

CANOE FOCUS



New Members' Hub

Read more on page 12

Go Paddling Month with Gill

Read more on page 7

Meet our Olympic and Paralympic athletes heading to Tokyo

Read more on page 16

Contents

Welcome

Welcome 3

News

News 4

Go Paddling!

Five ways to join Go Paddling month! 7



Access and Environment

What you need to know about invasive non native species 8

Fill Ya Hatch and save our planet 9



Membership

New exclusive Members' Hub! 12

More member offers! 13



Our Partners

Paddle Logger 14

Performance

Going for Glory! 16

Coaching and Leadership

Paddlesport Touring Leader Success 20



Adventure

Kate Garner multi-day paddle 22



Welcome

I am delighted to welcome you to the latest edition of Canoe Focus, I hope that it finds you in the midst of summer paddling and the enjoyment of the outdoors. There has never been a period in recent times that has led us to appreciate so fully the ability to get outdoors and on the water.

I am pleased that interest continues to translate into membership growth at British Canoeing, to greater levels of traffic on all our sites and media and to a greater interest in general across the paddling community. I am acutely conscious that the past 18 months have been a particular challenge for all paddlers and for clubs and centres in particular, so it has been very pleasing to see them return to action lately.

It has also been a challenging period for the competitive athletes in our community with the inability to compete internationally throughout 2020. It was great to see the Olympic and Paralympic disciplines kick start into action in preparation for the Tokyo Olympics and Paralympics. We secured additional quota places in Canoe Sprint and Paracanoe. Both teams went to Szeged in a full Covid bubble and acquitted themselves incredibly well. Our slalom athletes too were back on the road in Ivrea and showed what great shape they are in across the piece. Holme Pierrepont also hosted the highly competitive U23 and Junior Slalom trials at an event excellently organised by Stafford and Stone Canoe Club. We wish the selected athletes all the very best in their endeavours this year.

Many of our non-Olympic disciplines are starting to return to domestic competition and everyone concerned is focused on ensuring there will be a safe return for the events held. In all matters we have prioritised health, wellbeing and safety.

Despite having to work within the restrictions imposed by the pandemic I continue to be impressed by the energy that our community continues to put in to protect the environment. It is so vital that we take responsibility where we can. There has been a real focus of late on non-native invasive species and floating pennywort in particular with its ability to choke up our waterways. All these actions, individually and collectively, make a huge contribution and build our stature as a responsible organisation.

Within the organisation there is a real excitement in preparing for Go Paddling Month. With our new sponsor Gill we are planning a whole series of events that will bring people together across the country to make July a real festival of paddling and a celebration of our community.

Whilst we shall have to learn to live with the Covid threat for some time we shall all have to prioritise safe ways to enjoy paddling. Safety, especially for newcomers, has been an area of attention with detailed safety guides developed and promoted so that we can keep everyone safe. You can find out more about how to stay safe on our [Go Paddling website](#).

Very best wishes –
safe and happy paddling.

Professor John Coyne CBE

Chair British Canoeing





NEWS

Receive regular updates plus exclusive discounts for our partner products with a British Canoeing members.[britishcanoeing.org.uk](https://members.britishcanoeing.org.uk)

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

www.britishcanoeing.org.uk/news

2021 ICF Canoe Freestyle World Championships mark one year to go!

28 June marked one year to go before the rescheduled 2021 ICF Canoe Freestyle World Championships land at Nottinghamshire's Holme Pierrepont Country Park, home of the National Water Sports Centre.

The festival of freestyle will be the first time in 30 years that Great Britain has hosted the event, and the first time the event has included a Masters World Championships within the competition structure.



<https://britishcanoeingevents.org.uk/2021-icf-canoe-freestyle-world-championships-mark-one-year-to-go/>

Membership growth

British Canoeing has continued to see growth and interest in paddlesport this summer, with over 75,000 paddlers now members of the organisation. Today British Canoeing's membership stands at 78,000, exceeding the target of '75,000 members', published in our current four-year strategic plan - Stronger Together.



www.britishcanoeing.org.uk/news/2021/british-canoeing-launch-new-members-hub-as-growth-in-paddling-continues-to-rise

NEW! Stay safe on the water video series and printables

British Canoeing and Go Paddling are pleased to announce a suite of eight new safety videos and print out infographics, aimed at new paddlers are now available on the Go Paddling website.



<https://gopaddling.info/stay-safe-this-summer>

Members' Hub:

British Canoeing has launched a new Members' Hub providing a dedicated space for personalised membership information and content. The dashboard holds important information including the latest tide times and river levels based on location, access to benefits and discount codes at the click of a button, plus a digital membership card. [Click here](#) to visit the Members' Hub.



<https://members.britishcanoeing.org.uk/>

Register your event for Go Paddling Month with Gill this July!

Throughout the whole of July we'll be celebrating our wonderful sport with Go Paddling Month, and we want YOU to get involved! If you're an affiliated paddling club with British Canoeing, the National Associations, or a Delivery Partner, you can register your events during Go Paddling Month for free on our website.



<https://gopaddlingmonth.info/>

British Canoeing appoint new Inclusion Advisory Group

British Canoeing has announced the appointment of a new Inclusion Advisory Group (IAG) who will help drive its inclusion strategy for England.

The role of the IAG will be to advocate for, and promote a culture of respect, champion diversity and advise on inclusion and anti-discrimination topics within the community and the appointment of the Group.

By appointing eight individuals from the paddlesports community British Canoeing has reaffirmed its commitment to embedding a culture within the sport that is as open, accessible and inclusive as possible.



<https://www.britishcanoeing.org.uk/news/2021/british-canoeing-launch-inclusion-advisory-group>

The Eco Pro Rash Vest.

Made from an innovative yarn made from up to 13 recycled PET plastic bottles. It is ideal for use on and in the water and is made from a lightweight 4-way stretch fabric with flat seams to ensure a close-to-skin fit.

Available in Men's, Women's and Junior sizes. Shop now at www.gillmarine.com

Save 15% off Gill's full priced range with a British Canoeing membership.



gillmarine.com



GET READY FOR A WHOLE MONTH OF PADDLING THIS JULY

This year one week
becomes a whole month...

**GO²⁰²¹
GO
TOKYO**
東京

**1ST JULY
— TO —
31ST JULY**

gopaddlingmonth.info



Five ways to join Go Paddling Month!



Throughout the month of July, we want to see as many of you on the water paddling as possible, as we celebrate our brilliant sport with a whole Go Paddling Month!

So whether you're new to paddling or a seasoned pro, why not use July to mix up your routine and try something new on the water?

Here are our top five things to do this **Go Paddling Month**:

Organise a social paddle with your pals:

Gather your friends and get out for a social paddle. You could even plan a local cafe or pub stop for some much needed refueling! Use our PaddlePoints tool to help you find a route. gopaddling.info/paddlepoints

Challenge yourself:

Why not discover a new route or trail and paddle somewhere different? The Go Paddling website has a range of trails or challenge routes to try, alongside our PaddlePoints tool to help you plan your own challenges. **Find your challenge here:** gopaddling.info/gopaddlingchallenges

Organise a paddle clean up:

Gloves, pickers and hand sanitiser at the ready! One thing we're asking paddlers to do this July, is to collect any litter you see on your paddle. Whether you're in a sea or touring kayak and can 'fill ya hatch' or you take a basket on your paddleboard. Try and weave some litter picking into your day on the water. Find out more here clearaccessclearwaters.org.uk/organise-a-paddle-clean-up

Learn a new skill:

Always wanted to learn to roll? Or looking for sea safety or navigation courses? Perhaps you want to have a go at white water SUP? Use the Paddles Up Training website to make those dreams become a reality with formal and informal course options. Find a course near you! paddlesuptraining.com

Join a social group online:

Join the fun of the paddling community and meet fellow paddlers in your area. There's loads of social groups on Facebook, many situated in specific areas, so why not have a browse and see if you can find some new paddling pals this Go Paddling Month.

Throughout July, we're aiming to get **18,000 people paddling**, so if you're planning a paddle, let us know by registering yourself on the Go Paddling Month website. **What's more, you could be in with a chance of winning some fantastic prizes too!**



Find out more at:
gopaddlingmonth.info



What you need to know about invasive non native species

Did you know navigation authorities spend around £25 million per year clearing invasive non native species from our waterways? That's a staggering figure, but the good news is, we can help put a stop to the spread of these species.

What are invasive non native species?

Japanese knotweed, floating pennywort and giant hogweed are all examples of plant invasive non native species. Essentially they are species of plant or animal that upset the ecosystems they inhabit. Species such as floating pennywort can totally block waterways, preventing the commercial and recreational use of waters and cause environmental damage such as flooding.

The situation regarding floating pennywort has now become so serious, Defra has funded two new Environmental Project Officer posts in the Thames Region. Managed by British Canoeing and the Angling Trust, their aim is to train and coordinate volunteers from paddling and angling clubs to help combat floating pennywort.

Why does this matter to me?

When launching craft into the water without cleaning it beforehand, we are unwittingly spreading such invasive species through the waters we paddle. This exacerbates the issue and blocks the places we love to explore.

Over the last few years we've been working hard at British Canoeing to raise the profile of our Check, Clean, Dry campaign. This aims to get more paddlers checking their craft and kit after each paddle, cleaning it and thoroughly drying it before heading back out on the water. But this time, we wanted to go even further.



 www.facebook.com/britishcanoeing

 twitter.com/BritishCanoeing

 instagram.com/british.canoeing

So, we've teamed up with the Aquatic Biosecurity Partnership, incorporating the Environment Agency, Non Native Species Secretariat and the Angling Trust, to make Check, Clean, Dry even more relevant for paddlers to get involved with.



To find out more about Clear Access, Clear Waters and our access and environment campaign head to:

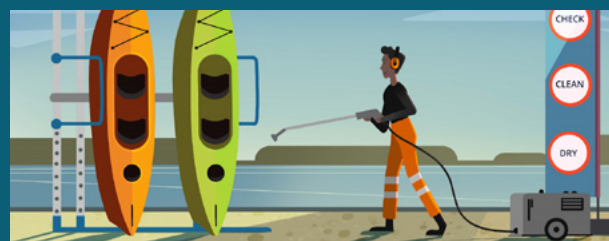
clearaccessclearwaters.org.uk

Throughout the summer, British Canoeing will be releasing a series of 10 Check, Clean, Dry animations aiming to put a fresh focus on the issue of invasive non native species and the importance of checking your boat and kit, cleaning it and drying it before getting onto a waterway. Topics will include Check, Clean, Dry, protecting our waterways and even a fun animation about the very serious killer shrimp.

Keep your eyes on the [British Canoeing social media channels](#) over the next few months to see the animations and find out more.



Richard Atkinson, Waterways and Environment Policy Officer, said: "Our new animations are a great way to learn about the harmful effects of invasive non native species. Our successful partnership with a number of high profile conservation organisations makes this project a great platform to work on together, now and into the future".



FILL YA HATCH and save our planet

8 June marked World Oceans Day, and the launch of a brand new initiative aimed at getting sea kayakers to join in with our latest Clear Access, Clear Waters campaign; 'Fill Ya Hatch'.

Despite many beaches being inaccessible by foot, litter continues to wash up along the shores of these beautiful coves. Sea kayakers, paddling to remote and untouched beaches off the beaten track, however, are in the perfect position to help rid these precious places of plastic and recycle it correctly.

By filling their kayak hatch with single use plastic and other rubbish whilst adventuring to remote destinations, sea kayakers can make a huge impact on the litter floating around our oceans.



Sea Kayaking coach,
Julie Perren said:

I head out kayaking on a weekly basis and often see plastic being washed up on the shores and around the bays where I live. I have used kayaking as a way to help in the fight against plastic pollution, often collecting plastic as I paddle and taking it home with me to dispose of properly. It's so important to protect the places we paddle both for the wildlife now and future generations."

So, next time you head out for a paddle in your sea kayak, don't forget a pair of gloves, hand sanitiser and a bag to pop your rubbish in and 'Fill Ya Hatch!' Let's help rid our beautiful seas and beaches of plastic pollution.



Access and Environment Officer at British Canoeing,
Chantelle Grundy said:

Clearly plastic pollution is harmful to marine life and causes untold damage. Sea turtles are mistaking plastic bags for jellyfish, and albatrosses are feeding plastic pellets to their chicks believing them to be fish eggs.

Sea kayakers can play a key role in retrieving this plastic before it's either blown back out to sea or taken back with the tide where it may follow the flow of ocean currents. Through the 'Fill Ya Hatch' campaign, sea kayakers are able to take action before the plastic breaks down into microplastics which can then enter the food chain and are extremely challenging to remove from oceans."



Have you filled your hatch?

Make sure you let us know so we can shout about the fantastic work paddlers are doing!
clearaccessclearwaters.org.uk/tell-us-about-your-paddle-cleanup



Female modelling the
Whitesand Jacket.

Plastic is the way forward.

Using recycled materials, Gill continue their push in reducing their impact on the environment.

As well as producing products that are fit for purpose from a performance perspective, Gill are also committed to making their brand as sustainable as possible and reducing their impact on the environment. From products and materials, to where and how they manufacture, all the way through to how they deliver their products to the consumer. Every stage of the supply chain has been examined to identify where improvements can be made.

Being a Marine brand, they have a vested interest in ensuring our Oceans and waterways are free from damaging pollution and unsightly plastic waste. With that in mind they are starting to manufacture more products using recycled content. There are a number of products in their existing range made from recycled plastics, such as the Holcombe Crew long and short sleeve t-shirts as well as their North Hill and Whitesand Jackets which use polyester fibres from PET plastic bottles. Next generations of these styles are already in development and will feature even more recycled content.

Gill has also recently released a new version of the Pro Rash Vest. The Eco Pro Rash Vest is available in men's, women's and junior styles and is made from an innovative yarn made from up to 13 recycled PET plastic bottles. It is ideal for use on and in the water and is made from a lightweight 4-way stretch fabric with flat seams to ensure a close-to-skin fit. The long-sleeved, high-neck design offers full freedom of movement and has UV protection of over 50. The Eco Pro Rash Vest can be worn on its own or combined with other garments.

Save 15% off Gill's full priced range with a British Canoeing membership.



Eco Pro Rash Vests –
Adult £40, Junior £25



Joining the fight against plastic pollution.



Gill has recently partnered with Ocean Generation to raise global awareness of plastic pollution and to educate their consumers on how they can become more plastic intelligent in order to stop plastics ending up in our Oceans and waterways.

Aside from raising awareness they are also working on ways to drive income for this deserving charity; 10% from each sale of Gill's Sustainable Edit range of clothing will go to Ocean Generation to aid them in their fight against plastic pollution.

Shop the Sustainable Edit collection at:
www.gillmarine.com/sustainable-edit

A few product highlights from Gill:



Part of the
Sustainable
Edit

North Hill Jacket – £140

The Men's North Hill Jacket is constructed from an innovative performance yarn made from recycled PET plastic bottles. Extremely lightweight, this jacket is crafted with synthetic fibre insulation to keep the warmth in and the elements out. Windproof, with a water repellent finish, this jacket is perfect for any adventure.



Part of the
Sustainable
Edit

Holcombe Crew Short Sleeve – £30

The perfect layer designed to support your clothing system from the bottom up, this short sleeve crew features a soft 'cotton touch' fabric for next to skin comfort. Quick-drying, crease resistant and easy to care for, this top is ideal for enjoying the outdoors in the warmer months.



10L Team Bag Mini – £30

The 10L Team Bag Mini offers an effective solution to ensure your gear and valuables are kept safe and secure while out on or around the water. Made from puncture resistant, fully waterproof PVC Tarpaulin fabric with a stitch-free welded construction, the water resistant zipper and roll-down closure offers a protective seal.



Aquatech Shoe – Adult £39, Junior £33

Whether you're stand up paddle boarding, kayaking or canoeing, wearing shoes on the water is an important consideration. The Aquatech Shoe offers optimised grip and comfort when out on the water. Easy to slip on, with an adjustable strap over the top of the foot to ensure a secure fit, they are crafted with a 3mm double lined Neoprene and waterproof seams to keep you dry and comfortable.

BACK IN STOCK MID-JULY



Pursuit Buoyancy Aid – Adult £65, Junior £55

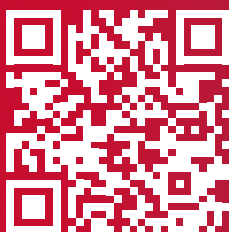
The Pursuit Buoyancy Aid has adjustable shoulders with Neoprene padding for a secure fit. Practical, with a self-draining zippered front pocket and reflective detailing front and back for visibility – the lightweight, minimum bulk design allows full freedom of movement. Available in Orange and Black colour options and in both adult and junior sizes.

BACK IN STOCK MID-JULY

New exclusive Members' Hub!

We're excited to announce that British Canoeing have recently launched a dedicated online area exclusively for members of British Canoeing. The brand new Members' Hub offers a fantastic range of benefits, including:

- **Instant access to your member offers and discount codes**
- **Access to all your membership details**
- **Digital membership card** (downloadable for offline use)
- **Access to exclusive member content**
- **Latest weather conditions and forecasts for the UK** (includes up to seven days of hourly forecast information)
- **Tide times for your various locations**
- **River level information for your selected rivers**



British Canoeing members can log into the Members' Hub by visiting **members.britishcanoeing.org.uk**. When accessing this for the first time, users will be required to confirm their British Canoeing membership number along with their last name and email address.



members hub

More member offers!



British Canoeing continues to join forces with a wide range of industry leading partners to bring our members even more great benefits! We are excited to announce the following brand new offers are now available to all British Canoeing members:



NEW! Gill - 15% discount

With over 45 years of product innovation, Gill has become one of the leading international water sports brands in the world and are pleased to provide British Canoeing members with 15% off their full range of clothing and accessories.



NEW! Caravan & Motorhome Club - 10% discount

Save 10% on becoming a member of the largest touring community in Europe.



NEW! Experience Freedom - 8% discount

Save 8% on glamping breaks with Experience Freedom! (not available on motorhome hire or tent camping).



NEW! Meglio - 20% discount

Save 20% at the UK's leading supplier of foam rollers, resistance bands, massage balls and tapes.



NEW! Virgin Experience Days - 15% discount

We've teamed up with Virgin Experience Days to offer you a fantastic 15% discount on over 2,500 experiences, all waiting to be discovered across the UK.



Personal Performance Awards -
50% discount



Ecoworks Marine -
15% discount



Aquapac - **30% discount**



Halfords - **10% discount**



Vow Nutrition - **25% discount**



Enterprise Rent A Car -
10% discount



SUP Magazine - **23% discount**



Craft Insurance -
Exclusive member rate



Paddler Magazine - **20% discount**



Jaffa - **Save £1 on Jaffa Fruit**



Gill - **15% discount**



Member rewards scheme



Dryrobe - **10% discount**

BRITISH CANOEING ANNOUNCE NEW PARTNERSHIP WITH AWARD WINNING APP PROVIDER 'PADDLE LOGGER'



PADDLE
LOGGER

British Canoeing have partnered with award winning app provider Paddle Logger providing new and renewing members of British Canoeing access to it's premium features.

Paddle Logger provides paddlers with the ability to record and track their paddling journeys on the water. With features that include a Digital Logbook providing data and maps as well as the ability to view paddle statistics, widgets and their flagship PaddleLIVE® service. Paddle Logger turns smartphones and watches* into a fantastic tool to help users get the most out of their time on the water.

Built for kayak, canoe, prone, paddleboard and more, the app is free to download and provides the opportunity to share paddle sessions on social media as well as access to a global community in the Paddle Logger Paddle Club. Users can also upgrade to Paddle Logger Pro providing access to their PaddleLIVE® service keeping users in touch with loved ones and notifying them should the user get into any difficulty.



Paddle Logger CEO and Founder,
David Walker said:

We want to reach as many paddlers as possible and provide an easy to use tool that helps them record their paddling journey and become more responsible paddlers. We look forward to seeing all the sessions shared by our new members."

Free Trial Offer

- **Renewing members will get access to a six month free subscription after renewal**
- **New members get access to a three month free subscription after joining**

#paddlelogger



British Canoeing Head of Membership
Samantha Rankin said:

In our 2020 membership survey, members highlighted their desire for us to explore options around tracking apps to support their paddling activity. So it's great to work in partnership with Paddle Logger to allow our new and renewing members the unique opportunity to access the full Paddle Logger Pro subscription for free, giving members extra benefits as part of their membership."



More information can be found on the Paddle Logger website
paddlelogger.com

*only available on iOS devices and Apple Watch.



Wake up waterside
and leave others in your wake



Join today
and save

10%

As the No.1 rated touring club in the UK, we operate the largest number of quality campsites set in beautiful locations. **British Canoeing members can join the Caravan and Motorhome Club at a discounted rate of £48.60**, so there's an extra reason to join today and pitch up and paddle!

Find out more about the great benefits of becoming a member, **visit camc.com/pitchupandpaddle**

★ Trustpilot



Get away, your way

 **CARAVAN AND
MOTORHOME CLUB**
SINCE 1907

*Caravan and Motorhome Club membership is £54 when paying by annual direct debit.

GOING FOR GLORY!

Meet our 15 Tokyo Olympians and Paralympians who will be representing Team GB and ParalympicsGB this summer...

After a 12 month delay the rescheduled Olympic Games are due to get underway later this month with the Paralympic Games to follow in August.

British Canoeing has now selected the teams who will be going out to represent Team GB and ParalympicsGB in Tokyo.

A huge congratulations to them all, their coaches and the teams behind the athletes who have played a key part in their journeys.

CANOE SLALOM will be held at the Kasai Canoe Slalom Centre on **Sunday 25 - Friday 30 July**.

CANOE SPRINT takes place at the Sea Forest Waterway on **Monday 2 - Friday 6 August**.

PARACANOE also will be at the Sea Forest Waterway on **Thursday 2 - Saturday 4 September**.

Team GB Canoe Slalom Team:

Adam Burgess - C1

Bradley Forbes-Cryans - K1

Mallory Franklin - C1

Kimberley Woods - K1

Team GB Canoe Sprint Team:

Liam Heath MBE - K1 200m

Deborah Kerr - K1 500m

Emily Lewis - K1 200m

ParalympicsGB Paracanoe Team:

Jeanette Chippington MBE - KL1 200m / VL2 200m

Charlotte Henshaw - KL2 200m

Ian Marsden - KL1 200m

Rob Oliver - KL3 200m

Dave Phillipson - KL2 200m

Laura Sugar - KL3 200m

Emma Wiggs MBE - VL2 200m / KL2 200m

Stuart Wood - VL3 200m

CANOE SLALOM:

Mallory Franklin

Mallory Franklin will make history when she takes to the start line in the inaugural women's canoe single (C1) class at an Olympic Games.



Taking up this new discipline for women in 2010 she has waited with keen anticipation for an opportunity to compete on the Olympic stage, since getting her first taste of a Games as a spectator at London 2012.

Since then she has made a meteoric rise through the sport, winning a record eight individual international medals in 2018 alone, to become Great Britain's most successful female slalom paddler. World Champion in 2017, in 2019 she won her first senior European crown, followed by World Cup gold on her home course at Lee Valley.

Kimberley Woods

Kimberley Woods will take the seat in the women's kayak single (K1) to finally realise her Olympic dream, having had her first insight as a member of the Team GB Ambition Programme at Rio 2016.



Woods is a World Cup medallist in this event and in 2018, her final year at U23, was a World Championship bronze medallist. She recorded her highest finish at the senior World Championships in 2019 coming sixth, to claim her 2020 Olympic spot.

Portrait photography by Sam Mellish

Bradley Forbes-Cryans

Going in the men's kayak single (K1), Bradley Forbes-Cryans put down the run of his life at the World Championships in 2019, to finish just off the podium in fourth place and secure his Tokyo berth, beating some of the world's biggest names in the process.



Forbes-Cryans is a World Cup silver medallist and won silver at the U23 World Championships in 2018. He started canoeing at CR Cats Canoe Club in Alva, Scotland, and becomes the fourth paddler from the club to represent Team GB, following in the footsteps of double Olympian Fiona Pennie, 2004 Olympic silver medallist Campbell Walsh and, C2 paddler Craig Brown from Atlanta 1996.

He was also part of the BOA's Olympic Ambitions programme at the Rio 2016 Games.

Adam Burgess

Completing the canoe slalom quartet is Adam Burgess in the men's canoe single (C1). Great Britain's first ever C1 U23 World Champion in 2015, Burgess has been growing in stature over the last few years becoming the 2018 European Championships silver medallist and a World Cup silver medallist this year.



Introduced to the sport through the Scouts, Burgess also enjoyed his first exposure to Team GB as part of Team GB's Ambition Programme for London 2012.

Adam is the tenth member of Stafford and Stone Canoe Club to be selected to represent Great Britain at an Olympic Games, continuing the club legacy.

CANOE SPRINT:

Liam Heath MBE

Reigning Olympic champion Liam Heath MBE heads the Canoe Sprint team for Tokyo 2020 having qualified his spot in style, winning gold at the 2019 World Championships in Hungary.



Tokyo 2020 will be Liam's third Olympic Games having won sprint bronze in the K2 200m alongside Jon Schofield in London and then silver in Rio before being crowned Olympic champion in the K1 200m five years ago.

He held the grand slam of canoeing titles in 2017 (Olympic, World and European) and has only been beaten once in the K1 200m since then. The 36-year-old, who hails from Guildford, will be looking to retain his title and cement his place in British history as the most successful canoe sprint athlete of all time.

Deborah Kerr

Motherwell's Deborah Kerr has had an incredible 2021 season. Winning both the K1 200m and K1 500m, at the April selection regatta followed by her first international senior medal with bronze at the World Cup in Szeged.



Coming into the competition off the back of winning the K1W 200m boat quota place for Great Britain in the European Olympic Qualifier, Deborah continued to show she has the pace to compete at the top of the event.

Deborah was part of the Olympic Ambitions programme in Rio 2016 along with her coach Kristina and compatriot Emily Lewis.

Emily Lewis

Emily Lewis will be making her Olympic debut in Tokyo after a strong start to the 2021 season. She put herself in contention for the team with second place in the selection regatta in April, backed up with a best ever finish at the European Canoe Sprint Championships in Poznan at the start of June.



A K1 200m Junior European bronze medallist, Emily played a key role in the women's K4 squad before turning her sights back to the individual event. The move to train alongside Liam Heath has paid dividends for the Malvern native.

PARACANOE TEAM:

Jeanette Chippington MBE

Legend, 'Oracle' and 'The Queen of Canoe' are just some of the descriptions of Jeanette Chippington MBE, given by her fellow canoeists and it's easy to see why.



Jeanette Chippington is one of the world's most successful paddlers ever, with 28 medals to her name since making her paracanoe debut in 2021 at the Poznan World Championships.

Chippington joined the paracanoe team having already competed as a swimmer at five consecutive Paralympic Games; Seoul, Barcelona, Atlanta, Sydney and Athens, winning a total of 12 medals.

She became Paralympic Champion in the women's KL1 at paracanoe's debut at Rio 2016. Chippington's fantastic achievement at the Paralympics saw her awarded an MBE in 2017 for services to canoeing. The Maidenhead paddler backed that up in 2017, achieving the paracanoe 'Grand Slam' holding the Paralympic, European and World titles within the calendar year in the KL1 200m event.

Since her 'Grand Slam', Chippington has won a further nine international medals in 2018 and 2019, and secured the women's KL1 boat quota place for the Tokyo 2020 Paralympic Games. Jeanette will also compete in the VL2 blazing a trail in the sport.

Charlotte Henshaw

Charlotte Henshaw first realised her Paralympic dream as a 21-year-old swimmer at Beijing 2008 and then again at London 2012 and Rio 2016, winning a silver medal in London and a bronze in Rio before deciding to seek out a new challenge.



Henshaw has been an integral part of British Canoeing's success since she made the switch to join the paracanoe programme.

In 2019 she was unbeaten across the whole season in which she won two ICF World Championship gold medals (KL2 200m and VL3 200m) in world leading times, as well as a European and World Cup KL2 gold.

Emma Wiggs MBE

With gold medals from eight World Championships and one Paralympic Games, Emma Wiggs MBE, is one of paracanoeing's undisputed powerhouses.



Emma is the reigning Paralympic Champion in the KL2 200m event and the reigning VL2 200m World Champion. She has won a total of eight World Championships and an incredible five European Championship medals throughout her career in paracanoe.

In 2017 Emma achieved the Paracanoe 'Grand Slam' holding the Paralympic, European and World titles within the calendar year when she became Paralympic Champion in the KL2 200m at the debut of Paracanoe at the Rio 2016 Paralympics.

Emma will be looking to make history competing in both the va'a and the kayak in Tokyo.

Laura Sugar

When the 2016 Paralympic Games in Rio drew to a close, the only canoeing experience Laura Sugar had was paddling about on holiday. Yet this summer she is travelling to Tokyo to represent her country in the KL3 with the aim of bringing home Paralympic gold.



A former international hockey player for Wales and a T44 100m and 200m Paralympian in 2016, Sugar's athletic credentials were never in doubt. Laura made an instant impact in paracanoe after an incredible debut season during 2019, accumulating three international medals. These included a silver in the KL3 200m in her first paracanoe World Championships.

More success followed and in May 2021 she took World Cup gold in the women's KL3 200m in Szeged, Hungary.

Ian Marsden

Ian won a Bronze medal in the KL1 200m event at Paracanoe's debut at the Rio 2016 Paralympic Games. He is the 2017 European silver medallist and was 4th at the World Championships the same year.



Having attended a talent ID day for Paracanoe in late 2012 where he was selected for the programme, Ian has since excelled, becoming a medallist at both European and World Championships since 2013. He was the 2015 European Champion and 2014 World silver medallist in K1 200m KL1 and has accumulated nine international medals throughout his career.

Ian started out as an able-bodied athlete representing Great Britain and is a former European and World Powerlifting Champion and holder of three World Records. After a sporting accident in 1992, he became disabled and a wheelchair user.

After a long spell in hospital, he discovered handcycling and went on to race on the European Handcycling Circuit where he became the first British male to win a podium position. Following surgery he then moved on to target shooting and the 10m air rifle, before his successful move to the paracanoe team.

Dave Phillipson

Before beginning his canoeing career, Dave Phillipson had attended the Beijing, London and Rio Paralympic Games as a wheelchair tennis player, having been ranked as British number one prior to Beijing.



However, by Rio 2016 he knew that his journey with tennis was over and it was time to seek out a new opportunity. Although he was a strong swimmer and had represented GB juniors in basketball, Phillipson's sights were firmly set on canoeing. He already had some experience with the sport, having been encouraged to try it as a child by his father Mike, who had served in the navy.

His determination to have a successful canoeing career has certainly been validated since joining in April 2017.

Phillipson won European Championship VL3 gold in 2018, as well as a bronze medal in the 2018 World Cup. At the Paracanoe World Cup in Szeged this year, he won bronze to confirm his spot on the British team for his fourth Paralympic Games.

Robert Oliver

Having joined the paracanoe squad through a Talent ID day back in 2011, Rob Oliver has competed on the paracanoe team for a decade with numerous medals to his name.



Oliver was one of the six athletes to compete in paracanoe's Paralympic debut at Rio 2016, where he finished fifth in the men's KL3.

The year before, Rob won a fantastic silver at the 2015 World Championships in Milan, which he describes as one of his sporting highlights to date.

His other career highlight came in 2019, where Oliver won bronze and silver medals in front of his parents and brother, just five days apart in Poznan at the European Championships and World Cup respectively. The Solihull paddler concluded the season with a fifth place at the World Championships to secure the men's KL3 boat quota spot for the Tokyo 2020 Paralympic Games.

Following the Paralympic Games, Oliver is looking forward to returning to his job as an aerospace engineer.

Stuart Wood

For Stuart Wood his Paralympic debut at Tokyo 2020 is the culmination of almost a decade of work.



Wood began paddling at university in 2012 and remembers his introduction to the sport fondly. After two years of trying a variety of disciplines, Wood's coach, Paul Carroll, recognised his talents and recommended he focus on paracanoe.

A breakthrough season in 2019 saw him come away with two international medals, including bronze at the World Championships which also qualified the British VL3 boat quota place for the Tokyo 2020 Paralympic Games.

NEW Paddlesport Touring Leader Success

Launched in January 2021, the **Paddlesport Touring Leader** supports participants to lead fun, safe and enjoyable mixed craft journeys, on moderate inland open water. Although a formal training course can be attended, this is a direct entry award, meaning participants are able to gain experience and develop their skills at their local club or centre. British Canoeing's **Leadership and Raft Guide self-analysis tool** or skills checklist can be used to help candidates consider areas for development.

Emily and Piotr recently completed the Touring Leader Award under the guidance of Paddlesports Touring Leader Provider Grant Dolier. Ahead of the assessment, both Emily and Piotr used the skills checklist to complete the informal training required to meet the standard for the course. Here they tell us about their experiences as a provider and candidate.

"It's a really great award to run as the scope of the award is epic!" said Grant.

"All of the candidates came into this award without any formal training, but had used British Canoeing's skills checklist and completed informal training to reach the standard required to undertake this course, and loved it! It really complements the type of work they want to be doing - leading clients into environments using the client's own choice of craft.

"We had a real mix of paddling experience in the candidates; from one newly qualified Paddlesports Instructor, to one who had previously held leadership provider roles. Three out of the four candidates held Moderate Water Leader awards with two of them holding Advanced Water Leader awards in other disciplines."

Paddlesport Touring Leader candidate, Emily said about the award:

"I've recently returned to the UK and found a home in Perth. I've always dabbled in a range of disciplines, but would probably call myself a sea kayaker first, white water kayaker second and have recently started falling for the world of white water SUP, probably due to the comedy falls you get to witness! The Paddlesport



Touring Leader award is the perfect mix of disciplines and environments. When I read about this new award it caught my attention as it comes with so much freedom to lead a range of craft across the inland open water environment and on slow moving water. I work at Willowgate Activity Centre on the River Tay, and it gives me much more scope to lead on a river which changes quite rapidly. Within a short section of the river, the environment quite quickly turns from moving water (Grade 1 (2)) to wide open water.

“Before the Paddlesport Touring Leader existed, I would have been required to hold more than one leading qualification to take people on tours along this stretch of water, but this award is perfect for what I needed.

“It covers the lower end of all environments and will allow me to help people explore the River Tay, with that little bit of extra freedom to lead people in whichever craft they feel comfortable.



It's amazing to be able to take local people places they may not normally have been and I'm excited to watch the faces of the locals as they slide down the Grade 2 and shoot under the Perth bridge that they've walked past so many times. In short, the award will give me a chance to visit more places, have more fun and introduce more people to the paddling world that we all know and love.

New Paddlesport Touring Leader, Piotr, said:

“We are based in Perthshire, Scotland, offering guided kayak tours in the area. I felt the new Paddlesport Touring Leader would be a great choice for our staff, enabling them to take participants on calmer rivers, including the tidal sections of the Tay, Earn and nearby lochs.

“I have been paddling, coaching, guiding and gaining qualifications in the UK for the last 15 years and it's great to see the British Canoeing courses becoming more specific to a wider audience and operating role models. We all hold leadership qualifications in other disciplines such as sea, white water kayak and open canoeing. All of these awards hugely benefit our clients, but the Paddlesport Touring Award is the one which will perfectly match our guided trips.

“Often our participants have never paddled before, so they wish to feel inspired, relaxed and take their friends or family members along. Participants also tend to want to use mixed crafts to suit everybody's aims for the trip - this is exactly what touring is about. Add to this interesting facts about the wildlife, history, maybe a picnic and you have a recipe for a fantastic day out.

“When completing the tasks at scenic Loch Rannoch in the Heart of Scotland or in Dunkeld on the River Tay we had to face snow, squalls and temperatures of minus three! We are very grateful that Grant was able to provide such a good assessment for us at Outdoor Explore, as it allowed myself and the others to achieve the award in a relaxed, learner-friendly and inspiring layout.

“Now we are all just looking forward to the busy season ahead.”



Find out more and start your journey to become a **Paddlesport Touring Leader today!**



Photos by Outdoor Explore

KATE GARNER

MULTI-DAY PADDLE

For 48 year-old Kate Garner from Shrewsbury, water has always been her happy place. After a year of lockdown, Kate decided to challenge herself with a new experience and in April paddled 170 kilometres solo along the Severn River and Gloucester and Sharpness Canal over six days.

Here she tells us about her journey



"Many people I speak to seem to think a multi-day paddle is impossible for the 'average' person to do," Kate says, "so I want to tell my story to show that it is anything but. If a very average 48 year old woman can do it, so can they."

"I've always loved being in or on water and took any opportunity to get out with a paddle. A couple of years ago I was looking for a way to improve and decided to take part in a paddling weekend on the Severn with a local company. I immediately fell in love with SUP."

"I'm inspired by extended human powered adventures and wanted to use some holiday time in April to challenge myself with a new experience that would take me out of my comfort zone. I can't think of anything better than being outside, close to nature and on my board. A multi-day paddle was the most adventurous thing I could think of and, given the Covid circumstances, it was perfect! I could be completely self-sufficient and start from my front door. I was also curious to see first hand the impact of this year's Severn floods."



HOW DID YOU GO ABOUT PLANNING YOUR TRIP?

"I knew the route I wanted to take quite well from walking it, and the number of days I wanted to take, but didn't really know how far I would be able to paddle each day. As a starter, I divided the distance - 170 kilometres, by the number of days - six, to get an average daily distance and then adjusted it to fit within campsite stops."

"Whilst I wanted to push my adventurous boundaries it was important to me to be booked into a campsite each night. After a lot of OS map scouring and internet searches, I found a suitably located campsite for every night apart from the first, where I ended up camping in a secluded spot above the Jackfield Rapids."

"Once I had an itinerary and the campsites booked I looked at the route in a lot more detail to understand what each day would entail, such as locks, rapids or any other features that may require portage."

"I did a practice paddle with my packed-up board over the first day route - 35km from Shrewsbury to Ironbridge. That really helped as I got used to the additional weight on the board, paddling in my PFD and waist leash, and familiarised myself with negotiating the fish weirs and shallow waters that are a feature of the Severn in Shropshire."

"I joined British Canoeing both for the guidance and information they provide, but also for the essential waterways licence which meant I was paddling along the water legally. I also spent a long time looking at the British Canoeing website trying to work out the 'do's and don'ts', particularly around locks and weirs. I was determined to be as prepared as possible as my biggest fear was getting something wrong in a busy part of the river or canal and being told off!"

DID YOU RELY ON, OR INVEST IN ANY SPECIFIC PIECES OF KIT?

"Because my trip was over several days I thought it was worth investing in kit that I would feel comfortable wearing and confident using. I wore my neoprene leggings and boots every day, both of which gave me the confidence to get into the water when necessary.

"My PFD and waist leash were strapped to me and I had four 30 litre dry bags on board. I also carried non-essential, but morale boosting snacks. Ultimately, the most useful piece of kit to me was my waterproof phone case. It was in the pocket of my PFD when I fell in once, and it kept my phone dry.

"Running a close second were the bungee straps I used to attach the bags to the board. I had a muddy and undignified exit from the river at Gloucester locks and they held everything in place as the board was hauled out vertically!"

WHAT WERE YOUR HIGHLIGHTS FROM THE TRIP?

"Being amongst the birds on the river, day after day - especially the kingfishers, swallows and sand martens and the super-friendly lock and bridge keepers who all wanted to help me."



WHAT ADVICE WOULD YOU GIVE TO ANYONE THINKING OF COMPLETING A MULTI-DAY PADDLE?

"Starting paddling more seriously has allowed me to start learning new skills at a time in my life when work and other priorities dominated and I was staying in my comfort zone, doing the same things. My main advice would be to do it. Paddling is an amazing form of travel. By spending so much time on the water you'll begin to think about things from new perspectives.

"Spend time mapping your route so you understand broadly what each day is going to look like - how far, how long it should take, any obstacles that will need to be negotiated and where the overnight camp is.

"Check the weather forecast. Paddling in the rain is okay, but paddling in strong head or cross winds is hard work and could impact your progress. Look at information about expected water levels and if you're paddling on a tidal river, check the tide table to see if there are exceptionally high or low tides.

"Don't cut corners on your safety kit and the actions that will keep you safe. But don't think you need to know everything beforehand or have the perfect kit list.

"Practice your simultaneous waving and paddling technique and prepare to answer a lot of questions when all your bags are noticed. People by the water are friendly and when they see you're loaded up, want to know about your trip.

"Do it for fun, enjoyment and the joy of being in nature doing something amazing."



WHEN LIFE GIVES YOU LEMONS
MAKE SURE THEY'RE



SEEDLESS



AVAILABLE AT
TESCO

SHOP THE FULL **Jaffa** RANGE

PROUD SPONSORS OF



*SUBJECT TO SEASONAL AVAILABILITY

JAFFA.CO.UK

[@LOVEJAFFACITRUS](https://www.instagram.com/lovejaffacitrus)

[/JAFFAFRUIT](https://www.twitter.com/JAFFAFRUIT)

[F/LOVEJAFFA](https://www.facebook.com/lovejaffa)