



Olympian : Ben Fouhy, racing in the K1 1000m in London

Facts about the K1 1000m 2012

Length of race:

The race is over in roughly 3.5 minutes, longer or shorter depending on environmental conditions such as wind and water. High water temperatures and tail winds can create World best times. The K1 has a similar physiological demand to the 1500m athletics and 400m freestyle when you look at the aerobic component and the time duration.

Weights:

A K1 boat weighs 12kg and is 5.2metres long. The average male K1 paddler is about 85-90 kilos.

Best times:

The current World's best time is 3.22.4 by Max Hoff from Germany; the next best is Ben Fouhy at 3.24.4 in 2006.

Ben was the fastest qualifier for the New Zealand Olympic spot for this event by 4 seconds.

Race Format :

The number of lanes has been restricted to eight for the 2012 Olympic Games, compared with nine previously.

The Contenders:

Since the 500m event has been removed from the Mens' Olympic programme, the depth of the field has nearly trebled, making the chance of reaching an A final even harder when coupled with the loss of a spot due to now only eight lanes. Top paddlers Adam van Koeeverden from Canada and Eirik Veraas Larsen from Norway, who both used to compete in both the 500m and 1000m, are now focussing on just the one event, improving their competitiveness. C finals at World Cups (the pre-Olympic international regattas earlier this year) were filled with athletes who previously would have made an A final.

The 2012 K1 final is shaping up to be the most competitive of all time, with at least 12 contenders for medals, unlike Beijing or Athens where there were realistically five top athletes in the hunt for medals. To put this into context, Beijing Gold medallist Tim Brabants made one A final in the recent 2012 World Cups, settling for a B final in one, and finished out of the medals for both regattas. He missed out on the A final at the European Championships, just six weeks from the Olympic opening ceremony, such is the depth of talent.

Training :

Self coaching with advice from key people and more recently Darrell Bonetti has been coaching him from his training base in London.

To Progress through:

Heats: 1st to 5th + best 6th place to the semi finals

Semi: 1st to 4th to A Final; 5th to 8th to B Final.



Olympians : Steven Ferguson and Darryl Ferguson racing in the K2 1000m in London

Facts about the K2 1000m 2012

Length of race:

The race is over in roughly 3.25 minutes, longer or shorter depending on environmental conditions such as wind and water. High water temperatures and tail winds can create World best times.

Weights:

A K2 boat weighs 18Kg and is 6.5 metres long. The average male K2 paddler is about 85 - 95 kilos.

Best times:

The current World's best time is 3.07.095s by the German pair of Hollstein & Ihle who set the record at the European Champs' in Belgrade in 2011.

The NZ record is currently 3:13.45.

Race Format :

Each race has 2 heats , 2 semi finals and then the finals. There are 8 lanes in each race.

The Contenders:

There has been no real stand out crew over recent competitions and the winners are likely to come from Sweden, Belgium, Germany, Slovenia.

The event has close racing with less than 2 seconds between the top 5 places.

Training

Coach : Ian Ferguson

The crew has been training in northern Italy for the build-up to the Games and left NZ in early May.

To Progress through

Heats: 1st to 6th to the semi finals

Semi: 1st to 4th to A Final; 5th to 8th to B Final.



Olympian : Teneale Hatton racing in the K1 500m in London

Facts about the K1 500m 2012

Length of race:

The race is over in roughly 2 minutes, longer or shorter depending on environmental conditions such as wind and water. High water temperatures and tail winds can create World best times.

Weights:

A K1 boat weighs 12kg and is 5.2 metres long. The average female K1 paddler is about 60 - 70 kilos.

Best times:

The current World's best time is 1.46.906s and held by Bridgitte Hartley of South Africa at Szeged, Hungary in 2011.

The NZ record is currently 1:49.8 and held by Lisa Carrington. Teneale has a PB of 1:52.4 in racing.

Race Format :

Each race has 3 heats , 2 semi- finals and then the finals. There are 8 lanes in each race.

The Contenders:

Nicole Reinhardt of Germany would be the favourite. Other likely contenders are Danuta Kozak of Hungary and Alana Nicholls of Australia

Training

Coach : Ian Ferguson (overseas) Gavin Elmiger (NZ)

Teneale has been training with Steve Ferguson and Darryl Fitzgerald in Northern Italy and also been away from NZ from May. She had Carrie Johnson from USA join her for a 2 week block.

To Progress through

Heats: 1st to 5th + best 6th place to the semi finals

Semi: 1st to 4th to A Final; 5th to 8th to B Final.

Canoe Racing New Zealand – Olympic kayak races – Interesting facts



Olympian : Lisa Carrington racing in the K1 200m and K2 500m in London

Facts about the K1 200m 2012 (see Erin Taylor for K2 500m information)

Length of race:

The race is over in roughly 40 seconds, longer or shorter depending on environmental conditions such as wind and water. High water temperatures and tail winds can create World best times.

Weights:

A K1 boat weighs 12kg and is 5.2 metres long. The average female K1 paddler is about 60 -70 kilos.

Best times:

Lisa is the current world champion with her win of 39.998s at the 2011 World Championships in Szeged, Hungary .The current World's best time is 38.970s and is held by Birgit Fischer of Germany at Milano, Italy in 1994.

Race Format :

Each race has 3 heats , 2 semi finals and then the finals. There are 8 lanes in each race.

The Contenders:

This potentially is a very close race and could end up a 3 horse race with Lisa and the other two below.

Natasa Janics from Hungary: Natasa has won 3 Olympic gold medals and 1 silver plus 22 medals at World Champs of which 18 were gold. Natasa beat Lisa by 0.09 of a second last time they raced this year.

Marta Walczykiewicz of Poland who Lisa had to beat at last year's World champs to gain her gold.

Training:

Lisa, Erin and Coach Gordon Walker have been training in Dachau, Germany in the build up to London and like the rest of the team left NZ in May.

To Progress through

Heats: 1st to 5th + best 6th place to the semi finals

Semi: 1st to 4th to A Final; 5th to 8th to B Final.



Olympians: Lisa Carrington and Erin Taylor racing in the K2 500m in London

Facts about the K2 500m 2012

Length of race:

The race is over in roughly 1.5 minutes, longer or shorter depending on environmental conditions such as wind and water. High water temperatures and tail winds can create World best times.

Weights:

A K2 boat weighs 18kg and is 6.5 metres long. The average female K2 paddler is about 60 - 70 kilos.

Best times:

The current World's best time is 1.37.071s and is held by Yvonne Schuring and Viktoria Schwarz of Austria at Szeged, Hungary in 2011.

Race Format :

Each race has 2-3 heats , 2 semi-finals and then the finals. There are 8 lanes in each race.

The Contenders:

The Austrian pair of Schuring and Schwarz have been a strong pair over the last 2years and are the current holders of the World's fastest time but they have been prone to a few poor races.

The German pair will be strong in this event but there are several options the German's could use in this boat and at the time of writing it is unknown who they are.

The Spanish pair of Jana Smidakova and Beatrix Manchon should also be strong contenders. The Chinese could be a dark horse in the field.

Training:

Coach : Gordon Walker

Lisa, Erin and Coach Gordon Walker have been training in Dachau, Germany in the build-up to London and like the rest of the team left NZ in May.

To Progress through:

Heats: 1st to 6th to the semi finals

Semi: 1st to 4th to A Final; 5th to 8th to B Final.