



# CANOE'S NEWS

CANOE RACING NZ INC. – Issue 7/2011

## ICF World Marathon Champs 2011

### Go the “Awe” Blacks



L-R Back: Matt Blundell, Ben Bennett, Terry Newlands (Manager), Ben Fouhy, William Wilkins  
Front: Jason Anderson, Marianne Archer, Sam Newlands

We'll have to chalk this one up as a major triumph to the “old guard”, despite some very sore bodies!

The Masters competed outstandingly over the long weekend at the Champs in Singapore earning two golds, a silver and two bronzes – quite an achievement! First up at 0800 hrs Keith Alderson won gold in the masters 55-59 age group followed by Ben Bennett with a bronze in the 60-65 age group.

Keith, with cut and bandaged feet, won in 1:30:17 ahead of South Africans Tim Cornish in 1:34:44 and Gary Aitkinson in 1:35:32. In the 60-65 Age Group Ben Bennet was third 1:35:17 in a race won by another South African Robert Maclean in 1:30:08 who posted the fastest time in the morning's racing.

Pumped by the early success Matt Blundell and Glenn Muirhead, in the 40-45 age group, went out hard in the late morning heat and humidity. A succession of hard bursts by Australian Mario Vesely and then Russian Alexey Terehov eventually saw the lead group reduced to just two, Matt Blundell from New Zealand and the Russian. 500 metres before the last portage Matt Blundell put in a hard burst and opened up a small lead which he managed to extend through the portage. By the finish line 1000m after the last portage Matt had consolidated his lead to 25 seconds to take New Zealand's second gold medal of the day. Glenn Muirhead had a good race to finish third in 1:44:56 ahead of Luis Albert Diaz of Spain.

On day 2 Keith Alderson and Ben Bennett raced in the 55-60 K2 race. They were in the lead pack of 4 boats until the last lap. They were a bit slow in the portage losing contact. The front pack then split and Keith and Ben overtook the stragglers to finish second to South Africa for the silver!

Unfortunately the other age groups couldn't quite match the results of the Masters, but their efforts in the Singapore heat were mammoth. The Open mens race start was 3 pm to avoid the worst of the heat. It was a strong field with many world champions including 6-time K1 Marathon World champion Manuel Busto from Spain. Ben Fouhy lead the field around the first turn before being swallowed up by the pack. Hank McGregor from South Africa then broke clear of the field and had established a one minute lead after 2 of the 7 laps. Ben was 2 mins behind at this stage in around 10th place two groups back (the NZ supporters were getting nervous) Ben somehow changed gear and made a remarkable comeback catching the leading group and the race leader by the fifth portage. Ben stayed with this lead group leading from the front for long period of time until the final portage 850 m before the finish where he lost contact with a lead group of 5 finishing up in sixth place in a time of 2:16:44 only 33 seconds behind the winner!

Other results: Marianne Archer 16<sup>th</sup> in Open Women K1, Matt Blundell 19<sup>th</sup> in Open Mens K1, Jason Anderson & Ryan Welch 19<sup>th</sup> in Open Mens K2, Sam Newlands 10<sup>th</sup> U23 K1, William Wilkins 12<sup>th</sup> U23 K1.

Issue 7/2011  
October 2011

#### IN THIS ISSUE

- World Marathon Champs success
- GFF 2011 Voting
- Blue Lake 2
- Club Info and feedback session
- SI Development Camp
- CEO Newsletter

#### Upcoming Events

##### Oct - December 2011

- 29-30 October – Whanganui Challenge
- 29-30 October – South Island Sprint Regatta
- 27 Oct – 4 April – RAYC Summer series, Auckland
- 1 Nov – 23 Mar – State Beach Series, Auckland
- 3-4 December – Blue Lake 2, Rotorua
- 11 Dec – Christmas Cracker, Mairangi Bay

FOR MORE INFO GO TO **EVENTS**  
ON THE WEBSITE  
[www.canoeracing.org.nz](http://www.canoeracing.org.nz)

**The fact is,  
that to do anything in  
the world worth doing,  
we must not stand back  
shivering and thinking  
of the cold and danger,  
but jump in and  
scramble through as  
well as we can.**

**- Robert Cushing**

## Marathon ctd.../

Our own Terry Newsome attended the ICF World Marathon Champs as an Official in order to further his ICF qualifications. We look forward to hearing about his experience.

A big thanks to Terry Newlands who did a sterling job as team manager and sent back great regular reports and photos to keep the website updated.



## GIRLFRIEND MAGAZINE GFF 2011 AWARDS VOTE NOW!

Our own **Lisa Carrington** has been made a finalist in the GFF 2011 Awards in the "Athlete of 2011" Section.

Go to the website and vote now! Great prizes to be won too.

<http://www.gffawards.co.nz/>



## Blue Lake 2 - Rotorua

3-4 December 2011 – Lake Tikitapu, Rotorua

### Entries and Programme

The Event information is now up on the website under EVENTS and the Entry Form, showing available events, will be posted the first week of November. No programme will be issued until all entries are processed, and **entries close midnight Sunday 20 November 2011.**

After a very successful Blue Lake 1, everyone is pumped and ready to go for this next regatta. The report for Blue Lake 1 is still available on the web site under "News" if you missed it in last month's newsletter.

**VOLUNTEERS....** A very big thank you to all those who helped out at BL1. Please do all make yourselves available for BL2 and drag along any friends who might like to have a go at timing, numbers, or other roles. Many hands make light work (and give people a break or two throughout the day!).

**COURSE LAYING ....** Ferg is training those interested in learning to lay the course. This is a PAID CONTRACT each year. So if you are keen please contact Ian Ferguson 021 986 518.

Any queries please contact Karen, phone 04 902 1206 / 027 444 5596 or email [Karen.simpson@canoeracing.org.nz](mailto:Karen.simpson@canoeracing.org.nz).



## Club information and feedback session

5.00pm Saturday 3 December 2011 – Waterski Clubrooms, Lake Tikitapu, Rotorua

CRNZ will be hosting a club information and feedback session at 5.00pm in the Waterski Clubrooms at BL2. This is a good time for clubs to find out what we've been doing over the past year, and to have a forum to ask questions and provide feedback. Some drinks and nibbles will be provided. Please all come along with any thoughts or queries you may have.

# South Island Athlete Development Camp

Held 8-9 October 2011 – Ashburton

The first South Island Development Camp proved to be a huge success, exceeding all expectations. The camp was held over 2 days, attracting 12 coaches and 28 athletes. Gordon Walker and Grant Restall as High Performance Coaches.

The camp content included:

- Strength and Conditioning - Movement Competency Screening (Scott Taylor – NZ Academy of Sport)
- Strength and Conditioning – Load Progressions (Scott Taylor - NZ Academy of Sport)
- Nutrition Presentation (Emily Miazga)
- On Water Technique with Video Analysis
- On Water Skills and Drills
- 'Kayak Erg' based Technique and Video Analysis
- High Performance Coach Technique and Training Programme Presentations (Gordon Walker and Grant Restall)



Upon arrival, all the athletes and coaches received a 'Handbook' that contained all the information they needed during the duration of the camp. This not only included all the seminar material, but also pages that encouraged each athlete and coach to write down (and draw diagrams) of what they had learnt from each session. The purpose of the handbook was to provide a resource that they could 'literally' take home with them and be able to refer to.

A set of Ergs were also brought down from Christchurch thanks to the Arawa Canoe Club. Every athlete received an opportunity to paddle the Ergs and gained a lot of technical feedback. Many of the coaches had not used this resource before and found it extremely valuable as a coaching tool.

The strength and conditioning sessions received excellent feedback from both the athletes and coaches. The two seminars were centred around providing a sound basis from which athletes could undertake strength and conditioning programmes. The first seminar focused upon ensuring each athlete developed the appropriate Movement Competencies prior to moving into Load Progressions, introduced in the second seminar. It is important to note that these strength and conditioning seminars were suitable for all the age groups and ability levels present and only promoted body weight or low level loads.

The camp was also used as a coach development opportunity, attracting coaches from throughout the South Island at a range of ability levels. On arrival, each coach received a 'New Zealand Sport Development Coach' jacket to recognise their contributions to the sport and their athletes. Each group of athletes at the camp was allocated a minimum of three coaches. Experienced, intermediate and beginner coaches were grouped together to learn off one another for on water sessions while also attending the various camp seminars. All the athletes and coaches were given the opportunity to work alongside Gordon Walker and Grant Restall. The opportunity to interact with our High Performance Coaches was widely commended and went a long way in improving the image of the High Performance Programme within the sport. Both Gordon and Grant showed excellent people skills during the camp and were warmly accepted by all the participants.

Gordon Walker and Grant Restalls' Presentations were extremely valuable to both the athletes and coaches, explaining both simple and more complex training programmes and highlighting the technical fundamentals of kayaking.

## South Island Sprint Regatta 2011

THIS WEEKEND - 29-30 October 2011 Lake Ruataniwha,  
Twizel



We post results, photos, upcoming events and more to facebook. Remember to recommend us to your friends!  
[www.facebook.com/canoeracing](http://www.facebook.com/canoeracing)

The 2011 **CRNZ South Island Sprint Regatta**, in conjunction with the Aoraki Rowing Regatta, we will be held at Lake Ruataniwha in Twizel this upcoming weekend, 29-30 October. Entries have now closed and the Draw and Programme are now available on the website under Events.

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*You are never a loser  
until you quit trying.*

**Mike Ditka**

It was great to see so many of you at Blue Lakes 1, which was another successful regatta. As we gallop towards the end of the year there is a lot going on and much work to do between now and Christmas.

#### High Performance Sport NZ (HPSNZ)

In mid November we present to HPSNZ (formally SPARC) on our sprint high performance programme. This is a mid cycle investment review and will include our progress against key performance indicators in 2011 and our plan for 2012.

The goal remains the same "ONE OLYMPIC MEDAL" and our focus is firmly on the task of achieving the goal.

It has been great that Grant Restall has joined the CRNZ team as our High Performance Contractor. Grant is working on the HPSNZ presentation and the supporting 2012 plan along with other tasks.

#### 2016 High Performance Plan

The 2016 High Performance Working Group had their third and final workshop on 17 September. The sprint high performance pathway and the programme levels supporting the pathway have all been agreed.

Work will commence shortly on the 2012 Sprint HP Transition Plan and the 2016 Sprint HP Plan.

#### Head Coach Position

The recruitment process for a new Head Coach is continuing with short listing and first interviews now complete. It is likely the process will now be completed by Christmas.

#### Club Information and Feedback Session

At Blue Lakes 2 the staff are planning a Club Information and Feedback session. This session will include a presentation of progress made in 2011 by the sport and then time for clubs to provide staff with feedback about what we could be doing differently or better. The session will be held at 5pm at waterski club rooms, Saturday evening 3 December 2011.

#### Sponsorship

We will shortly be contacting a target list of companies in a drive to secure sponsorship for the sport at a national, regional and club level. If anyone has any potential contacts or is interested in participating in our Sponsorship Committee please let me know.

#### Volunteers

Many thanks to all of our volunteers who continue to contribute so much time and energy to our sport. We have volunteers throughout the sport from our Board members, Advisory Committees, 2016 HP Working Group, Selectors, Officials, Coaches, Team Managers and Club Committees etc. Without our volunteers our sport could not achieve the success we enjoy and continue to thrive and grow. Thanks to all our volunteers for your time and effort, which the staff and I greatly appreciate.

Please feel free to give me a call or email me anytime. My mobile phone number is 027 4443991 and email [paula.kearns@canoeracing.org.nz](mailto:paula.kearns@canoeracing.org.nz)

Regards  
Paula Kearns  
CEO