

Paddler's Post

June 2017

WORLD CUP 1 IN MONTEMOR-O-VELHO (19-21 MAY)

The team was largely a new look team of up and coming talent in Portugal.



In "sublime racing conditions" Lizzie Broughton won GB's first medal, silver in the non-Olympic women's K1 1000 event. "I was happy to get out there and put a good race together," said Broughton, her first time in an international sprint regatta. "I'm always a bit slow off the start so I knew I had to stick at my own thing but I knew in the middle it would all settle down."

In the Men's K2 1000, Mathew Bowley and Daniel Johnson finished fifth in the A Final against a strong field. For over half the race they had held third place before crossing the line just over a second off the medals. "I think we felt pretty spot on most of the way down the final," said 22-year-old Johnson. "We had a little dip in speed from 700-800 metres but otherwise felt we got everything right. It was definitely on the top of what we thought we could get if we got everything right - and that's what we did today."

Marathon specialist Zygy Chmiel took bronze in men's K1 5000m.



For athletes on the 'Girls4Gold' programme, GB got a one-two in the C2 200m. Bethany Gill and Chloe Bracewell took gold, having dominated the race and there was silver for Nia Tomos and Sian Mills



Senior team paddler Jon Boyton achieved a 5th place in the K1 1000m Olympic distance, which was topped today by a 4th in the K1 500m event and a 7th place in the K1 5000m, to cement his best ever World Cup results. "We had a hard winter getting the work done, nothing particularly special just keeping our heads down. My target this season is to make top eight at the World Championships in Racice."

Two bronze medals were added in the final events the K1 5000m, courtesy of marathon specialists Lizzie Broughton and Zygy Chmiel who placed 6th in the equivalent men's event.



WORLD CUP 2, IN SZEGED, HUNGARY (26-28 MAY)

23 GB athletes made up the mixed team for WC2. Olympians and up and coming youngsters were all there. Tom Lusty finished second in the men's K1M 1000 B Final, Heather Williams said "Tom Lusty performed amazingly well, up against some incredible athletes in the K1 1000m." Jon Boyton in eighth place in the same race.



Lani Belcher was ninth in the women's K1W 500 B Final.

K1W 1000m: Rebeka Simon (Elmbridge) came 4th in the A Final with The winner only one second off the world record. "I'm happy with my race, how I did and the time, but fourth position is never really something you can be fully happy with. So I'm happy and not happy at the same time,"



Liam Heath (Wey) 1st in the K1M 200m winning the Gold medal just 0.05 seconds ahead of Maxime Beaumont from France. "You never know in 200m racing if you have won when you cross the line. You just have to focus on your own race, put your head down, push it as hard as you can like you would doing your own time trial and see where you come out."

Jon Schofield, also contested the A Final and finished 9th. Jon & Liam have been forced to both focus on the single kayak event, since the K2 200m has been dropped from the Olympic programme for Tokyo 2020.

A new duo in the K2 500m Deborah Kerr & Emily Lewis achieved an excellent 6th place in the A Final.



K4W 500m Lani Belcher (Elmbridge), Hannah Brown (Bradford on Avon), Hayleigh Mason (Nottingham), Angela Hannah (Banbury) came 9th in the A Final

At Piestany International in Slovakia, Great Britain's junior athletes also enjoyed success

- * U18 500m K2 pair of Renee Myburgh (ROY) and Rachael Kneen (FOR) won bronze.
- * U16 Alex Greaves (RLS), Fred Kemp (RDG), Edward Nightingale (BOA) and Andras Kereszturi (EAL) came fifth in the K4 500m final.
- * Freya and Enya Dale (FOX) came fifth in the under 16 K2 500m final.
- * Teuan James (FOR) K1 200m Junior Men - Silver
- * Zoe Clark (ROY) K1 200m Girls - Silver
- * Enya Dale (FOX) K1 200m Girls - Bronze
- * Zoe Clarke & Enya Dale K2 200m Girls - Silver
- * Alex Grieves (RLS) & Fred Kemp (RDG) K2 200m Boys - Bronze

Coach, Brendan Stead said: "It was a really strong performance from the team. This is really promising for the next cycle, that we have such a strong group coming through."

Another milestone this month was the formal handover from GB Performance Director, John Anderson MBE to his successor Paul Ratcliffe.

After 20 years in the role with British Canoeing, this is absolutely the right time for me to hand over the baton to Paul. I wish him, our athletes, coaches and British Canoeing all the very best as they start out on the next Olympic cycle.

– John Anderson MBE

Paul Ratcliffe commented: "I would like to formally thank John for everything he has done for our sport over the last 20 years. He has been a great colleague, mentor and friend and will undoubtedly be a hard act to follow. I am now looking forward to taking on this new challenge, as we start out on the journey to Tokyo 2020."



Promotions from May 17 Sprints:

ROY	L KIRTON	to Mens A	ROY	A AVERY	to Girls C
SLP	R O'CONNOR(J)	to Mens A	WEY	Z BRATTISANI	to Girls C
CLM	J RUSSELL	to Mens A	GLW	H CLARKSON	to Girls C
BAN	R JEFFERIES	to Mens B	ADS	S GADD	to Girls C
GLW	A LENNIE	to Mens C	NOR	A ROGHI	to Girls C
WEY	T LODGE	to Msts A	NOR	K WALKER	to Girls C
RDG	D ATKINS	to Boys A			
SPS	J BROCKWAY	to Boys A	FOX	K AYRAN	to Ltng A
NOR	J HOW	to Boys A	BRB	W BARTUSIK	to Ltng A
RLS	T HOWLETT	to Boys A	NOR	E DUFFIELD	to Ltng A
NOR	T BOOTH	to Boys B	RLS	K GRIFFIN	to Ltng A
FOX	J MILLARD	to Boys B	GLW	N FISHER	to Ltng A
LIN	P MONGAN	to Boys B	ADS	H PEMBLE	to Ltng A
SLP	C SLATTERY	to Boys B	LIN	C SIMMONS	to Ltng A
SLP	R SLATTERY	to Boys B	NOR	R SMITH	to Ltng A
WEY	P MORRIS	to Boys C	RLS	J SPENCER	to Ltng A
NOR	C SMITH	to Boys C	BRB	W STEVELY	to Ltng A
NOR	Z TAYLOR	to Boys C	BRB	S STEVELY	to Ltng A
FOX	K TODD	to Boys C	NOR	M TAMBLIN	to Ltng A
NOR	B WANT	to Boys C	LRK	H TOOVEY	to Ltng A
			SER	M WIGGINS	to Ltng A
WEY	T FARRANT	to Wms C	LKR	L WYNNE	to Ltng A
SER	E CHURCHILL	to Girls A			
ROY	Z CLARK	to Girls A	HPP	T SPENSER-WINYARD	to Wms B
FOX	E DALE	to Girls A	HPP	E WEBB	to Wms B
HPP	A BURGESS	to Girls B			
HPP	M LITTLEWOOD	to Girls B			
WEY	R SWIFT	to Girls B			
SER	M WIGGINS	to Girls B			
SOU	C BLACKER	Canoe Mens C			
LEE	T LAMBERT	Canoe Boys B			
SOL	O COOK	Canoe Boys C			

100% Me What risk is there with taking supplements?

Why are They Such a High Risk?

Supplements can present a high risk for several reasons: Some supplements contain banned substances. Some supplements can be contaminated during the manufacturing process.

Some supplements will list ingredients on the label Differently to how they would appear on the Prohibited List Risk of counterfeit (fake) supplements, especially when purchased online.

You will no doubt have seen athletes taking supplements or well-known athletes endorsing them in advertising campaigns. Our advice to you should you be considering using supplements is to assess the need, risks and consequences before using supplements.

Assess the Need (AN)

UKAD's advice is that diet, lifestyle and training should all be optimised before considering supplements.

Assess the Risk (AR)

If an athlete makes the decision to use supplements, they should assess the associated risks and make informed decisions about the products they opt to use

Assess the Consequences (AC)

Is the risk worth the gain? If it does contain banned substances how will this affect your career? It can be very difficult to prove that the presence of banned substances from supplements were through no significant fault on your part as you already know there is a risk in taking them.

Remember **ANARAC** (do your research) when thinking about using supplements. <http://ukad.org.uk/education/athletes>



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Email: L.Clive@gaileyc.co.uk