



# CANOE'S NEWS

CANOE RACING NZ INC. – Issue 4/2011

## Golden Girl does it again

The excitement on the banks of the Wedau Race Course, Duisburg, was off the charts as the Kiwis cheered their “pocket rocket” Lisa Carrington to a gold medal in the K1 200m in the ICF World Champs 3 held 27-29 May. She may be diminutive in stature, but this little powerhouse really knows how to give it her all.



Lisa Carrington and some of the proud team after her winning performance in Duisburg

Her usually explosive start was fractionally slower than normal out of the blocks, but this only served to fuel Lisa's determination. Coach Gordon Walker says “Lisa has a high max speed and a lot of natural qualities, but she has been training hard for endurance and power, and that's what paid off in this race. She gained the lead by the 100m mark, and while others were dropping back, she just powered on.”

Of her race Lisa says “I didn't feel the start was as good as it should have been, but I had no time to think about it. I was pretty confident at half-way that I had that slight lead and knew I had to keep the pressure on right to the end “. She commented “winning in the K1 200m is particularly satisfying as it's an Olympic Event and that's where my focus is”.

Lisa couldn't quite pull off the same feat in the K2 500m and with partner Teneale Hatton had to settle for 8th. Although making the A final is, in itself, quite an achievement, with only a forty minute break after Lisa's K1 200m win a higher placing was not to be. Lisa and Teneale won gold in the K2 1000m event at World Cup 1 in 2010.

Another 8th in an A final was handed to Steven Ferguson and Darryl Fitzgerald in their K2 1000m. Qualifying as the fourth fastest crew they had, however, expected to place higher up the ladder.

Carrington's gold has given the whole New Zealand team a lift as they now review the World Cup results and plan their attack on the ICF World Championships to be held in Szeged, Hungary. This event, as an Olympic selection event, is going to be pivotal to the team's Olympic campaign.

Full team results for the World Cups are on the website [www.canoeracing.org.nz](http://www.canoeracing.org.nz) under “News”.

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### Upcoming Events

#### June-Sept 2011

- 18 June: 10km series North Shore
- 26 June: 10km series Mairangi Bay (Pit Pit 10km series)
- 2-3 July: 10km series and marathon Waitemata
- 10 July: 10km series Mana
- 16-17 July: Athlete Development Camp, Rotorua
- 24 July: 10km series & Ngaruroro River Race, Hawkes Bay
- 28-30 July: Junior World Champs Germany
- 13-14 Aug: 10km series Waitara
- 21 Aug. 10km series Royal Akarana (Pocock Paddling)
- 21 Aug: 10km series Arawa (Lake Hood)
- 4 September: 10km CHAMPS Rotorua

*The only way of finding  
the limits of the possible  
is by going beyond them  
into the impossible.  
- Arthur C. Clarke*

# KAYAK KRAZY

## 10km Winter Series

Don't stagnate over winter!

**SERIES RACES AROUND THE COUNTRY**

**Kayaks, surf skis, sit-ons, waka– all welcome!**



Keep paddling over winter and join in on these races around the country. 5-6 km options for juniors/beginners, full distance 10km. Each race gives you points based on where you come and results will be available online. Paddle for fun or race 3 races to win the series (must include the Champs). Your best 2 results will be counted (plus Champs) so race more races to give yourself better odds. Only singles count towards the series, but some events offer doubles races too.

**Results online** – compare yourself to your mates. Monitor your times and your points and see how others are doing.

- 18 June, North Shore Canoe & Youth Club, Lake Pupuke, Auckland, 9.00am start singles, 3.00pm start time doubles
- 26 June, Mairangi Bay Surf Club, Auckland, Pit Pit 10km series, 3.30pm start (surf skis and sit ons only for this race and must be 18+)
- Sunday 3 July, Waitemata Canoe & Multisport Club, Taipari Strand, Te Atatu Peninsula, Auckland. 8.30am start (Marathon event also available Saturday, 7.30am start)
- 10 July, Mana Kayak Racing Club, Wellington, 10.00am start
- 24 July, Hawkes Bay Kayak Club: Start 11.45am (11.15am briefing) at Chesterhope Bridge, Pakowhai Rd. Finish Clive.
- 24 July, Arawa Kayak Club, Venue Lake Hood
- 13-14 August, Waitara Kayak Club (under the town bridge by Rowing club), 10.00am start. Doubles Sat, Singles Sun.
- 21 August, Royal Akarana Yacht Club, Orakei, Pit Pit 10km series, 3.00pm start (surf skis and sit ons only for this race and must be 18+)
- 21 August, Arawa Kayak Club, Venue Lake Hood
- 4 September, 10KM CHAMPS, Lake Okareka, Rotorua: 9.00am start 10km Champs. Afternoon fun teams race (start with a K4 of 4km, split to K2 of 2km, finish in K1 of 1km).  
(note: [development camp on 2-3 September, see below](#))

Each Race Cost \$20 (under 19) \$25 (19 and over)

## Follow us on FACEBOOK!

We now have a Facebook Page. We'll be uploading photos and results from all of our overseas campaigns so join our page to get regular updates. Click on the Facebook link at the bottom of our homepage [www.canoeracing.org.nz](http://www.canoeracing.org.nz)  
If you then click on "subscribe via RSS" you will receive wall updates as they go live!

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# Athlete Development Camp 1

16-17 July 2011 – Lake Okareka, Rotorua

CRNZ's first athlete development camp will run on Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> July at Lake Okareka, Rotorua. All participants need to arrive on Friday night. The camp caters to every paddlers level of ability and a variety of kayak disciplines.

- Sprint
- Marathon
- Ocean Ski
- Surf Ski
- Multisport

We would also like to invite all coaches to attend. It is CRNZ's first 2011 coach development opportunity to gain greater experience and work alongside High Performance coaches.

Camp content:

- Fundamental technique
- Video analysis and feedback
- Crew boat training
- Strength and conditioning
- Erg based training
- Experienced coaches
- Guest Speakers
- Guest High Performance Athletes



Camp Cost: \$150.00 Includes:

- 2 night's accommodation
- Breakfast, lunch and dinner
- Speakers
- Coaches

Please confirm your attendance by 12<sup>th</sup> June to Scott Bicknell.

Email [scott.bicknell@canoeracing.org.nz](mailto:scott.bicknell@canoeracing.org.nz) or phone 09 476 8670.

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# Athlete Development Camp 2

2-3 September 2011 – Lake Okareka, Rotorua

Note the change of date for the second development camp to 2-3 September. This is so that we can give paddlers the opportunity to link the journey into the 10km champs on 4<sup>th</sup> September at Lake Okareka. It also avoids any potential clashes with the start of the Rugby World Cup. More information on the second camp will be available shortly and will be advertised in the next newsletter.

Any queries email [scott.bicknell@canoeracing.org.nz](mailto:scott.bicknell@canoeracing.org.nz) or phone 09 476 8670.

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# Ruataniwha Development Camp, South Island

Held 28-29 May 2011

Over the weekend of the 28th - 29th of May, 30 paddlers from around the South Island joined together for the inaugural OUSA KRC training camp held at Lake Ruataniwha, approximately 2km from the township of Twizel. The camp was organised by Brendan O'Neil as an introduction to flat water kayak racing and as an opportunity for multisport paddlers to train as a squad. The accommodation for the camp was kindly provided by South Island rowing in the newly constructed lodge, which includes a small cinema and a big screen T.V.

As there were so many paddlers, three different squads were formed, each with its own specific goals and focus for the weekend. The Under 17 group, which comprised of around 15 paddlers focused on the skills required for racing and paddling in team boats.



The Multisport group focused on having good posture, correct boat set up and how to propel a boat with an efficient stroke. The final group was for paddlers with over a seasons paddling who focused on paddle technique and leg work. See the website under "News" for full report. [www.canoeracing.org.nz](http://www.canoeracing.org.nz).

Acknowledgements go to Brendan O'Neil for organising the event; Don Shanks, Barry Veenvliet and Brett Leask for coaching; South Island Rowing for providing the venue and a rescue boat; Catherine and Trevor Wilson for the catering; and OUSA for the use of their van.

# Upcoming campaigns

## JUNIOR WORLD CHAMPS

A team of 11 young paddlers has been selected to attend the Junior World Champs to be held 28-30 July.

Those attending are:

Aimee Fisher	Julie Sweetman
Jennyfer Fidow	Karina Radley
Danielle Currie	Kim Thompson
Alexander Fort	Andrew Roy
Jack Wilson	Zachary Quickenden
Cory Taylor	

Coach: Leigh Barker, Manager Anne Cairns.

They've all been training hard and attended their first team training camp over Queens Birthday weekend in Rotorua with another one looming 25-26 June. We wish them all well for this fantastic experience and look forward to following their results. Remember, we'll post these on Facebook, as well as our website. So sign up on our Facebook page to get live updates. (see bottom of the website home page [www.canoeracing.org.nz](http://www.canoeracing.org.nz)).

## ICF WORLD CHAMPS

The squad selected for World Champs to be held in Szeged 18-20 August will be announced shortly. As this is an Olympic selection event, this event is of huge significance to the HP team. Again results will be on the website and facebook.

## WORLD MARATHON CHAMPS

The World Marathon team are starting to prepare for the Champs to be held in Singapore, 18-23 October.

Those who have confirmed their attendance are:

Ben Fouhy  
Marianne Archer  
Glen Muirhead  
Jason Anderson  
Ryan Welch  
Sam Newlands  
William Wilkins  
Ben Bennett  
Keith Alderson  
Matt Blundell  
Team Manager: Terry Newlands

Good luck to the team for the next few months of hard (cold) training. No doubt the Singapore heat will be quite a shock to the system come October. Remember, we'll also post these results on Facebook, as well as our website. So sign up on our Facebook page to get live updates. (see bottom of the website home page [www.canoeracing.org.nz](http://www.canoeracing.org.nz)).

## CAMPAIGN DONATIONS

We don't receive SPARC funding for juniors or marathon travel and the athletes bear a large chunk of the expenses. If you'd like to make a donation to any of the campaigns go to [www.fundraiseonline.co.nz](http://www.fundraiseonline.co.nz) and search Canoe Racing, then click on "Make a donation". In the "message" note Juniors or Marathon to tag your donation. Tax deductible receipts issued.

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## CEO Newsletter

May was an exciting month as we followed our Open Sprint team competing at three World Cups in Europe with Lisa Carrington bringing home GOLD in the K1 200m against strong competition in World Cup 3.

To build on this success we immediately issued a press release and were able to get TV1 to pick up the story on Mondays 30 May sport news and another positive article in the following Saturday's Herald, plus a lot of local print articles and online news sites reporting including Stuff, Info News and Scoop. All good news for the sport.

This Friday we are having a morning tea to celebrate the Team's return and Lisa's win. Then it's back to business with selections due to be announced shortly and less than two months of training before the team departs for the big one - qualifying boats at the World Championships.

### High Performance

#### **2016 High Performance Plan**

Currently CRNZ is a high performance driven organisation delivering pathways to international success. For some time the Board and management have been discussing the need for longer term planning. While this is important for all areas of the organisation the Board and management agree that CRNZ is now at a level of maturity where it critically needs a long term plan for High Performance. To that end the Board, at the Board meeting on 27 April 2011, approved the formation of the "2016 High Performance Working Group". This group will consist of a range of skills and experience from across the sport including all of the disciplines. The following have been invited to participate in the group:

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### **E-Mail:**

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#### **Sport Development Co-ordinator**

[Scott.bicknell@canoeracing.org.nz](mailto:Scott.bicknell@canoeracing.org.nz)

#### **Administration Assistant**

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#### **Coach Intern**

[gordon.walker@canoeracing.org.nz](mailto:gordon.walker@canoeracing.org.nz)

### **Web Site:**

[www.canoeracing.org.nz](http://www.canoeracing.org.nz)

*Happy are those who  
dream dreams and are  
ready to pay the price to  
make them come true.*

*- Leon J. Suenes*

Chair  
Board Members  
CEO  
Sport Development Co-ordinator  
Open Team Coach  
Open Team Manager  
Mens K2 Coach  
U23 Coach/Programme Leader  
Junior Coach/Programme Leader  
Sprint Advisory Committee Chair  
Marathon Advisory Committee Chair  
Ocean Ski Advisory Committee Chair  
Convenor of Selection Panel  
Athlete Representative(s)

John Trotter  
Harold Pearse and Maree Burnett  
Paula Kearns  
Scott Bicknell  
Gordon Walker  
Grant Restall  
Ian Ferguson  
Gavin Elmiger  
Leigh Barker  
Alan Thompson  
TBA  
Travis Mitchell  
Steve Richards  
TBA

CRNZ Chair John Trotter will be facilitating the first workshop to be held on Saturday 2 July 2011. The purpose of the Group is to develop a five year plan 2012-2016 for athlete pathways to international success.

### **Junior World Championships**

In March we trialed Juniors and selected 11 to compete in the 2011 ICF Junior Sprint World Championships in Germany 29-31 July 2011. Junior Coach/Programme Leader Leigh Barker and Junior Team Manager Anne Cairns have been quietly working away planning the campaign and last week held the first of two camps in preparation.

We are excited to be able to offer this opportunity to our emerging talented young athletes. As part of the pathway to success the experience our Junior athletes will gain at this international event will be invaluable. It will allow them to see what is required to compete on the world stage, which will set them up for the opportunity to go on to become our future Olympians. Keep an eye on our website or Facebook to follow their progress in July.

### **Marathon World Championships**

Following on from our National Marathon Championships selections were made and announced for the 2011 ICF Marathon World Championships 19-23 October 2011 in Singapore. Marathon Team Manager Terry Newlands has planning underway for what will be another exciting campaign with a large team of up to 15 athletes representing New Zealand.

### **Sport Development**

At the last Board meeting the Board approved the 2011-2012 Sport Development Plan and thanked our Sport Development Co-ordinator Scott Bicknell for all his work in preparing the plan. It is great that the sport now has a plan to develop the sport over the next 18 months. I appreciate all the feedback from the clubs in developing the plan and your ongoing support of Scott in achieving its outcomes.

We are always conscious that CRNZ is a "sum of our members" and we are here to support our clubs and members. We also greatly appreciate all the time and efforts of the volunteers in our clubs and what you do for our sport.

### **The Team**

Unfortunately our lovely Administration Assistant Alison Finn is moving on to greener pastures. Alison has been offered an opportunity with her family business that was too good to refuse and their gain is our loss. We are advertising on our website and on Seek for a replacement. Alison's last day with us is the 29 June and while sad to see her go we wish her all the best for the future.

Please feel free to give me a call or email me anytime even if just for a chat. My mobile phone number is 027 444 3991 and email [paula.kearns@canoeracing.org.nz](mailto:paula.kearns@canoeracing.org.nz)

Paula Kearns  
CEO