

THE-HUB

McGregor bags another win

Johannesburg - Spectators were treated to a stunning performance by the newly crowned world marathon canoeing champion, Hank McGregor, and Grant van der Walt on Sunday at The Unlimited Ozzie Gladwin Canoe Marathon near Pietermaritzburg.

McGregor and Van der Walt took the race by the scruff of the neck as they beat an in-form Michael Mbanjwa and partner Eric Zondi.

"Initially I was going to paddle the race with my Dusi partner Ant Stott, but he is carrying an injury," said McGregor. "Grant and I did a 50km downwind surf-ski paddle on Saturday and it went so well that I suggested to him that we do the Ozzie.

"His answer to me was that he would love to do it, but was concerned that we might be late for our flight to a race in Hong Kong which departed on Sunday afternoon at 15:00.

"I said to him well then we better paddle fast and we did - enough to win". The pair went head-to-head with Mbanjwa and Zondi until they got to Cascades approximately 6km from the finish.

It was there that they literally opened up the taps and won by almost two minutes.

One of the surprises of the day was the pairing of Len Jenkins and Greg Louw who won the Vaal marathon last week.

They were tipped to win, but slid into third place behind Michael Mbanjwa and Eric Zondi.

In the ladies race, the Adie Twins battled it out with the Dusi Queen Abby Miedema and Robyn Kime.

After a long and arduous battle the Adie Twins managed to win the event.

The Unlimited Ozzie Gladwin is traditionally the largest one day canoe race in South Africa and Sunday was no exception with over 750 paddlers taking to the water. It is the first Dusi seeding race of the season which makes it a must on the calendar. All eyes are now on the various combinations for The Unlimited Dusi which promises to be one of the best yet.

By: Adventure Sport
Date: Nov. 13. 2011



Simon Brus among Europe's best young sportsmen

Slovenian Canoe Slalom paddler Simon Brus, a Gold medallist at the inaugural YOG in Singapore and current Men's K1 junior European Champion, was recognised in Sochi as one of the best young European Sportsmen.

This recognition and award came at the 40th General Assembly of the National Olympic Committees of Europe (EOC).

The 18-year old Simon Brus from Celje became centre of attention among those who follow canoeing, and has been recognized as one of the biggest hopes of slalom racing based on his successes in the past two seasons.

He finished the season ranked 62nd in the ICF Ranking. Brus advanced through to the final 20 (of the Best Young European Sportsmen category) and at the end was ranked the fifth.

By Nina Jelenc
Date: Nov. 25, 2011



HUB PROFILE: TIM BRABANTS



Training is back on schedule for the 34-year-old

INTERVIEW-Olympics-Canoeist Brabants optimistic after hard year

A taxing year punctuated by injury and illness has come to a tranquil end for Olympic canoeing champion Tim Brabants who is looking forward with optimism to defending his K1 1,000 metres title in London.

Training is back on schedule, the 34-year-old British doctor told Reuters in an interview.

"It's been amazing so far, we have been really lucky," Brabants said. "The winter is taking its time to kick in so the water has been nice and flat and relatively warm.

"I have only worn my paddling gloves, which go over my hands, once, which is unusual."

Twelve months ago, Britain's first Olympic canoeing gold medallist needed surgery to repair his right shoulder after tearing a tendon while bench pressing.

"I was 10 weeks in a sling over the winter time so I lost a lot of training and fitness and when I came back I was just trying to do too much," Brabants added in the interview arranged by his sponsors EDF.

"In hindsight I did far too much trying to get my strength and my fitness back. It was a disaster.

"I was over-training, I was getting sick all the time, colds, chest infections so that set my training back."

As a consequence, Brabants lost a race-off with Paul Wycherley for a place in the August world championships in Hungary.

"I had hardly raced in K1 all year, then my race for selection wasn't very good," Brabants said. "I'm not worried about it now, I'm back to 100 percent training, volume and focus. (Continued on the next page)



"In hindsight I did far too much trying to get my strength and my fitness back. It was a disaster."

HUB PROFILE: TIM BRABANTS

"We have selection trials anyway in Olympic year so it doesn't matter who qualifies in the previous year."

If he clinches the one place at stake in the British team, Brabants will be competing at his fourth, and probably final, Games.

COMPETING DEMANDS

"The Olympics is something special," he said. "As an athlete in my type of sport, a relatively low-profile sport, the Olympics is the main event for us.

"It's rare for an athlete to compete on home soil at a home Olympics Games and it's going to be memorable.

"The building up process to an Olympics is special, too, seeing the Olympic venues coming together and being built and the excitement that goes with it.

"You see how much effort goes into it, how large it is, the number of people involved. The athletes are such a small minority."

Somehow, Brabants managed to combine the demands of studying medicine with the training routines of an elite Olympic athlete.

"I just had to find the right balance; it didn't always work," he said. "At university I had to miss out on the social side of things, training in the morning, straight into lectures, straight out of lectures to training again, then the evening study and trying to get an early night to do the same thing again.

"But for me it was really important to get a career under my belt, to get my degree while I had the opportunity to because it opens doors later on to make life a lot easier."

Another, and a far more enjoyable, challenge has been the birth of his daughter Jules in January this year.



Brabants to end international sporting career after next year's Games

"It brings a nice dimension and it readjusts your balance and your focus," Brabants said. "It puts everything you are trying to achieve into focus."

Brabants will now spend three months in Cape Town during the South African summer and said both physically and mentally he was having no problem coping with the workload.

"It's what I am used to, what I have done for so long," he said. "If you are passionate about competing well in London, it's quite easy to get out of bed and train hard.

"I know that my best friends and fiercest rivals internationally are doing the same thing."

Brabants will end his international sporting career after next year's Games "unless I find a different sport or a new lease of life" and resume his career as a doctor in accident and emergency departments.

"I think it kinds of complements the style of sports quite well because you like the fast-paced environment," he said "A lot of different areas of speciality, a high turnover of patients, you have to be focused and it's stressful."

By John Mehaffey LONDON |
Date: Nov 23, 2011 (Editing by Clare Fallon)

THE-HUB

Uniforms for Olympics volunteers at Dorney Lake unveiled

The uniforms that will greet visitors to Dorney for next year's Olympics were unveiled yesterday.

The London 2012 uniforms will be worn by up to 70,000 volunteers, 6,000 LOCOG staff members and 4,500 technical officials at venues for next year's Games, including Dorney Lake.

Designed by LOCOG in association with Adidas and Next, the uniforms will be collected by Games Makers from April and technical officials from June.

More than 30,000 spectators will flock to the Court Lane venue each day for rowing and canoe sprint competitions, which take place between July 28 and August 11.



Volunteer uniforms designed by LOCOG in association with Adidas and Next

LOCOG chief executive Paul Deighton said: "Next summer our workforce and volunteers will be working together to deliver Olympic Games and Paralympic Games which we hope the whole country will be proud of.

"They will be high profile in London and in our venues across the UK at Games time and so it's important they look the part. What we've come up with is a uniform which celebrates the best of Britain's heritage in a modern and sustainable way."



Fake Olympics tickets to swamp Dorney

Fake merchandise and bogus ticket sellers are set to swamp the area as preparations hot up for next year's Olympics events at Dorney Lake. But trading standards officers are promising to clamp down on touts and scams when the world's biggest sporting event comes to the village. Residents are being warned to be on their guard against counterfeit sportswear vendors and authentic-looking websites promising Games tickets, with rowing and canoe sprint competitions taking place at the Court Lane venue between July 28 and August 11.

Buckinghamshire's trading standards team is pledging to be on duty in the village during the Games, when more than 30,000 spectators will flock to Dorney Lake daily. Martin Phillips, Bucks County Council's cabinet member for community engagement, said: "Our trading standards officers are always very vigilant on scams and fakes.

"I don't want our residents' 2012 celebrations to be ruined by people selling tickets that aren't worth the paper they're printed on or poor imitation clothing."



THE-HUB

Slalom Team Visits Hemby Children's Hospital Thanksgiving Day

Participants in the USA Canoe/Kayak Thanksgiving slalom training camp once again had the chance to visit the Hemby Children's Hospital Thursday in Charlotte, N.C. Athletes were taken by Hemby Children's Hospital employee, Greg St. Martin to visit with young patients who were not able to be home for Thanksgiving this year.

"I don't think that the Slalom Team Thanksgiving camp would be complete without a trip to see our friends at Hemby Children's Hospital," said USA Canoe/Kayak National Teams Director William Irving.

"After a hard training session in the morning at the U.S. National Whitewater Center, the athletes had a chance to have a little fun with some young and encouraging individuals."

The team divided up into groups and had the chance to go room to room signing autographs, playing video games and concluding with a game of tag with two of the wings most active boys in one of the activity rooms.

"The highlight of the visit was certainly the chance to spend time with some incredibly inspiring young kids, who really helped us put into perspective what this Thanksgiving season is all about," Irving said. "Most of our team is away from their families this Thanksgiving, but being able to spend time with these kids inspires us to be thankful for opportunities like these visits." The athletes enjoyed a Thanksgiving lunch provided by Novant Health at the Café at the Presbyterian Orthopedic Hospital.

"We are very fortunate to have such great partners in Novant Health, whose staff provided our team today with an amazing Thanksgiving meal with all the trimmings - topped off with some pumpkin pie," Irving said.

The team will be back in the water on Friday morning and competing in the final competition of the year Saturday and Sunday from 10am-2pm at the U.S. National Whitewater Center in Charlotte, NC. All practices and competitions are open to the public.

By: USACANOE/KAYAK
Date: November 25, 2011



Participants in the USA Canoe/Kayak Thanksgiving slalom training camp last week Thursday. (Article left)

30m-yuan canoe slalom facility wasted in Nanjing

THE canoe slalom course built at a cost of 30 million yuan (US\$4.71million) for the 10th National Games in Nanjing, capital of Jiangsu Province has been left idle for four years. The world-class course inside the city's Baima Park has dried up, covered with silt and green algae, but game barriers are still in place, the local Yangtze Evening News reported today.

The park's manager surnamed Ren said local citizens were invited to have a thrilling experience of the canoe slalom sport within two years after the event was held in 2005, but lack of users afterwards forced the park to close it, the report said. Even on a good day, the venue had only four canoes rowing in the whitewater course. The income just could not cover the cost of electricity, maintenance, and staff salaries. "We can't afford it," Ren said.

Another park employee surnamed Sun blamed the demise of the facility on the Nanjing Sports Bureau which is the actual owner of the canoe slalom course. "We just provided a piece of land for the facility," Sun said. The venue might be used again for the 2014 Summer Youth Olympics, Ren said. By Li Qian Shanghai Daily



THE-HUB

Canoeists grab bronze to end 14-year medal drought

JAKARTA: Malaysia ended a 14-year medal drought in canoeing when the combination of Hamdan Muhammad-Mohd Noh Parmin grabbed a bronze in the 200m K2 event at the Cipule Lake, East Karawang, near here, yesterday.

Hamdan-Noh finished the race in 36.180 to share the bronze with Singapore's Clerence Chua-Brandon Ooi. The gold went to Thailand's Natthawat Waenphrom-Anusorn Sommit (35.060) and the silver to Indonesia's Andri Sugiarto-Silo (35.480).

It was a fitting end for the Malaysian canoeing team on the last day of competition.

The last time Malaysia won a canoeing medal was at the Jakarta Games in 1997. Then, Malaysia took home three bronze medals.

"We came here with no targets.

"All of our athletes are making their debuts and taking home a bronze medal will give us something to build on," said team manager Shahrul Nizam Rahman.

He said it was a close race between Malaysia and Singapore in the final metres and that both teams crossed the finish line at the same time, resulting in the judges having to deliberate on the outcome.

"We are just happy with the result. I hope it will spur the growth of the sport in the country," said Shahrul.

By: The Star Online
Date: November 14, 2011



Gold medalist canoeist Geraldine Lee (right). Geraldine and her team won a total of 10 medals at the games.
Photo by DON WONG

Another gold, a landmark haul

JAKARTA – Singapore's canoeing team enjoy their best SEA Games campaign as Chen and Seah win on final day.

Stephenie Chen and Suzanne Seah capped a strong performance by Singapore's canoeists at the 26th SEA Games, winning gold in the women's K2 200m event on the final day of competition at Cipule Lake in East Karawang yesterday.

Geraldine Lee won Singapore's first canoe gold at the biennial event when she claimed the women's K1 500m on Saturday and the 15-member squad will return home with their biggest medal haul of two gold, five silver and three bronze medals.

Chen and Seah led the six-canoe field from the start to storm home in a time 40.49sec, ahead of Indonesia's Kanti Santyawati and Masripah (41.58s) and Vietnam's Kieu Thi Hao and Nguyen Thi Mai (42.04s).

It was sweet victory for the Singaporeans, who lost the gold to the Vietnamese duo in the K2 500m by just 0.26sec the day before.

By: Low Lin Fhoong/Today Online
Date: November 14, 2011

THE-HUB

10 Reasons you will love Kayaking!

Few activities give the outdoor enthusiast such a varied array of experiences as kayaking. Whether you are seeking the heart-stopping exhilaration of a roller coaster or the serenity and peace of getting lost in the moment, you can find your passion in a kayak.

People from all walks of life are becoming addicted to the sport of kayaking. The people who consider themselves kayakers are as diverse as the boats they paddle and the environments they paddle in. Some are die-hard whitewater kayakers and others thrive on a leisurely paddle on a secluded lake. And still others do it simply for the company the sport affords them to keep.

Whatever the circumstances that drives these people to decide to kayak, one thing keeps them coming back. It is the indescribable feeling that one gets by stepping into their kayak, pushing away from land, dipping their kayak paddle into the water, and taking that first stroke! As they leave their cares, problems, and stresses on the banks and shores of their lives, they are floating and they are free.

Kayaking is for anybody looking for an opportunity to get out and enjoy the outdoors. In addition to being a fun, easy, and enjoyable, kayaking is also a great low-impact workout.

1. Kayak Because it's Fun!

When it comes down to the essential reason why people kayak it all comes back to this one reason. Paddling a kayak is fun! Do we really need any other reason to go kayaking?

2. Kayak to be Close to Nature

Kayaking definitely affords you the ability to be closer to nature than a lot of other activities do. In many cases you will be able to travel to and see sights only accessible to a very small percentage of the population.

3. Kayak to be with Friends

The bond that fellow kayakers share is one that enhances friendships and builds camaraderie. Whether you and your friends share a competitive streak or just like to hang out, kayaking is for you.

4. Kayak for Exercise

Kayaking is indeed great exercise. There are few activities that offer this degree of aerobic exercise mixed with the upper body conditioning. Kayaks will offer you this benefit regardless of the type you

"Kayaking facilitates and enhances many other activities."

5. Kayak for Adventure

Whether a person is kayaking off of a 20 foot waterfall, exploring island crevices, or sneaking up on wildlife on the banks of a secluded lake, there is the potential for unlimited adventure in all kayaking circumstances.

6. Kayak for Relaxation

There are few things more relaxing than sitting in a kayak and watching the sunset over a lake. Kayaking can offer stress relief like no other. You know what they say. "Even a bad day of kayaking is better than a good day at work".

7. Kayak as a Part of Another Activity

Kayaking facilitates and enhances many other activities. There is no quieter way to access those hard to reach fishing holes than by drifting up in a kayak. And kayaks add a whole new dimension to a weekend camping trip.

8. Kayak to Stay Cool in the Summer

On those hot summer days when it seems like there is no relief from the scorching rays of the sun and everything inside of you says to stay in the air conditioning, you have somewhere to turn. GO KAYAKING!

9. Kayaking is a Sport for All Ages

Whether a person is just a few years old or upwards of 60, they can enjoy kayaking. Kayaking reaches across these generational lines and simply does not discriminate.

10. Kayak for love

There is no better activity in the world for couples than kayaking together. Its an amazing romantic way to get away together. Kayaking is a great way to spend time with that special



Training at the venue will be open to all participating countries from 25th November to 30th December 2010 and 1st to 13th December 2011. The daily cost of the accommodation is \$80USD and training will be 20 USD / hour per person. As training opportunities are limited please contact Xu Goahang directly to arrange training. Travel should be arranged by flight from Beijing, Shanghai or Guangzhou to Kunming. From Kunming the CCA will organise transport for the 4 hour journey to Miyi.

From: December 15, 2011
To: December 18, 2011
Visit: <http://www.canoeacc.com/>



NOTICE BOARD

Who said what?

Hank McGregor (RSA) – 2011 Men's K1
Canoe Slalom World Champion

QUOTE

“First is First and second is nothing!”

– HANK MCGREGOR

