

CANOE FOCUS

**Major
Championship
Winners - 2019**

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**Ambassador
Round Up**

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Clear Waters
- A Round up
of 2019**

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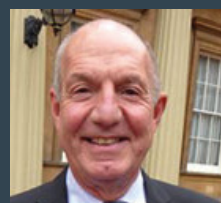
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Welcome

Stronger Together was aptly chosen as the title for the current strategic plan of British Canoeing. It sought to symbolise how the sport could work collectively, to become more than the sum of its parts. It emphasises, at a time when there is division and factions in so many parts of contemporary life that we are stronger, more impactful and more effective when we seek out that which we have in common rather than the minutiae that may divide us. Our strength as a sport and a recreation is rooted in its diversity – of forms, backgrounds, motivations, inclinations and even opinions. But our singular strength is in being a community that works together to ensure that paddling is promoted and valued, that opportunities are extended and that the environment in which paddlers pursue their passion is protected, enlarged and cherished.

We choose to stress this as we have enjoyed a year in which the essence of Stronger Together has been so evident and so rewarding. The activities covered in this issue demonstrate so strongly the journey we are on to be 'Stronger Together'.

The transition of our members and supporters into a pro-active movement has brought thousands together practically and emotionally behind the 'Clear Access, Clear Water' agenda. The round up here, only scratches the surface of a successful year of progress where we have taken the positive front foot. We are not shy in demanding greater access and rights on our waterways; but we do it politely, driven by evidence and always positively. We are delighted at the actions and growth of our champions. Our campaigns have been well received – not least because of the pro-activity of so many groups in supporting our words with positive action demonstrating that paddlers care for their rivers and the environment in general. The Derwent clean ups this year have been transformational in improving the river, restoring health at short notice after the floods, and leveraging British Canoeing into debates that we had struggled to enter before.



Professor John Coyne CBE

John Coyne

Chair
British Canoeing



David Joy

David Joy

CEO
British Canoeing

Bringing young women together and breaking down any barriers to enter into our sport has been driven by Eilidh Gibson through her national award winning initiative 'Slalom Inspires'. Eilidh's elite career paused due to injury in 2019, but she nonetheless channelled her energy into positive outputs for our sport. And speaking of inspirational young women – the story of 15 year old Lily Cousins' 200 mile paddle in Canada cannot fail to impress. Allied to the community of female ambassadors, 2019 has been a breakthrough year in reaching out to bring more women into the sport and enabling them to enjoy the benefits of being a regular paddler.

On the competitive front it has been another successful year with a whole series of World and European championship titles and some outstanding individual and team performances. Our young athletes have been recognised nationally with Dan Atkins and Otilie Robinson-Shaw nominated for national awards. For our Olympic and Paralympic disciplines 2019 has been an anxious qualification year and we are now looking forward to the excitement of 2020 with a focus on Tokyo, when our sport will enjoy a little more time than usual in the media spotlight.

Our coaching community has come together too. A sell out coaching conference in November showcased much of the energy and togetherness that is now emerging and this, together with the huge take up in eLearning modules, has demonstrated a thirst for knowledge from coaches which is inspiring. Day in day out, the coaching community is on our front line and deserve our continued support and appreciation.

2020 will undoubtedly be another busy and exciting year for everyone connected with British Canoeing, as we work together to inspire a passion for paddling and to strengthen our community.

Happy paddling.



NEWS

Receive regular updates plus exclusive discounts for our partner products with a British Canoeing membership.

www.britishcanoeing.org.uk/membership/join-us-online-here

www.britishcanoeing.org.uk/news



Discover paddling in the city

Normally the word paddling or canoeing conjures up images of weeping willow trees, thick green banks and kingfishers flirting overhead. But cities and urban environments have a lot to offer paddlers looking for a different kind of adventure. Head to our [website](#) to find out more.

Clear Access, Clear Waters Podcast

British Canoeing has launched a brand new podcast, Clear Access, Clear Waters – The Paddler's Podcast hosted by Olympic champion Etienne Stott MBE. During the series, Stott explores the reasons why we get on the water and meets some of our inspiring paddle community, including our female ambassadors and Steve Backshall.



New Coach Developer eLearning and Mentoring eLearning

As part of the Coaching Department's commitment to support the learning and development of Coach Developers and Mentors, we're excited to unveil two new eLearning resources to aid coaches and leaders. Head to page 21 to find out more or [click here](#).



British Canoeing appoints VOW as official nutrition partner

British Canoeing has appointed VOW Nutrition as their official nutrition partner. VOW Nutrition will supply products to senior athletes on the paracanoe, slalom and sprint high performance sport programmes. The partnership will focus on optimising senior team performance in the build up to the Tokyo 2020 Games and complement ongoing nutritional support, based on the British Canoeing 'balanced diet, food first' approach.



Squads announced for 2020 season

British Canoeing has selected its athletes for the UK Sport Lottery Funded World Class Programme (WCP) in Canoe Sprint, Canoe Slalom and Paracanoe as we build towards Tokyo 2020 and beyond.



Clear Access, Clear Waters

A Round up of 2019

2019 was an exciting year in the Places to Paddle Team following the launch of our Clear Access, Clear Waters Charter. In the charter, British Canoeing committed to:



Access and environmental issues were a high priority for members and with that in mind, British Canoeing has worked hard to deliver on our pledges by;

- > Meeting with the Environment Ministers and Shadow Environment Minister, Junior Ministers and Shadow Ministers for the Environment, plus at least five MPs from Conservative, Labour and Liberal Democrats plus peers from the Liberal Democrats. Lobbied Government Ministers, MPs from all parties and met with peers to explain the importance of fair, shared access being addressed now.
- > In February, John Grogan MP laid down an Early Day Motion calling for greater access to inland waterways. This attracted 21 signatures from all parties, which fell a long way short of a previous attempt in 2011. However, a number of MPs and Ministers did respond stating their unwillingness to sign any EDM's as a matter of principle.
- > Met with Defra officers both on access and Invasive Non Native Species control providing evidence on an expert panel at an audit committee enquiry. (That's a big deal!)
- > More than 25 written questions have been answered by the Secretary of State for Defra and DCMS. Each one submitted via a supportive MP.

"People care for the things they love, but they only love the things they know" **Cal Major**

What has been key over the last 12 months is the work you, our paddlers have done to care for the environment, inspiring more people to tackle the plastic in our rivers.

The successful partnership with Surfers Against Sewage has helped to inspire well over 150 river cleans and paddlers have been busy playing their part in cleaning their local waterways all year. This invaluable work reduces the amount of plastic pollution and junk journeying out to our oceans causing untold damage and staying in our environment forever.

British Canoeing also published a new **Paddle Clean up toolkit** in the summer, continuing to raise our profile and supporting the wider CACW campaign.

We've also been working with a number of partners including the Canal and River Trust and Rivers Trusts on a local and national scale to tackle Invasive Non Native Species (or INNS). These can cling to your paddling kit and spread across waterways, clogging up waterways and damaging wildlife.

British Canoeing has worked with the Wildlife Trusts at a number of performance events including the National Sprint Regattas, Canoe Polo and White Water to promote the issue of INNS. Physically running Check, Clean, Dry stations and encouraging paddlers to clean equipment before leaving their place of paddling.

"More people more active, more often – that's not much to ask for is it?" **Emma Wiggs MBE**

The best way to get more people enjoying our sport is to inspire them with amazing places to paddle. 2019 has seen the launch of even more **trails** and the publication of three **new waterproof maps**.

Back in October, we launched PaddlePoints providing paddler generated information on places to park, launch, land, eat and play, inspiring more people to get outside and enjoy the water.

From clean-ups and lobbying to campaigning and spreading the word, our community of brilliant paddlers are doing lots of great things behind the scenes to champion the cause of fair, shared, sustainable open access. To celebrate this, we also launched our Clear Access, Clear Water Community Champions Award, championing the achievements of those volunteers who are truly inspiring and carrying the **#ClearAccessClearWaters** message far and wide.

So what's next?

This campaign doesn't work without you. We've been working really hard on the Clear Access, Clear Waters Campaign – but we need your help to make our voice heard. As we move into the New Year what better time to make a pledge to support the campaign? Here are three ways you can help make fair shared sustainable open access a reality:

- 1** Visit our new **Clear Access, Clear Waters website**, due to launch in January and **sign our petition** to support fair shared sustainable open access on water.
- 2** **Write to your MP.** Ask them to raise this matter with the Secretary of state – they work for you! Over two-million people paddle each year – just think of the impact we can have if collectively we made our voices heard?
- 3** **Undertake a river clean**, shout about it and invite your local MP, councillors and media – use this opportunity to show them why fair, shared, sustainable, open access on water is vital for our rivers!



Here's a reminder of our 2019 Clear Access Clear Waters Community Champions.

Bayley Siddall: Sheffield Hallam University Canoe Club

Andy Gee: Whoosh Explore Canoe Club

Wim Brunsting: Cambridge Canoe Club

Steve Waters: Colchester Canoe Club

Addi Man: 2018 British Canoeing Woman Paddling Ambassador

Woody Snapper: Nottingham Kayak Club



The Great RIVER DERWENT CLEAN UP



October saw the launch of Surfers Against Sewage's Autumn Beach Clean with paddlers around the country taking to the water to rid their canals and rivers of rubbish.

Paddle Peak, a community group of paddlesport businesses, clubs and professionals in Derbyshire banded together to tackle a twenty-mile stretch of the River Derwent.

The clean up effort took a full five days to complete and saw everything from TVs and wheelie bins to bikes, road cones and wet wipes being pulled from the river. Over the course of the operation, volunteers shifted five truck loads of rubbish from the river totalling several tons of waste.

Paddle Peak's future goals include inspiring local businesses, especially fast food outlets to go plastic free, eliminating plastic bags being thrown into the Derwent during the Boxing Day Raft Race and providing more rubbish bins and recycling in key areas along the riverside.



Speaking about the event, river clean organiser and Paddle Peak founder **Pete Astles** said:

"At the top of the valley we were pulling out agricultural plastic waste stuck in the trees. As we meandered into the towns, we were pulling out bigger items that had clearly just been thrown in. Downstream of Matlock Bath there's always a load of drinks and food waste that's been discarded over the fence or blown in off the pavement."



To find out more about Paddle Peak's work and vision for the Derwent Valley checkout their website www.paddlepeak.org



Clear Access Clear Waters The Paddler's Podcast

British Canoeing's brand new podcast, hosted by Olympic champion Etienne Stott MBE

Subscribe Now!



Slalom inspires a huge success once again

After a shoulder injury shattered her Tokyo 2020 dreams, Eilidh Gibson created Slalom Inspires. Set up in 2018, the initiative provided Eilidh with a way to channel her passion for the sport into something positive. Eilidh now aims to inspire girls in slalom to nurture their talents and fall in love with the discipline.

The first event held in November 2018 saw more than 60 girls attending, with many returning in 2019 for three regional events held in Scotland, England and Wales and a second national event held at Lee Valley.

Dame Katherine Grainger attended the opening of the 2019 Slalom Inspires national event which consisted of coaching sessions, workshops and a team-building hot dog session.

Speaking about the event Eilidh said:

"I am really passionate about women and girls in sport. I know how much sport has changed and shaped my life and I want other girls to have the same opportunity.

"Slalom Inspires comes from my love of the sport, how much the sport has changed my life and the opportunities it has given me which I wouldn't have had beforehand.

"I see nationwide how many girls drop out of paddling, especially in their teenage years and how we have a one third female to two-third male split in our sport of Canoe Slalom and that makes me really sad. I want to do something positive about it and for more girls to experience the amazing sport we have.

"For me it's all about the love for canoeing and if the girls want to be Olympic athletes then great, we'll support them. But if they just want to do it for the love of canoeing then great we'll support them to do exactly that too, to stay in the sport and have fun."

Eilidh has since won UK Sport's award for Social Impact. Click here for the full story.




For more information
about Slalom
Inspires head to
slalominspires.com

Image credit: Kim Jones



IT'S ABOUT THE WATER

Building some of the best kayaking equipment on the market doesn't happen overnight, and building a company that cares about paddlers, the river community and the environment takes time, too. With nearly 50 years of experience, NRS is dedicated to providing inspiration, expertise and the equipment that's needed to empower adventures on the water.

As a 100% employee-owned company, NRS was founded with a vision to support both paddlers and the places we paddle and is committed to the stewardship of clean, healthy waters.

Based in Idaho, USA, NRS has rooted their foundation in The Whitewater State by doing what matters: spending time on the water with co-workers and friends and looking to help the sport grow at every opportunity.

The future depends on the protection and preservation of wild rivers and lands. NRS has made it a priority to focus on conservation, to support organizations fighting for rivers, and to use their networks to spread the messages far and wide.

Part of their mission is to build the best possible equipment, so paddlers can focus on the water, the strokes, the adventure and not worry about what they're wearing. Their legacy of providing premium-quality equipment informs every new NRS product design through a philosophy called Ultimate Utility. Ultimate Utility is about more than building rugged gear that gets the job done. It's about purpose-driven, user-focused solutions that are clever, not complicated, and focuses on comfort and convenience to improve experiences.





»The future depends on the protection and preservation of wild rivers and lands.«



Protest organised by the Balkan River Defence.

NRS

www.nrseurope.com

 facebook.com/nrseurope  instagram.com/nrsweb

It's all about the base

An expert's guide to layering

Nothing sets you up for winter adventures like a good layering system. Getting it right is the key to all-day comfort and performance, but just as every adventure is different, so is every layering system. The formula and types of layers you'll need depend on the type of activity and conditions, as well as your own performance. Understanding how each layer works independently and as part of a system will help you to build an effective layering system for your adventures. We've tried and tested it all to help you find what's right for you.

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Expert advice

01 Base layer

Worn next to the skin and designed to regulate your body temperature by retaining heat and wicking away moisture, different base layers are suitable for different uses. Merino wool is versatile and antimicrobial with great insulating and wicking properties, whereas synthetic base layers are quick-drying and better for high-intensity activities.

02 Mid-layer

Sometimes called the insulation layer, the mid-layer provides warmth but should be simultaneously breathable and able to retain heat. Avoid cotton which retains moisture and choose a fleece for quick-drying, breathable comfort or an insulated jacket for a great warmth-to-weight ratio. Make sure to select the right level of warmth for your activity level and conditions.

03 Outer layer

In bad weather, a shell over your insulating layer will protect you from the elements. A good outer layer will protect you against wind and rain, whilst also allowing the moisture and heat from your body to escape so you don't overheat. Depending on weather conditions, choose from a waterproof hard shell, wind-resistant soft shell or insulated jacket.

You can also use your discount with:

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ROCK**

runnersneed
the running specialists

CycleSurgery

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outdoor

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MAJOR CHAMPIONSHIP WINNERS 2019

World Champions

Liam Heath MBE	Sprint Men’s K1 – 200m
Emma Wiggs MBE	Paracanoe Women’s VL2 – 200m
Charlotte Henshaw	Paracanoe Women’s KL2 – 200m
Charlotte Henshaw	Paracanoe Women’s VL3 – 200m
Mallory Franklin, Kimberley Woods and Fiona Pennie	Slalom Women’s K1 – Team

European Champions

Mallory Franklin	Slalom Women’s C1
Kimberley Woods, Mallory Franklin, and Sophie Ogilvie	Slalom Women’s C1 – Team
Emma Wiggs	Paracanoe Women’s VL2 – 200m
Charlotte Henshaw	Paracanoe Women’s KL2 – 200m
Senior Women’s Canoe Polo – Team	

World Champions – Junior

Ottilie Robinson-Shaw	Freestyle Junior Women’s K1
Daniel Atkins	Sprint Junior Men’s K1 – 200m
Etienne Chappell	Extreme Slalom Junior Men
Etienne Chappell, Jonny Dickson & Ben Haylett	Slalom Junior Men’s K1 – Team

European Champions – Junior

Daniel Atkins	Sprint Junior Men’s K1 – 200m Junior
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Canoe Sprint

ICF World Championships Szeged, Hungary 21st - 25th August 2019

Gold	Liam Heath	Men’s K1 – 200m
Bronze	Lizzie Broughton	Women’s K1 – 1000m

ICF Junior & Under 23 World Championships Pitesti, Romania 1st - 4th August 2019

Gold	Daniel Atkins	Junior Men’s K1 – 200m
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ECA Junior & Under 23 European Championships Racice, Czech Republic 11th - 14th July 2019

Gold	Daniel Atkins	Junior Men’s K1 – 200m
Silver	Philip Miles	Junior Men’s K1 – 1000m

ICF World Cup 1 Poznan, Poland 23rd - 26th May 2019

Gold	Liam Heath	Men’s K1 – 200m
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ICF World Cup 2 Duisburg, Germany 31st May - 2nd June 2019

Gold	Liam Heath	Men’s K1 – 200m
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Canoe Slalom

ICF World Championships La Seu D’Urgell, Spain 25th - 29th September 2019

Gold	Kimberley Woods, Mallory Franklin, Fiona Pennie	Women’s K1 – Team
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ECA European Championships Pau, France 30th May - 2nd June 2019

Gold	Mallory Franklin	Women’s C1
Bronze	Kimberley Woods	Women’s C1
Gold	Kimberley Woods, Mallory Franklin, and Sophie Ogilvie	Women’s C1 – Team
Silver	Mallory Franklin	Women’s K1

ICF Junior & Under 23 World Championships Krakow, Poland 16th - 21st July 2019

Gold	Etienne Chappell, Jonny Dickson and Ben Haylett	Junior Men’s K1 – Team
Gold	Etienne Chappell	Junior Men’s Extreme Slalom
Bronze	Bethan Forrow, Ellis Miller, Lois Leaver	Women’s K1 Junior – Team
Bronze	Kurts Adams-Rozentals, Alfie Boote and James Kettle	Men’s C1 Junior – Team

ECA Junior and Under 23 European Championships Liptovsky Mikulas, Slovakia 4th - 7th July 2019

Bronze	Bethan Forrow	Junior Women’s C1
Bronze	Etienne Chappell	Junior Men’s K1

ICF World Cup 1 Lee Valley, UK 14th - 16th June 2019

Gold	Mallory Franklin	Women’s K1
Gold	Mallory Franklin	Women’s C1
Gold	Joe Clarke	Men’s K1
Gold	Etienne Chappell	Extreme Slalom Men K1
Silver	Adam Burgess	Men’s C1
Silver	Kimberley Woods	Women’s C1
Bronze	Ryan Westley	Men’s C1

ICF World Cup 4 Markkleeberg, Germany 1st September 2019

Gold	Etienne Chappell	Extreme Slalom Men’s K1
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ICF World Cup Final Prague, Czech Republic 6th - 8th September 2019

Silver	Kimberley Woods	Women’s C1
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Olympic Test Event Tokyo, Japan 25th - 27th October

Gold	Mallory Franklin	Women’s C1
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Paracanoe

ICF World Championships Szeged, Hungary 21st - 25th August 2019

Gold	Charlotte Henshaw	Women’s KL2 – 200m
Gold	Charlotte Henshaw	Women’s VL3 – 200m
Gold	Emma Wiggs	Women’s VL2 – 200m
Silver	Emma Wiggs	Women’s KL2 – 200m
Silver	Laura Sugar	Women’s KL3 – 200m
Bronze	Stuart Wood	Men’s VL3 – 200m

Paralympic Test Event Tokyo, Japan 12th - 15th September 2019

Gold	Charlotte Henshaw	Women’s KL2 – 200m
Gold	Laura Sugar	Women’s KL3 – 200m
Gold	Jeanette Chippington	Women’s VL2 – 200m
Silver	Emma Wiggs	Women’s KL2 – 200m
Bronze	Emma Wiggs	Women’s VL2 – 200m
Bronze	Stuart Wood	Men’s VL3 – 200m

ECA European Championships Poznan, Poland 23rd - 25th May 2019

Gold	Emma Wiggs	Women’s VL2 – 200m
Gold	Charlotte Henshaw	Women’s KL2 – 200m
Silver	Emma Wiggs	Women’s KL2 – 200m
Silver	Stuart Wood	Men’s VL3 – 200m
Silver	Jeanette Chippington	Women’s VL2 – 200m
Bronze	Jeanette Chippington	Women’s KL1 – 200m
Bronze	Robert Oliver	Men’s KL3 – 200m
Bronze	Ian Marsden	Men’s KL1 – 200m
Bronze	Laura Sugar	Women’s KL3 – 200m

ICF World Cup 1 Poznan, Poland 21st - 22nd May 2019

Gold	Charlotte Henshaw	Women’s KL2 – 200m
Gold	Emma Wiggs	Women’s VL2 – 200m
Silver	Emma Wiggs	Women’s KL2 – 200m
Silver	Laura Sugar	Women’s KL3 – 200m
Silver	Robert Oliver	Men’s KL3 – 200m
Bronze	Jeanette Chippington	Women’s KL1 – 200m

Canoe Marathon

World Championships Shaoxing, China 17th - 20th October 2019

Bronze	Lizzie Broughton	Women’s K1 – Long course
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ECA European Championships Decize, France 25th - 28th July 2019

Bronze	Tim Dowden	Men’s Junior K1
Bronze	Lizzie Broughton	Women’s K1 - short

ICF World Cup Baerum, Norway 31st May - 2nd June 2019

Gold	Jane Swarbreck	Women’s Senior K1 Short
Bronze	Lizzie Polgreen	Women’s Senior K1 Short
Bronze	Jane Swarbreck	Women’s Senior K1

Canoe Polo

ECA European Championships Coimbra, Portugal 28th August - 1st September 2019

Gold		Women’s Senior
Silver		Women’s U21
Silver		Men’s Senior

ECA Cup 1 Mechelen, Belgium 28th - 30th June 2019

Gold		Women’s Senior
Bronze		Women’s U21

Canoe Freestyle

ICF World Championships Sort, Spain 29th June - 6th July 2019

Gold	Ottilie Robinson-Shaw	Women’s K1 Junior
Silver	Alex Edwards	Men’s Senior Squirt
Bronze	Sam Wilson	Men’s Senior Squirt
Bronze	Ottilie Robinson-Shaw	Women’s Senior Squirt

Whitewater Rafting

IRF World Championships Australia 15th - 19th May 2019

Silver		Women’s U23 - Slalom
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IRF European Championships Luka, Bosnia & Herzegovina 2nd - 7th July 2019

Silver		Masters head to head
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Ocean Racing

ICF World Championships St Pierre Quiberon, France 9th - 15th September 2019

Silver	Jonathan White	Surf Ski Men Paracanoe
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PERFORMANCE ROUND UP

Eight athletes represented Great Britain at the 2019 ICF Canoe Marathon World Championships in Shaoxing, China.

Richmond's Lizzie Broughton won a fantastic bronze medal in the women's K1 event, over 19 seconds ahead of the next competitor to make the podium once again.

Slalom: **Mallory Franklin won the women's C1 gold medal at the test event of the newly opened Kasai Canoe Slalom Centre in Tokyo ahead of the 2020 Olympic Games next year.**

Mallory showed her trademark speed and precision once again on the Japanese course to top the podium.

Despite coming sixth in the semi-finals including two touches on gates seven and eight, Mallory regained her composure for the C1W final later that day and put down a storming clean run of 110.95 to finish over five seconds ahead of Nuria Vilarrubla of Spain and claim the gold medal.

Elsewhere, Kimberley Woods was extremely close to a medal herself in the women's



Speaking on the competition and her time on the Tokyo waters so far, **Mallory** said:

"I am really happy to come away with the win at the Olympic test event. The racing was tough, the course that was set was very technical and it was a real puzzle to work out. But I am happy to have put a run together in the final, and to come away with a win is a good boost going into winter training."



K1. The athlete from Rugby finished fourth in the final with a touch on gate 24.

Bradley Forbes-Cryans claimed a seventh place finish in the men's kayak final after a clean run of 96.04. The Scot went slightly quicker in the semi-finals but couldn't quite challenge the top three in a tightly contested final that left just 2.5 seconds separating the top seven athletes.

Touches cost Adam Burgess a spot in C1 men's final after he finished 14th. Two early penalties on gates three and five meant the Stafford and Stone paddler was two seconds away from a top ten place needed to qualify for the final.

DON'T FORGET YOU CAN SEE THE GREAT BRITAIN OLYMPIC SLALOM TEAM COMPETE AT THE EUROPEAN CHAMPIONSHIPS THE MAY!

Great Britain's slalom paddlers will be competing on home soil at the European Canoe Slalom Championships presented by Jaffa on 15 -17 May 2020 at Lee Valley White Water Centre.

Tickets are on sale now

Full booking details and ticket options are available here

britishcanoeingevents.org.uk

For events, activities and adventure ideas visit gopaddlingweek.info

Take part in the **WINTER PADDLE CHALLENGE**

Paddle 30, 60 or 120 miles in January and February to claim your free boat sticker!

[GoPaddling.info](https://gopaddling.info)

30 miles

60 miles

120 miles

AMBASSADOR ROUNDUP

Our British Canoeing Women's Paddling Ambassadors have done so many amazing things this year! Here they tell us about their highlights of 2019 and their aspirations for the year ahead...

Lizzie Neave

There aren't many disciplines Lizzie hasn't turned her hand to. From competing in slalom at the 2012 Olympics to sea kayaking expeditions and tackling freestyle.

Paddling highlight of 2019

2019 was the first year I've not competed internationally since 2002. Instead, I've paddled for myself and for fun, going where I want, when I want. I've tried new disciplines, paddled new rivers, improved my freestyle, explored amazing coastlines in a sea kayak and just enjoyed myself.

Ruby Isserlis

Aged just 16 Ruby is our youngest ambassador. She is part of the GB Canoe Polo Development Academy and is aiming for the GB squad in the coming years.

Paddling highlight of 2019

My highlight this year has been playing in my first tournament for the GB Polo Development Squad in Belgium. A truly amazing experience with so many awesome people!

Bex Pope

Bex Pope describes herself as a 'girly girl with all the hobbies'. Her desire to show others that there is no such thing as perfect makes her a great coach and leader.

Paddling highlight of 2019

2019 has been a great paddling year for me. One

thing which stands out was my first experience of the middle Llugwy, only a few weeks ago. Although slightly nervous, I was excited to try paddling in a new playground and had an exhilarating time in my beautiful home of North Wales.

Jo Moseley

As well as being a keen paddleboarder, Jo also bodyboards, swims and cycles. This year she SUPed 162 miles from Liverpool to Goole raising funds for The Wave Project and 2 Minute Beach Clean.

Paddling highlight of 2019

Having paddled over 160 miles alone, from Liverpool to Goole, completing the final stretch alongside a fellow #ShePaddles Ambassador as people cheered and banged tins was incredible! I was so grateful and humbled by everyone's kindness and chuffed to have achieved my goal.

Kate Waite

Kate discovered paddlesport in her 40's and her first experience of paddling saw her navigating around icebergs in Antarctica!

Paddling highlight of 2019

Despite working long hours this year I've squeezed in a few paddling highlights, including my first moving water experience. Although I was shaking with nerves, an exceptional club coach built my confidence up and I ended the day with a huge smile on my face. A recent stressful week was also remedied with a solo, sunny river paddle and provided me with solitude as day turned to dusk.



Vicki Birch

An autistic son left Vicki and her family socially isolated, but paddling changed that completely. Vicki now campaigns to encourage new female paddlers to the sport.

Paddling highlight of 2019

Participating in a coast to coast relay with groups of young people aged 16-25 to launch the Desmond Family Canoe Trail. Groups paddled from Liverpool and Goole, meeting in the middle for a youth led community festival. I paddled, walked and cycled from Wigan to Burnley. In 2020 I'll be setting up two community canoe clubs in Wigan. One for the whole community age 6+ and one for women and girls only.

Shona Brownlee

This year Shona had her right leg amputated below the knee and underwent intensive physical rehabilitation. Now she is working towards her Paddlesport Leader Award.

Paddling highlight of 2019

2019 has been a year of post-amputation firsts; first time back on moving water, first time back in an open boat, first post-surgery qualification plus the discovery that I can still do it! Going into 2020 I'm going to try different disciplines, including slalom and SUP; they'll test how effective my waterproof prosthetic is! Having started my Coach Award prior to surgery, I'd also love to complete this too.

Amiee Caitlin Williams

A 12 week personal development course with the Princes Trust in 2012 sparked a love of the outdoors which has continued into her adult life.

Paddling highlight of 2019

Being part of the freestyle demo on the BBC adventure show live at Pinkston. It was such a fantastic event and great to bring a lot of different disciplines together to showcase our sport!

Donna Navarro

Donna turned to yoga to rebuild the strength in her back after an injury. SUP yoga is now a huge part of Donna's life and she continues to share the benefits with others.

Paddling highlight of 2019

2019 didn't quite turn out as hoped. A family bereavement meant lots of weekends spent travelling to be with family. Time on the water has been a wonderful means of escape in a difficult time; strengthening my physical and emotional wellbeing. I've also overcome a fear of white water, by practising alongside other #ShePaddles Ambassadors.

Emma Kitchen

Having been through a tough few years personally, Emma returned to paddling; a sport she had loved in her teenage years. In doing so, she found the perfect therapy to help her heal. Emma's paddling adventures are regularly accompanied by her three year old son. An active member of her club, all of Emma's adventures, achievements and mishaps are done with a huge smile.

Paddling highlight of 2019

I've always worried what others think. Will people laugh? Will I look like the fat girl who can't paddle? This year I took charge of my emotions and fears and went on a white water confidence booster with Chris Brain and Lowri Davis. They put me at ease, gently nudging me out of my comfort zone and leading me to gain my Canoe Personal Performance Award!

Lizzie ~



Ruby ~

Bex ~



Jo ~



Kate ~



Vicki ~



Shona ~



Amiee ~



Donna ~



Emma ~



New COACH SELF – ANALYSIS TOOL *and Digital Library*

British Canoeing is dedicated to supporting the learning and development of our instructors, coaches, leaders and guides.

Over the past year, we have worked closely with our Technical Groups to create a range of resources to provide further development opportunities for coaches and leaders of paddlesports.

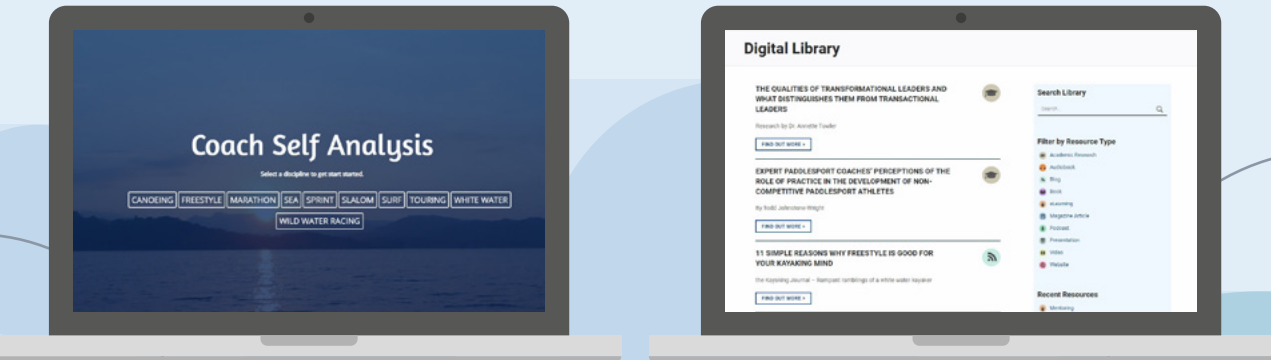
This includes a new self analysis tool, digital library, Coach Developer eLearning and Mentor eLearning resource.

The self-analysis tool (www.britishcanoeingawarding.org.uk/coach-self-analysis/) gauges your current levels of understanding, skill and knowledge in each discipline with the self-analysis tool. Providing a personal overview of coaches’ current practise and a breakdown of competencies in each area, the analysis offers pointers to support continual learning and development for coaches.

On completion of the self-analysis tool, coaches can download their results to share with peers and mentors for further guidance and support.

Our new Digital Library, (www.britishcanoeingawarding.org.uk/digital-library/) will further your understanding with a fantastic range of resources. From academic papers, videos and podcasts to eLearning and much more, new material is continually being added so there will always be something relevant to increase your knowledge base.

To access the Self-Analysis tool for your own development or to browse the range of resources in the Digital Library, visit the British Canoeing Awarding Body website. - www.britishcanoeingawarding.org.uk/



NEW COACH DEVELOPER ELEARNING AND MENTORING ELEARNING

We’re also pleased to announce not one but two new eLearning resources designed to support the learning of Coach Developers and Mentors. Applicable to both experienced and new individuals in the role, the materials provide new skills and approaches to consider. We would encourage anyone involved in leadership to have a look at these resources.

Coach Developer eLearning

This resource explores the relationship between the coach and developer and includes building professional relationships, profiling, growth mindsets, difficult conversations and lots more.

The eLearning will take around 30 minutes to complete.



Mentoring eLearning

This eLearning tool explores the holistic view of mentor relationships, including responsibilities, tools and strategies to develop your mentoring skills.

To access the Coach Developer or Mentor eLearning head to; www.britishcanoeingawarding.org.uk/mentors-and-coach-developers/



WABAKIMI CANADA CANOE TRIP



Canada is renowned for its expansive lakes and wide open stretches of wilderness. Situated in Ontario with over 2,000 kilometres of lake and river canoe routes to explore, Wabakimi Provincial Park is the world's largest wilderness canoe reserve - even bigger than Yellowstone!

Here, Lily Cousins, aged just 15, recounts her experience of paddling 200 miles of this stunning trail with her family earlier this year.

"The joy of wilderness canoeing is something I've grown up with and cherish. Leaving civilisation behind is such a cleansing experience and living the way our predecessors did is, to me, exceptionally gratifying, as if one is reviving the ancient ways.

Mile 54.1 on the Armstrong section of the Montreal to Vancouver railway line was to be the starting point of our 14-day-trip through the wilderness of Northern Ontario. With only my parents and little sister for company, our journey would see us relying on just our backpacks and a single canoe for survival.

Wabakimi is a huge national park, and is one of the world's largest boreal forest reserves. Yet at our guest house on the edge of the park, our hosts, Burt and Brenda, estimate that only 500 or so paddlers journey through it each year. Indeed, during our 14 day trip we didn't spot a single other canoe on the water.

Canada has such a simple beauty about it. The mass of trees are so diverse and yet somehow, interwoven with lakes and rivers, envelope the mass of land.

The feeling of total wilderness and lack of human influence took a short time to consume me, it quickly felt as if I'd been there for days. We paddled as a unit, my dad steering carefully whilst mum and I powered our craft (my little sister Nellie was better known on this trip as "the booster": too young to paddle constantly, the second her paddle hit the water, the boat accelerated). I marvelled at absolutely everything I saw, from the enormous evergreens to the fragile pitcher plants.

After an exhausting but amazing first day we reached our campsite. Not used to such rigorous exercise (canoeing is a lot more tiring than one would imagine!), I was eager to relax in our new tent. Positioned right next to the river, our pitch instilled a warm, calming feeling in me.

The next few days were rich with long paddles, interspersed with short rapids, fishing and wildlife sightings. The rapids varied in difficulty. Some we ran, others we gave a wide berth and portaged! Wabakimi Park has no markers for portages or campsites meaning scouting out rest stops is very much guesswork.

This entire national park, has managed to maintain its wildness. Human impact has been minimal – the only signs of human life coming from small footpaths and occasional hints of campsites. It feels as though there is a spirit of Wabikimi itself, protecting it.



A little past halfway along our journey we detoured to follow an extension north, since we'd pushed hard in the first week and were ahead of ourselves. This involved a rest day and a trip to simply explore without our packs. Incredibly we were lucky enough to spot a strong elegant moose with silken coat and an exquisite rack of antlers.

Too soon though, it was day 14 and we were paddling to our pick up point. I couldn't help the tinged sadness that filled me. I always find endings beautifully bittersweet, I was proud of our achievement and finishing the trip, but leaving such a wonderful place was truly heart-wrenching. The creatures we saw were incredible and Wabakimi, with its vast forest and stunning lakes will always hold a very special place in my heart.



What's On?

MAR 14 British Canoeing AGM, Stronger Clubs Conference & National Recognition Awards
Eastwood Hall, Nottingham
Sat 14th March 2020

MAR 21 Slalom Selection Weekend 1
Holme Pierrepont
Sat 21st - Sun 22nd March 2020

MAR 28 Sprint Regatta 1
Holme Pierrepont
Sat 28th - Sun 29th March 2020

MAR 28 Rafting Selection & National Championships
The National White Water Centre - Canolfan Dŵr Gwyn Genedlaethol
Sat 28th - Sun 29th March 2020

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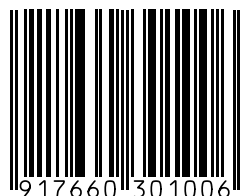
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