love and support from family and friends can result in great achievement. Winning the first ever Paracanoe gold medal in Rio was a dream come true and being awarded the MBE is the ultimate recognition.

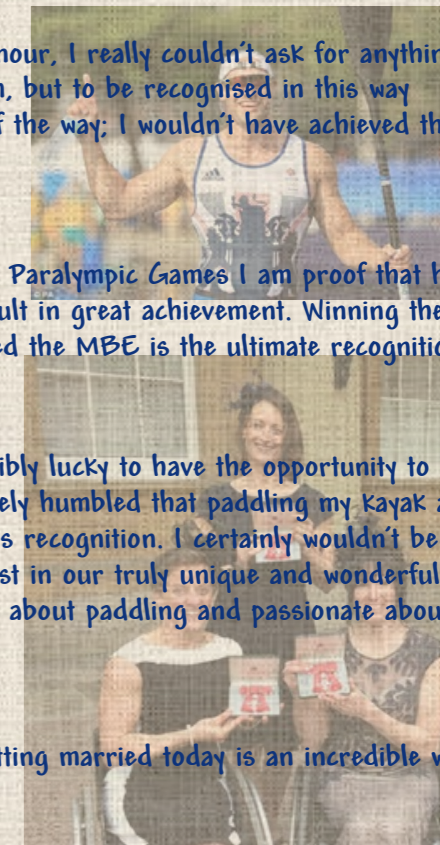
**Jeanette Chippington**

I'm utterly speechless and overwhelmed to receive an MBE. I feel so incredibly lucky to have the opportunity to be part of British Canoeing and the wider British Paralympic team and extremely humbled that paddling my kayak and working so hard to be better today than I was yesterday, has resulted in this recognition. I certainly wouldn't be here without the phenomenal team of staff, volunteers and other athletes that exist in our truly unique and wonderful sport, so I would like to accept this on behalf of everyone who is passionate about paddling and passionate about performance.

**Emma Wiggs.**

"To be recognised on the honours list for our achievements in Rio and getting married today is an incredible way to end this amazing year."

**Anne Dickins**



### 90 medals for British Canoeing Athletes in 2016

Did you know that during 2016 British Canoeing athletes gained 90 medals at World and European competitions, comprising of 39 gold medals, 26 silver medals and 25 bronze medals?

2016 Olympic Games, Rio, Brazil

Gold Medal: Liam Heath (MK1 200m) Silver Medal: Liam Heath and Jon Schofield (MK2 200m)

ECA European Championships, Moscow, Russia

Gold Medal: Liam Heath (MK1 200m) Silver Medal: Jessica Walker (WK1 200m)



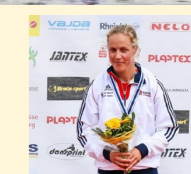
ICF Junior & Under 23 World Championships, Minsk, Belarus

Silver Medal: Magnus Gregory (MK1 1,000m Jnr)  
Bronze Medal: Trevor Thomson and Noah Dembele (MK2 200m Jnr)



ECA Junior & Under 23 European Championships, Plovdiv, Bulgaria

Gold Medal: Luke Harding & Magnus Gregory (MK2 1,000m Jnr)  
Silver Medal: Trevor Thomson & Noah Dembele (MK2 200m Jnr)  
Bronze Medal: Emily Lewis (WK1 200m U23)



ICF World Cup 2, Racice, Czech Republic


Gold Medal: Liam Heath (MK1 200m) Gold Medal: Lani Belcher (WK1 5,000m)  
Silver Medal: Rebii Simon (WK1 1,000m) Bronze Medal: Liam Heath and Jon Schofield (MK2 200m)

ICF World Cup 1, Duisburg, Germany

Bronze Medal: Katie Reid (WC1 200m) Bronze Medal: Liam Heath (MK1 200m)

Olympic Qualification (2nd round), Duisburg, Germany

Bronze Medal: Lani Belcher & Angela Hannah (WK2 500m)



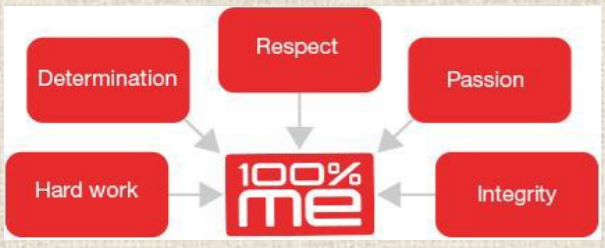
**Protecting the Right to Participate in Clean Sport**

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### What is 100% me?

#### What Does 100% me Represent?

100% me is about living, communicating and promoting the values of clean sport through clean and fair competition. These key values are:



100% me is a values based programme that informs, supports and educates athletes throughout their careers by providing practical anti-doping advice and guidance to ensure they are aware of the risks and responsibilities associated with anti-doping in sport. The programme provides key messages and workshops tailored to each stage of an athlete's pathway.

100% me is about living, and promoting the values of a clean athlete. Its core principles emphasise the values of hard work, determination and commitment as the key to success, whilst highlighting the ways in which athletes can protect everyone's right to compete in clean sport.

#### How Can 100% me Help?

The 100% me programme has a wide range of resources and tools, including fact sheets, an eBook, an App, interactive workshops, webinars, inductions and outreach at key events that are delivered in a tailored manner by stage of development and sport.

#### Where Can I Find More Information?

For more information about 100% me visit [www.ukad.org.uk/athletes](http://www.ukad.org.uk/athletes) or contact [education@ukad.org.uk](mailto:education@ukad.org.uk)

#### Get Involved

Be a part of 100% me and keep up-to-date with all our news by registering on this website. Join 100% me on Facebook at [www.facebook.com/100percentme.uk](http://www.facebook.com/100percentme.uk)



# Paddler's Post



## April 2017

### People who have moved on since September

#### John Anderson MBE



John has resigned as Performance Director after 20 years at the helm of the sport's performance programme. During that time he has led the sport through an unprecedented period of success at world, Olympic and latterly Paralympic level, culminating in canoeing's most successful ever Games in Rio last year. Additionally, John established the first ever GB Paracanoe programme in 2011, building a first class coaching and support team and introducing talent identification initiatives to identify and develop Paracanoe athletes capable of success in Rio 2016, canoeing's first ever inclusion in the Paralympic Games.



#### Canoe Sprint Head Coach, Alex Nikonorov, moves to a senior coaching role with the Chinese national team.

Alex, who joined British Canoeing 16 years ago from Russia, has been the inspiration behind Great Britain's hugely successful men's 200m sprint programme and stepped up to the role of Head Coach in mid 2015.

#### Technical coach Miklos Simon.

Miklos has returned to work in his native Hungary, after 10 years working with British Canoeing, initially with juniors and U23 level athletes, before working with the women's Olympic programme.

A phenomenally successful coach with a depth of knowledge and understanding who has worked with athletes across senior, junior, and U23. All 18 reached EC or WC A Finals and won 4 WC medals and 4 EC medals. His athletes won the first ever Senior Women's World Sprint medal and the first ever senior Women's Gold medal at a sprint event.

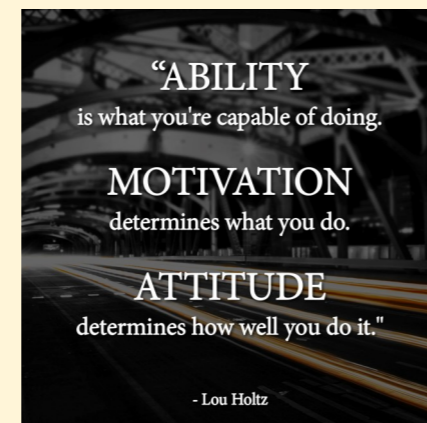


### Promotions from Sept 16 Sprints:

RLS	T Dowden	to Boys A	RIC	D Johansson	to Mens A
BAN	M Harper	to Boys A	ROY	G Mitchell	to Mens A
RLS	J Smithson	to Boys A	CLM	K Moule	to Mens A
BAN	A Urquhart	to Boys A			
			CLM	M Duffield	to Mens B
FOY	M Collinge	to Boys B	WYC	J New	to Mens B
RIC	A Fegent	to Boys B	CNI	J Young	to Mens B
ELM	M Foley	to Boys B			
DEV	A Sheppy	to Boys B	CLM	D Mitchell	to Mens C
FOY	T Steer	to Boys B	TTO	S Pierre	to Mens C
WOP	B Teasdale	to Boys B	TTO	J Roberts	to Mens C
			CLM	T Stanway	to Mens C
RDG	D Atkins	to Boys C			
CNI	J Calder	to Boys C	FOX	T Maraun	to Masters B
ELM	S Gunn	to Boys C			
BAN	L Johnson	to Boys C	LON	M Pearce	to Masters C
CLM	A Strong	to Boys C	RDG	S Senk	to Masters C
			PEN	C Skeath	to Masters C
WOR	K Brookes	to Girls C	LON	Willcock	to Masters C
ROY	E Slack	to Girls C			
			RLS	L Crossley	to Ltng A
BAN	A Turner	to Wms A	WEY	C Haws	to Ltng A
			GLW	A Malcolm-Gourley	to Ltng A
HPP	T Clayton	to Wms B	LGW	K Sroka	to Ltng A

WHEN COACH  
CORRECTS YOUR  
TECHNIQUE

BUT YOU WERE  
DOING GOOD



#NottsRegatta

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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@galleycc.co.uk](mailto:L.Clive@galleycc.co.uk)

#### Ed McKeever MBE

The fastest man on water at the London 2012 Olympic Games announced his retirement from the sport of canoe sprint after an impressive career spanning 17 years.

The 33 year-old from Bradford-on-Avon, often referred to as the 'Usain Bolt of the water', claimed the first ever Olympic gold in the men's single kayak over 200m in London. In doing so, he won Team GB's 26th gold medal of the Games.

"I am looking at the best way to stay involved with canoeing. It is something I have a passion for and I have really enjoyed it throughout my life, so I am certainly keen to continue in some way."



#### Louisa Gurski

Announcing her retirement from canoe sprint is double Olympian Louisa Gurski (was Sawers) who has been a mainstay of the women's K4 500m crew over the last two Olympic cycles.



Amongst her numerous achievements, she ranks the fifth place in the K4 500m at London 2012 in front of a home crowd as the highlight.

Louisa has always attributed much of her success, particularly in the marathon, to her strong club roots,

"Elmbridge is where everything began for me and it was the great culture at the club that was instilled in me from the start. You worked so hard in every session, yet it was fun and where I learnt all my boat skills and tactics."