

Paddler's Post

September 2017

WELL DONE TO ALL OUR MEDAL WINNERS SINCE JULY



DON'T FORGET SUPER SEPTEMBER!

British Canoeing are having a 'Super September,' a series of events across the month of September.

2/3 September – Sprint & Paracanoe National Champs

The Sprint and Paracanoe National Championships is the first event to feature in Super September. Based at Holme Pierrepont, there will be a host of high profile athletes and Olympic medallists taking part in a bid to become National Champion, so it is an event not to be missed.

9/10 September – Canoe Polo National Champs – HPP

16/17 September – Slalom British Open, Rafting & More – Lee Valley White Water Centre

24 September – Marathon Hasler Finals - Richmond CC.

30/1 September/October – Freestyle European Open & British Championships – HPP

Between 1pm and 2pm on Saturday there are planned interviews with our top athletes. Club members will have the chance to listen and talk with them. Later on they will be taking part in presentations, signing autographs and posing for photographs (if you ask them nicely)

Listen to commentary for more details and times.



sky SPORTS

There are still a couple of the Go Canoe programmes to be broadcast on Sky Sports.

The programmes focus on the British athletes as they compete in the International Canoe Federation Slalom and Sprint World Cup events. It will also include tutorials - introducing the various disciplines within the sport, together with magazine features about clubs, trails, adventures and athletes.

If you have watched them we'd love to hear any feedback.

The first Go Canoe! show will be broadcast on Sky Sports on Monday 24th July. The final programmes are:

Programme 7	04 September 2017	21:00
Programme 8	11 September 2017	21:00

Winning a Tiddlywink!

Ok, so for many people you may think what's all the fuss about? Well if you are 10 years old, it's a big achievement, but if you've also had surgery to remove a brain tumour its massive.

Many paddlers & families may have seen Matthew around the races last year wearing a neck brace. This is because Matthew has a little known condition called Neurofibromatosis Type 2, or NF2 (google it). As a result he had a tumour develop in his brain stem & it had to be removed in a 12 hour surgery in December 2015.

Matthew has had to relearn to balance, walk and his core is still a little floppy. He wasn't allowed to do any physical activity for months, but was allowed to paddle when tiredness allowed. He was back paddling just 5 months after surgery & competed in Hasler races & regattas last year.

This year the Neck brace has gone, he's allowed to run, ride his bike and be a normal little boy. This doesn't mean he doesn't get tired, because he does and this weekend was no exception. He also made a new friend in Para Athlete Fran, who gave loads of advice and inspiration.

However, all this aside, the June regatta will be remembered for being his best to date & all because he won a tiddlywink. Thank you to Norwich for the K4 seat that allowed this to happen.



Promotions from July 17 Sprints:

ELM	Z Benstead	Boys B	SER	J Mann	Girls B
WEY	P Lewis	Boys B	ROY	E Slack	Girls B
PAN	J MacNab	Boys B	RDG	L May-Smith	Girls C
FOX	B Morris	Boys B	ADS	B Pemble	Girls C
EAL	J Rosenfeld	Boys B	FOR	L Dowling-Clarke	CGirls B
SOU	J Gilbert-Johns	Boys C	HPP	A Aitchison	CGirls C
NOT	J Hubner	Boys C	FLA	M Bradley	CGirls C
SLP	O Mulligan	Boys C	HPP	C Carey	CGirls C
RIC	L Phillips	Boys C	FOR	N Keenan	CGirls C
CLM	J Pirmhamedov	Boys C			
CLM	W Stroud	Boys C			
RIC	D Kleta	CBoys C			
DEV	A Sheppy	Mens B			
NOR	D Terry	Mens C			
EAL	M Villaruel	Mast C			

DON'T FORGET

The Sprint Racing Section's **Annual Consultative Meeting**

75 mins after the last race on Saturday

It will be an exciting meeting with a new committee to be voted in and lots of items up for discussion.

For further details see:

<http://canoeracing.org.uk/sprint/annual-consultative-meeting-acm/>

#NottsRegatta

Thanks for donations from: <http://www.ukad.org.uk>
 British Canoeing website <http://my.puzzle-maker.com/>
 Jonathan Males / Performance 1 / sportszene.tv
 A&F Cook (article) T Gregory (photos)

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@gaileycc.co.uk