

'A Year of Changes and Building for the Future for the Sprint Performance Programme'

Overview

The 2017-2018 season has been a year of big changes to the Canoe Sprint Performance programme but also a year where a significant amount of work has gone on to develop greater collaboration and build relationships with clubs.

Performance Staffing

11 new appointments have been made since September 2017 (including a coaching restructure in Sprint programme with Rene Olsen moving into a position of Head Coach and the Para programme recruiting Scott Simon as Head Coach):

Rene Olsen – Head Coach (Sprint)

Scott Simon – Head Coach (Para)

Zof Campbell – Performance Wellbeing Coach

Justine Willmott – Team Manager (Sprint)

James Train – Podium Coach Women's Canoe

Tim Brabants – Podium Technical Coach (Speed)

Kristina Medovcikova – Podium Potential Head Coach

Andy Penhallurick - Podium Potential Technical Coach (Endurance)

Jude Spiers – Physiotherapist

Rebecca Robinson – Chief Medical Officer

Matt Thompson – Sports Psychologist

The Talent programme has also seen a recent restructure with Rich Ramsdale appointed as Head of Talent and a Talent Club Partnership Manager is going out to recruitment. Mark Hoile decided not to apply for a role in the restructure. British Canoeing would like to thank Mark for his significant contribution to the Talent programme and wish him well for the future.

Chris Calvert is also leaving Canoeing to join the Nottinghamshire Police Force. Chris joined us as our Operations and Maintenance support in April 2017, but has been part of British Canoeing for many years and his presence will be missed at Holme Pierrepont.

Results from Sprint & Paracanoe major events in 2018 (where athletes achieved a top 12 placing)

1 Silver and 5 A Finals (3 A Finals in Olympic Classes)	Sprint World Cup 1, 18th to 20th May, Szeged, Hungary	
Lizzie Broughton	K1 W 5000	2nd
Lizzie Broughton	K1 W 1000	4th
Stelian Naftanalia / Trevor Thomson	K2 M 200	4th
Jessica Walker	K1 W 200	6th
Deborah Kerr, Hannah Brown, Emily Lewis, Amy Turner	K4 W 500	7th
Jonathan Schofield	K1 M 200	10th
Katie Reid	C1 W 200	9th
2 Gold 2 Silver 2 Bronze & 3 A Finals	Paracanoe World Cup 1 17th to 20th May, Szeged, Hungary	
Emma Wiggs	VL2 W 200	1ST
Emma Wiggs	KL2 W 200	1ST
Jeanette Chippington	VL2 W 200	2ND
Charlotte Henshaw	KL2 W 200	2ND
Jeanette Chippington	KL1 W 200	3RD
David Phillipson	VL3 M 200	3RD
Robert Oliver	KL3 M 200	4TH
Ian Marsden	KL1 M 200	5TH
Jonathan Young	KL3 M 200	5TH
Nicholas Beighton	KL2 M 200	6TH

1 Gold, 1 Bronze, 5 A Finals (1 Bronze, 3 A Finals in Olympic Classes)	Sprint World Cup 2, 25th-27th May, Duisburg, Germany	
Lizzie Broughton	K1 W 1000m	1st
Katie Reid	C1 W 200m	3rd
Lizzie Broughton	K1 W 5000m	5th
Thomas Lusty	K1 M 1000m	5th
Jessica Walker	K1 W 200m	6th
Chloe Bracewell	C1 W 500m	7th
Emily Lewis, Deborah Kerr, Rachel Cawthorn, Hannah Brown	K4 W 500m	7th
Jonathan Schofield	K1 M 200m	10th
Rebeka Simon	K1 W 500m	12th
Thomas Lusty	K1 M 1000	12th

Congratulations to Katie Reid for achieving a podium finish in the WC1-200 and also to Lizzie for her Gold medal in the WK1-1000 in Duisburg.

2 A Finals (1 A Final in Olympic Class)	Sprint European Championships, 8th to 10th June, Belgrade, Serbia	
Chloe Bracewell	C1 W 500	7th
Katie Reid	C1 W 200	8th
4 Gold, 4 Silver, 1 Bronze, 3 A Finals	Paracanoe European Championships, 8th to 10th June, Belgrade, Serbia	
Emma Wiggs	KL2 W 200	1st
Jeanette Chippington	KL1 W 200	1st
Emma Wiggs	VL2 W 200	1st
Dave Phillipson	VL3 M 200	1st
Jeanette Chippington	VL2 W 200	2nd
Jeanette Chippington	KL2 W 200	2nd
Charlotte Henshaw	KL2 W 200	2nd
Nick Beighton	KL2 M 200	2nd
Jack Evers	VL3 M 200	3rd
Rob Oliver	KL3 M 200	5th
Jonny Young	KL3 M 200	6th
Dave Phillipson	KL2 M 200	7th

An impressive medal haul by our GB Paracanoeists – congratulations to all medallists

2 Bronze, 5 A Finals in U23 Events (1 Bronze, 3 A Finals OC) 1 Silver, 4 A Finals in Junior Events (1 Silver, 3 A Finals OC)	Sprint Jnr & U23 European Championships, 28th June to 1st July, Auronzo, Italy	
Emma Russell	K1 W Jnr 500m	2nd
Afton Fitzhenry	C1 W U23 200m	3rd
Rebii Simon	K1 W U23 1000m	3rd
Ruth Bennett, Afton Fitzhenry	C2 W U23 200m	4th
Emma Russell	K1 W Jnr 1000m	5th
Ruth Bennett, Afton Fitzhenry	C2 W U23 500m	6th
Philip Miles	K1 M Jnr 1000m	7th
Ieuan James	K1 M U23 200m	8th
Charlie Smith, Zygy Chmiel	K2 M U23 1000m	9th
Rebii Simon	K1 W U23 500m	9th
Luke Shaw, Andras Kereszturi	K2 M Jnr 1000m	10th
Ben Gallacher	K1 M Jnr 200m	11th

2 A Finals in U23 Events (1 A Final OC) 1 Bronze, 1 A Final in Junior Events (1 Bronze in OC)	Sprint Jnr & U23 World Championships 26th to 29th July, Plovdiv, Bulgaria	
Emma Russell	K1 W Jnr 500m	3rd
Emma Russell	K1 W Jnr 1000m	4th
Ruth Bennett, Afton Fitzhenry	C2 W U23 500m	8th
Ruth Bennett, Afton Fitzhenry	C2 W U23 200m	9th
Philip Miles	K1 M Jnr 1000m	11th
Enya Dale	K1 W Jnr 200m	11th
Ieuan James, Trevor Thomson, Noah Dembele, Stelian Naftanalia	K4 M U23 500m	11th
Afton Fitzhenry	C1 W U23 200m	12th

Emma Russell showed her potential and also quality and consistency in medalling at both the Junior European and World Championships. At the U23 & Junior Euros it was also great to see Afton Fitzhenry achieve a medal in Women's C1-200 and Rebi Simon in the WK1-1000 but also promising that 9 A Final places achieved across the U23 & Junior Euros events.

2 Gold, 2 Silver, 3 Bronze, 7 A Finals (2 Gold, 2 Silver, 2 Bronze, 7 A Finals in Paralympic Classes)	Paracanoe World Championships 21st to 25th August, Montemor O Velho	
Charlotte Henshaw	KL2 W 200	1st
Emma Wiggs	VL2 W 200	1st
Emma Wiggs	KL2 W 200	2nd
Jeanette Chippington	VL2 W 200	2nd
Charlotte Henshaw	VL3 W 200	3rd
Jeanette Chippington	KL1 W 200	3rd
Jack Eyers	VL3 M 200	3rd
Robert Oliver	KL3 M 200	4th
David Phillipson	VL3 M 200	4th
Ian Marsden	KL1 M 200	6th
Nick Beighton	KL2 M 200	7th
Chelsey Dixon	KL3 W 200	9th
Jonathan Young	KL3 M 200	11th
David Phillipson	KL2 M 200	12th
1 Gold, 1 Silver, 1 A Final (1 A Final in Olympic Classes)	Sprint World Championships 22nd to 26th August, Montemor O Velho, Portugal	
Lizzie Broughton	K1 W 5000	1st
Lizzie Broughton	K1 W 1000	2nd
Jessica Walker	K1 W 200	5th
Thomas Lusty	K1 M 1000	10th
Chloe Bracewell	C1 W 500	11th
Katie Reid, Chloe Bracewell	C2 W 500	12th
Emily Lewis, Deborah Kerr, Amy Turner, Hannah Brown	K4 W 500	12th

Results from the Paracanoe programme: Great Britain came away from the World Championships with 6 medals in Paralympic Classes despite the increase in strength and depth of international competitors. Many congratulations to all the medal winners and it was great to see World Championship debutants David Phillipson and Chelsey Dixon reaching A Finals in competitive fields and Charlotte Henshaw attaining her first World title in Canoeing. Emma Wiggs and Jeanette Chippington's contribution to the medal haul at the Paracanoe Worlds and Europeans.

On the Sprint side, one A Final result in an Olympic Class was disappointing, particularly given how well training was going in the lead into the event. Jess Walker however did achieve her highest ever placing at a Worlds – 5th in the WK1-200 and only 0.1 seconds from a medal. Tom Lusty continued to show his potential and progress with 10th place in the MK1-1000.

Lizzie Broughton's medals in the WK1-1000 and 5k were impressive as was her quiet determination and tactical awareness.

Whilst the Sprint results at the 2018 Senior Worlds were disappointing, closer analysis does show that improvements were made in most Olympic classes from the 2017 Worlds through closing the gap to medal (% off medal winning time):

2017 World Championships Results

Olympic events							Gold%	Silver%	Bronze%
K1W	200 Jess Walker	15	41.18	38.433	38.996	39.564	107.1	105.6	104.1
K1M	200 Liam Heath	1	33.733	33.733	34.07	34.439	100.0	99.0	97.9
C1W	200 Katie Reid	10	49.139	45.478	46.136	47.178	108.1	106.5	104.2
K1W	500 Rebeka Simon	13	116.324	108.421	108.71	110.465	107.3	107.0	105.3
K2W	500 Angela Hannah, Hannah Brown	SF	109.202	98.687	100.582	100.804	110.7	108.6	108.3
K4M	500 Joe Beevers, Lewis Fletcher, Stelian Naftanaila, Matt Robins	SF	85.004	77.734	78.371	78.729	109.4	108.5	108.0
K4W	500 Emily Lewis, Deborah Kerr, Rebeka Simon, Amy Turner	9	95.715	89.784	90.084	90.215	106.6	106.3	106.1
C2W	500 Bethany Gill, Afton Fitzhenry	15	132.502	116.752	117.264	117.858	113.5	113.0	112.4
K2M	1000 Matt Bowley, Dan Johnson	SF	205.599	188.647	190.725	190.853	109.0	107.8	107.7
K1M	1000 Magnus Gregory	SF	227.579	207.754	207.993	208.576	109.5	109.4	109.1
C2M	1000 Iain Weir, Jonathan Jones	SF	235.635	211.613	211.955	213.123	111.4	111.2	110.6
							108.4	107.5	106.7

2018 World Championships Results

Olympic events							Gold%	Silver%	Bronze%
K1W	200 Jess Walker	5	40.728	38.821	40.548	40.585	104.9%	100.4%	100.4%
K1M	200 Jon Schofield	17(SF)	35.997	35.259	35.366	35.512	102.1%	101.8%	101.4%
C1W	200 Katie Reid	16	49.368	45.567	46.242	46.812	108.3%	106.8%	105.5%
K1W	500 Rebeka Simon	13	113.737	107.254	107.984	108.724	106.0%	105.3%	104.6%
K2W	500 Emily Lewis, Deborah Kerr	17 (H)	107.282	103.065	103.088	105.589	104.1%	104.1%	101.6%
K4M	500 Jon Schofield, Liam Heat, Lewis Fletcher, Matt Robinson	13	84.931	80.056	80.423	81.48	106.1%	105.6%	104.2%
K4W	500 Emily Lewis, Deborah Kerr, Amy Turner, Hannah Brown	12	98.166	93.761	93.771	94.568	104.7%	104.7%	103.8%
C2W	500 Katie Reid, Chloe B	12	132.529	116.395	118.632	120.485	113.9%	111.7%	110.0%
K2M	1000 Tom Lusty, Dan Johnson	18	209.759	195.797	196.617	197.407	107.1%	106.7%	106.3%
K1M	1000 Tom Lusty	10	212.943	207.666	208.391	209.177	102.5%	102.2%	101.8%
							106.0%	104.9%	103.9%

Crew Boat Process

A new crew boat selection process was launched this year which incorporated a Fast Start Strategy. Data from competitions shows some success to the Fast Start Strategy with GB boats featuring in the top 4 for the first half of races. The crew boat process next season will build on this and work on maintenance of speed at the back end of races.

Selection policy

Following feedback on previous year's policies, a first past the post selection process was implemented for domestic regattas and selection from international events onto Worlds and Europeans. On the whole, the process ran smoothly but there will be further adaptations to improve the policy for next season. The policy has gone out to consultation with a view to being finalised before December. Thank you to all IP members for their input this season.

ICF still has not published the Olympic Qualification System for Tokyo 2020, so we are awaiting this to be finalised before a Tokyo Olympic Selection Policy can be progressed.

National Regattas & April Individual Boat Selection Event

This year we were blessed with the weather for nearly all our regattas and selection events. The Crew Boat selections were determined from the April regatta and Individual Boat Selections from a 'standalone' Individual Boat Selection event held in April 2 weeks later. Special thanks to the Sprint Regatta Committee and volunteers for staging the additional event this year and for all their hard work and dedication throughout the season and support to the performance programme in scheduling of events.

Talent Club Partnership Programme

This year, the Talent Club Partnership Programme was launched as part of the national Stronger Together strategic plan. The England Talent Programme is committed to supporting and working in partnership with English performance focused clubs during the Tokyo Olympic cycle by providing additional engagement,

resources and support. The Talent Club Partnership programme facilitates the opportunity for clubs to work as an integral part of the athlete development process and our future Olympic successes. This club partnership programme aims to build a world leading club development system which supports every athlete to be the best they can be and helps to support the development of more performance coaches within the British Canoeing pathway. The response to the launch was really positive and we are really pleased to have 6 clubs on board for the Sprint programme (Elmbridge Canoe Club, Norwich Canoe Club, Reading Canoe Club, Royal Canoe Club, Royal Leamington Spa Canoe Club and Wey Kayak Club)

Culture Health Check

The results from UK Sport's culture health check have recently been released. Thanks to all who took part in the survey (athletes, support staff and stakeholders). Results show a promising shift in Culture in the Sprint programme, notably improvements in what athletes, staff and stakeholders 'see, hear, feel' on a daily basis.

Performance Wellbeing

The Performance Wellbeing Strategy and Action Plan was launched in late 2018 and Performance Wellbeing Group set up in September 2018. Zofia Campbell is employed full time as Performance Wellbeing Coach and the BC Website has a whole area dedicated to Performance Wellbeing. We have received very positive feedback from UK Sport, athletes, staff and stakeholders on the proactive work that has been done in the area of Performance Wellbeing within British Canoeing in light of athlete welfare and duty of care issues highlighted within the sport but also across performance sport as a whole.

Next season

Looking ahead towards 2019, the focus will be on Olympic and Paralympic Qualification and maximising the number qualification slots available.