

## Performance Report for SRC ACM 2019

### Overview

The main focus for the 2019-20 season for the Performance Programme has been to build on work done around culture, wellbeing, staffing and training principles in 2018 and through this maximise the preparations for Olympic and Paralympic Qualification for Tokyo 2020. The second main priority has been on building the Talent Club Partnership and the Backing the Best Programme in racing clubs.

### Results from Senior Sprint & Paracanoe major events in 2019

	Paracanoe European Championships 21st-22nd May, Poznan, Poland (top 12 placings)	
Emma Wiggs	VL2 W 200m	1st
Charlotte Henshaw	KL2 W 200m	1st
Stuart Wood	VL3 M 200m	1st
Jeanette Chippington	VL2 W 200m	2nd
Emma Wiggs	KL2 W 200m	2nd
Ian Marsden	KL1 M 200m	3rd
Robert Oliver	KL3 M 200m	3rd
Laura Sugar	KL3 W 200m	3rd
Jeanette Chippington	KL1 W 200m	3rd
Nick Beighton	VL3 M 200m	3rd
Nick Beighton	KL2 M 200m	4th
Hope Gordon	VL3 W 200m	4th
Jonathan Young	KL3 M 200m	5th
David Phillipson	KL2 M 200m	5th

	Sprint World Cup 1 23rd-26th May, Poznan, Poland (top 12 placings)	
Liam Heath	K1 M 200m	1st
Jon Schofield	K1 M 200m	5th
Afton Fitzhenry	C1 W 500m	6th
Stelian Naftanaila and Trevor Tomson	K2 M 200m	6th
Katie Reid	C1 W 200m	7th
Thomas Lusty	K1 M 500m	11th
	Paracanoe World Cup 1 23rd May-25th May, Poznan, Poland	
Emma Wiggs	VL2 W 200m	1st
Charlotte Henshaw	KL2 W 200m	1st
Emma Wiggs	KL2 W 200m	2nd
Laura Sugar	KL3 W 200m	2nd
Robert Oliver	KL3 200m	2nd
Jeanette Chippington	VL2 W 200m	3rd
Ian Marsden	KL1 M 200m	4th
Hope Gordon	KL1 W 200m	4th
Jeanette Chippington	KL1 W 200m	4th
Nick Beighton	KL2 M 200m	4th
Stuart Wood	VL3 M 200m	5th
Jonathan Young	KL3 M 200m	6th
David Phillipson	KL2 M 200m	7th

Jack Eyers	VL3 M 200m	11th
------------	------------	------

Sprint World Cup 2 31st May-2nd June, Duisburg, Germany (top 12 placings)		
Liam Heath	K1 M 200m	1st
Stelian Naftanaila and Trevor Tomson	K2 M 200m	5th
Lizzie Broughton	K1 W 5000m	7th
Jess Walker	K1 W 200m	8th
Thomas Lusty	K1 M 1000m	11th
Anna Palmer	C1 W 5000	12th

Sprint World Championships, 21st-25th August, Szeged, Hungary		
Liam Heath	K1 M 200m	1st
Lizzie Broughton	K1 W 1000m	3rd
Lizzie Broughton	K1 W 5000m (non-Olympic class)	6th
Rebeka Simon	K1 M 200m	7th
Stelian Naftanaila/ Trevor Thomson	K2 200m	10th
Katie Reid	C1 200m	11th
Afton Fitzhenry	C1 W 500m (non-Olympic class)	11th
Katie Reid/Chloe Bracewell	C2 W 500m	11th
Jess Walker	K1 W 200m	12th
Emily Lewis/Deborah Kerr/Angela Hannah/Hannah Brown	K4 W 500m	13th
Anna Palmer	C1 5000m (non-Olympic class)	13th
Tom Lusty	K1 M 1000m	14th
Daniel Johnson	K1 500m (non-Olympic class)	14th
Matt Bowley	K1 5000m (non-Olympic class)	23rd
Matt Bowley/Ieuan James/Matt Robinson/Lewis Fletcher	K4 M 500m	28th

Paracanoe World Championships, 21st-25th August, Szeged, Hungary		
Charlotte Henshaw	VL3 200m (non paralympic)	1st
Emma Wiggs	VL2 W 200m	1st
Charlotte Henshaw	KL2 W 200m	1st
Emma Wiggs	KL2 W 200m	2nd
Laura Sugar	KL3 W 200m	2nd
Stuart Wood	VL3 M 200m	3rd
Hope Gordon	KL3 W 200m	5th
Rob Oliver	KL3 M 200m	5th
Jeanette Chippington	KL1 W 300m	6th
Ian Marsden	KL1 M 200m	6th
Nick Beighton	KL3 M 200m	9th
Martin Tweedie	VL3 M 200m	9th
Jonny Young	KL3 M 200m	9th
Stewart Clark	VL2 M 200m	10th (1st B final)
Dave Phillipson	KL2 M 200m	10th (1st B final)

## U23 & Junior Results

Sprint Junior and U23 European Championships, Racice, Czech Republic (top 12 placings)		
Dan Atkins	K1 M 200m (Junior)	1st
Philip Miles	K1 M 1000m (Junior)	2nd
Alix Aitchison/Charlotte Carey	C2 W 200m (Junior non-Olympic)	6th
Alix Aitchison/Charlotte Carey	C2 W 500m (Junior)	8th
Charlie Smith/Magnus Gregory	K2 M 1000m (U23)	9th
Emma Russell	K1 W 1000m (U23 non-Olympic)	9th
Zoe Clark/Enya Dale	K2 W 500m (Junior)	9th
Emma Russell	K1 W 500m (U23)	10th
Beth Gill & Lydia Dowling Clarke	C2 W 500m (U23)	10th*
Enya Dale	K1 W 200m (Junior)	12th
Lucy Lee-Smith	K1 W 200m (U23)	12th
Ava Dale, Melissa Johnson, Lucy Lee-Smith, Rachel Kneen	K4 W 500m (U23)	12th
Alix Aitchison	C1 W 200m (Junior)	12th

Sprint Junior and U23 World Championships, 1st August-4th August, Pitesti, Romania		
Daniel Atkins	K1 200m (Junior)	1st
Emma Russell	K1 W 1000m U23 (non-Olympic)	5th
Charlie Smith & Magnus Gregory	K2 M U23 1000m (U23)	7th
Lucy Lee-Smith	K1 W 200m (U23)	7th
Emma Russell	K1 W 500m (U23)	8th
Enya Dale/Zoe Clark	K2 W 500m (Junior)	8th
Zoe Clark	K1 W 500m (Junior)	9th
Emily Hewitt	C1 W 500m (U23 non-Olympic)	9th
Trevor Thompson	K1 200m (U23)	10th
Philip Miles	K1 M 1000m (Junior)	10th
Stuart Bristow	K1 M 1000m (U23)	10th
Melissa Johnson, Ava Dale, Lucy Lee-Smith, Rachael Kneen	K4 W 500m (U23)	11th
Enya Dale	K1 W 200m (Junior)	11th
Andras Kereszturi/Ed Nightingale/Fred Kemp/Philip Miles	K4 500m (Junior)	11th
Freya Peters	K1 W 1000m (Junior non-Olympic)	12th
Alix Aitchison/Charlotte Carey	C2 W 500m (Junior)	12th
Alix Aitchison	K1 W 200m (Junior)	13th
Emily Hewitt	C1 200m (U23)	14th
Stuart Bristow	K1 M 500m (U23)	14th
Zak Benstead/Alex Greaves	K2 M 1000m (Junior)	15th
Bethany Gill/Anna Palmer	C2 W 500m (U23)	17th
Max Littlewood/Noah Dembele/Sam Glover/Peter Quittenton	K4 M 500m (U23)	17th
Bethany Gill/Anna Palmer	C2 W 500m (U23)	17th
Charlotte Carey	C1 W 500m (Junior non-Olympic)	17th
Alexander Armstrong/Kate Hipkins/Elise Churchill/Amelia Skye Cadell	K4 W 500m (Junior)	17th
Thomas Lambert	C1 M 1000m (Junior)	28th

## **Racing Season Highlights**

### **Sprint:**

**Senior:** The Sprint World Championships held in Szeged at the end of August saw one of the biggest fields come together in the history of the sport with some 102 nations competing for athlete quota places in Tokyo. The competition was fierce throughout every event and the strength and depth across the world is increasing as well as the improved broadcasting exposure across different nations that the ICF is starting to reach.

Liam Heath's gold medal performance at the World Championships in Szeged secured his spot in the Men's K1M-200 for the Olympics Tokyo 2020. Liam's extraordinary performance, having been unbeaten in the 2019 season, means he has earned the right to be nominated to the BOA for individual qualification in the K1M-200 event. Lizzie Broughton showed her consistency and high level of performance in the K1-1000 by medalling once again at a World Championships in this event. In the women's Olympic events the K4W-500m crew and Rebii Simon in the K1W-500 events narrowly missed Olympic quota places by just one place with a 13<sup>th</sup> and 7<sup>th</sup> place respectively and a 12<sup>th</sup> place was earned by Jess Walker in the K1W 200 event. In the men's Olympic events Tom Lusty placed 14<sup>th</sup> in the K1M-1000 and the K4M-500 were unable to progress from the heats round. In the canoe women categories Katie Reid placed 11<sup>th</sup> and the C2 partnership of Reid and Bracewell also finished in 11<sup>th</sup> place. Great attitudes, dedication and determination were shown by the whole team throughout the season but unfortunately we left very disappointed as a collective in not securing further Olympic quota places. With all positions now filled for the K4 500m events, the team will now re-focus their efforts on maximising the opportunities for the second round of qualifications next year.

The next round of qualification for Olympic boat quotas for the Canoe Sprint events will be at the 2020 European Canoe Sprint Qualifier which will be held from 6-7 May next year in Račice, Czech Republic. Any remaining places after the European Qualifier will be confirmed at the ICF Canoe Sprint World Cup 2 in Duisburg from 23-25th May 2020.

**U23 & Junior:** Dan Atkins' performances in winning Gold in the K1M-200 at both the Junior World Championships and Junior European Championships was a fantastic achievement. Philip Miles demonstrated his high potential in winning Silver in K1-1000 at the Junior Europeans. The Gold medal by Dan Atkins and 7 A Finals at the U23 & Junior Worlds demonstrates good progress and that we have some promising athletes in the Talent Pathway.

**Olympic Hopes:** The 2019 Olympic Hopes Regatta was held at the newly "refurbished" Slovakian racing and training lake on the outskirts of Bratislava, some 900+ athletes competing in three different age groups (U15, U16 and U17) representing over 30 countries made this the most attended and competitive event in the history of the competition. The team of GB was comprised of athletes from the Scottish Performance Squad and a collection of paddlers representing 11 clubs.

The regatta proves a great experience for athletes to compete against their peers in other countries, with 30 nations attending, the event can legitimately be called an age range World Championships. The team had a strong series of races over the whole regatta making 6 A finals and 15 B finals. Each and every athlete conducted their races by focusing on the process of race day preparation and race delivery processes. By focusing on these aspects the athletes were able to maximise the hard work that had been done in the clubs as they trained and prepared for the regatta.

**Paracanoe:** Congratulations to the Paracanoe squad too who continue to show their dominance in topping the World Championship medal table for an eighth consecutive year, picking up six medals, including three gold, two silver and a bronze. Charlotte Henshaw and Emma Wiggs retained their World titles in the KL2 and VL2 respectively with Jeanette Chippington and Laura Sugar also securing British boat quotas in the KL1 and KL3 events. Stuart Wood topped off a fantastic debut season winning bronze in the VL3, with Rio 2016 Paralympians Rob Oliver and Ian Marsden securing the team a further two spots in the KL3 and KL1. Subsequently, the ICF has confirmed that Great Britain has qualified seven quota places for the Tokyo 2020 Paralympic Games. The next round of qualification for the Paracanoe team will be the 2020 World Championships which are set to be held in Duisburg in May, where the team will be looking to secure quota spots in the final two events, the men's KL2 and VL2.

### **Crew Boat Process**

The crew boat process this season incorporated greater objective markers and built on the work of the Fast Start Strategy with a focus on maintenance of speed at the back end of races.

### **Selection policy**

This season the first past the post selection process was operated for domestic regattas and selection from international events onto Worlds and Europeans. On the whole, the process ran smoothly but there were learnings this year from the extreme weather conditions at the April regatta these will be incorporated in the policy for next season, along with Olympic and Paralympic selection considerations. It is envisaged that the 2020 Selection Policy will be finalised by the end of December. Thank you to all IP members for their input this season. Thanks once to the Sprint Regatta Committee and volunteers for staging for all their hard work and dedication throughout the season and support to the performance programme in scheduling of events.

### **Canoe Sprint Team Buffet and Presentation event**

In May this year the Sprint programme held its first buffet and celebration event, which took place to recognise the team selected for the World Championships. It was also an opportunity to acknowledge and celebrate the achievements of former members of the international team who were presented with commemorative plaques in recognition of their services to canoeing. There was also a touching tribute to one of the most successful sprint athletes in canoeing history, Jon Schofield. Jon retired in May this year and is now working for Canoe Scotland as Head of Performance and Pathways.

### **Talent Club Partnership Programme**

The work of the Talent Club Partnership programme has continued to roll out. Charlie Barwis started in January this year as Talent Club Partnership Manager. Charlie's role is integral in supporting the talent club partners to be as successful as possible at utilising their funding grants to enhance the talent pool at club level. Support to clubs is also extending to club coach development with an initial pilot programme of t for strength and conditioning with a workshop programme facilitated through Matt Thomson from the English Institute of Sport. This will ultimately positively impact upon future success at Junior, U23 and Senior international level.

### **Performance Wellbeing**

In June this year, experts across our three Olympic and Paralympic World Class Programmes came together to create a Mental Health Team for British Canoeing. The Team includes the Chief Medical Officer, Performance Psychology practitioners, our Performance Lifestyle Advisor and Performance Wellbeing Coach. Together the team will develop and deliver the Mental Health Strategy for British Canoeing's World Class and Talent Programmes. The Team members are available to give advice and support to World Class Programme and Talent Programme athletes who are concerned about their own or the mental health of others.

### **Coach Development**

The British Canoeing WCP has set about a new strategic direction for the long term development of coaches in our Talent Partnership Clubs, Talent Programme and World Class Programme. The strategy increases the focus on the development of coaches throughout the whole pathway to help build a robust coaching chain for the long term development of coaches in our sport. The coach development focus will be different at each stage of the pathway from getting the fundamental technical skills in place at junior level through to increasing the amount of bespoke expertise needed at the elite end. This change will see Lee Pooley as Head of Coaching and Qualifications overseeing the new coach development programme to build a community of best practise for coaches to enhance the long term success of our sport.

### **Performance Staffing**

There have been some staffing changes over the course of the season:

Recruits:

Holly Fairclough (Sprint Team Manager – starts 20<sup>th</sup> October)

Sid Sinfield (Performance Coach Developer – starts 4<sup>th</sup> October)

Pete Catterall (Coach Developer England Talent Programme and non-Olympic disciplines– starts 4<sup>th</sup> November)

Jude Spiers (Lead Physio)

Joe Hewitt (Physical Preparation Specialist)

Miki Marciniak (Interim Operations Support)

Charlie Barwis (Talent Club Partnership Manager)

### **Future Plans**

As the Tokyo 2020 Olympic and Paralympic Games draw ever closer, the Performance Department will also be busy over the next few months preparing funding submissions for the Paris 2024 cycle and these plans will be

crucial to the future investment for Canoeing. It is envisaged the initial submissions will be finalised by April 2020 so as not to impact into Tokyo Games preparations.