



CANOE'S NEWS

CANOE RACING NZ INC. – Issue 4/2012

Carrington Crowned Kayak Queen



Photos courtesy of Getty Images

She's World Champion, Oceania Champion and can now add Olympic Champion to her impressive list of titles! After what has got to be the race of her life, aged only 23 and at her first Olympics, Lisa Carrington (in a time off 44.638) beat out arch-rival Hungarian Natasa Douchev-Janics (45.128) who placed third behind Ukrainian Inna Osypenko-Rodomska (45.053) in the K1 200m Olympic canoe sprint final. The previous day Lisa had set the Olympic best time in this event at 40.528.

Lisa's performance was all the more remarkable in that she has only been racing the 200m as her specialist event for just under 18 months, becoming World Champion in 2011 which shot her into the kayaking spotlight and made her a New Zealand household name. Now based in Auckland Lisa hails from Ohope and her home club Eastern Bay Canoe Racing Club is ecstatic with her win as are her training partners at North Shore Canoe Club where she is now based.

Says Lisa "I lined up at the start thinking 'I'm just gonna go as hard as I can'. I just did what comes naturally for me and took it stroke by stroke. I knew I had everyone from back home behind me and I gave it my all".

Her Coach Gordon Walker is over the moon with Lisa's performance. "She has shown enormous maturity under immense pressure. She has worked so hard and she didn't panic at the crunch point. She stuck to her plan, got in front and held on. I couldn't be more proud!"

And back home her supporters feel the same.

Paula Kearns, CEO of Canoe Racing NZ says "Lisa is the complete package. She is an incredibly talented athlete, hard-working, grounded, determined, intelligent and physically blessed. Canoe Racing NZ's high performance vision is to win more medals at the Olympics and other international events. Today Lisa realised that vision for us. A huge thank you must go to High Performance Sport NZ whose investment and support have made this campaign possible."

Issue 4/2012

August 2012

Upcoming Events

Aug-Dec 2012

10km Series:

- Waitemata 10km, 19 August
- 10km Champs, Rotorua 8-9 September

Other Events:

- Otago Winter Series 19 Aug, 16 Sept
- The Paddling Project series, 19 Aug, 23 Sept
- Ruamahunga River Race, 2 September
- Canoe Showdown 6 Oct
- Blue Lake 1 Sprint Regatta, Rotorua 13-14 Oct
- Tour de Tasman, Marahau Bay, Nelson 20-21 Oct
- Sth Island Sprint Regatta, Twizel, 27-28 Oct
- Whanganui River Challenge 3 Nov
- Blue Lake 2 Sprint Regatta, Rotorua, 8-9 December

FOR MORE INFO GO TO **EVENTS**
ON THE WEBSITE

www.canoeracing.org.nz

I am building a fire,
and every day I train,
I add more fuel.
At just the right
moment, I light the
match.

Mia Hamm
(2004 Summer Olympics)



www.facebook.com/canoeracing



Lisa Carrington & UKs Jess Walker



Ben Fouhy B final



Teneale Hatton B final

All of our Olympic athletes have performed well with Steven Ferguson & Darryl Fitzgerald making the A final of the K2 1000m (placing 7th), Erin Taylor & Lisa Carrington making the A final of the K2 500m (placing 7th), and Teneale Hatton and Ben Fouhy both making B finals in their respective events the K1 500m (Teneale placed 7th) and 1000m (Ben placed 6th).

Kayaking is still a very small sport in New Zealand – compare it with the European countries whose membership rates are comparable with rugby in New Zealand and whose top athletes are treated with super-star status. New Zealanders achieving at this level are definitely “punching above our weight” but isn’t that what we love about this country!? We might be small but we achieve BIG!

The message we can take from this You can do it! These guys and girls are inspirational role models who show every Kiwi kid that they should dream big, and work hard!

Photos courtesy of Getty Images

(more photos on our Facebook page www.facebook.com/canoeracing)

FINALS RESULTS

Womens K1 200m

1 st	NZ	Lisa Carrington	44.638
2 nd	Ukraine	Inna Osypenko-Rodomska	45.053
3 rd	Hungary	Natasa Douchev-Janics	45.128
4 th	Spain	Teresa Portela Rivas	45.326
5 th	Poland	Marta Walczykiewicz	45.500
6 th	Russia	Natalia Lobova	45.961
7 th	UK	Jess Walker	46.161
8 th	Portugal	Teresa Portela	46.549



Mens K1 1000m



1 st	Hungary	Dombi/Kokeny	3:09.646
2 nd	Portugal	Pimenta/Silva	3:09.699
3 rd	Germany	Hollstein/Ihle	3:10.117
4 th	Australia	Smith/Wallace	3:11.456
5 th	Sweden	Oscarsson/Nilsson	3:11.803
6 th	Russia	Medvedev/Ryakhov	3:12.047
7 th	NZ	Fitzgerald/Ferguson	3:12.117
8 th	Slovakia	Gelle/Vleck	3:12.519

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Obstacles are those
frightful things you
see when you take
your eyes off your
goal.

Anonymous

Womens K2 500m

1 st	Germany	Webber/Dietze	1:42.213
2 nd	Hungary	Kovacs/Douchev	1:43.278
3 rd	Poland	Naja/Mikolajczyk	1:44.000
4 th	China	Wu/Zhou	1:44.136
5 th	Austria	Schuring/Schwarz	1:44.785
6 th	Portugal	Vasconcelos/Gomes	1:44.924
7 th	NZ	Carrington/Taylor	1:46.290
8 th	Serbia	Moldovan/Moldovan	1:48.941



CONGRATULATIONS LISA AND COACH GORDON WALKER

Photos courtesy of Getty Images



HP Manager Grant Restall, Lisa Carrington, Coach Gordon Walker