

# THE-HUB

## Singapore prepares for Canoe Marathon World Championships

**SINGAPORE:** There is only one week to go before Singapore hosts, for the first time, the ICF Canoe Marathon World Championships from October 19 to 23.

Defending champion Ben Brown is in Singapore early to check out the conditions and get acclimatised. However, the Englishman is not too confident about winning this time round, citing full-time work and him still recovering from a chest infection as factors working against him.

On the positive side, the Surrey native loves the Marina Bay competition venue, after having had an opportunity to test the waters.

He said: "The course conditions have been fantastic so far. It is completely flat. The water is much warmer than (what) we are used to but as long as the wind stays flat for race day, everything is going to be fantastic."

Brown also likes the idea that the event is being staged outside Europe for the first time.

Singapore is putting the final touches to the venue, as it awaits the arrival of 600 athletes from over 40 countries. Singapore will be fielding 28 canoeists, and while they may not finish tops, the experience could prove invaluable.

According to Ben Brown, light rain would be good for competitors, especially those from Europe, as it would help them to cool off with the high humidity in Singapore. On the other hand, strong winds would make the waters more choppy and the competition conditions tougher.

-CNA/ac

By: Patwant Singh / Singapore News  
Posted: 12 October 2011 19h32



On board with cross-channel kayaker Paul Wycherley (GBR)

## Kayaker Paul Wycherley sets record for Channel crossing

**British sprint canoeist Paul Wycherley kayaked across the English Channel in a new record time on Sunday, beating the mark set by his coach Ian Wynne.**

Wynne, a canoeing bronze medallist at the Athens Olympics in 2004, crossed in two hours and 59 minutes in 2007. But Wycherley took 31 minutes off Wynne's time in ideal conditions, finishing in two hours and 28 minutes.

"I got quite sore near the end but I'm chuffed to bits and I got a really good time," the 25-year-old told BBC Sport.

"I was just so lucky with the conditions. We chose the weekend about a year ago and it could have gone any way.

"It's October so you could expect wind and a lot of swell, but we had a really calm day. There were a couple of lumpy bits when the ferries went past but, if anything, they broke up the monotony of it all." (Continued on page 2)

## THE-HUB



Huntswood Cross the Channel – Paul Wycherley with a patient at Great Ormond Street Hospital



Wycherley locked in a tussle with Tim Brabants, to be the one kayaker GB Canoeing is allowed to enter for the K1 1000m

***"A few people asked me if [crossing the Channel] is what I needed to be doing before 2012, and quite simply the answer is yes."***

Wynne, 37, helped Wycherley to break his record by relaying data and advice from a support boat during the crossing.

The Guildford paddler raised in excess of £100,000 for charity with his expedition, setting off from Dover at 0935 BST and arriving at France's Cap Gris Nez just after midday.

Wycherley normally races over a one kilometre distance in the men's K1 (single-person kayak) sprint canoeing category, and is aiming to compete at next year's London Olympics. He is locked in a tussle with Tim Brabants, the defending Olympic champion from the Beijing Games in 2008, to be the one kayaker GB Canoeing is allowed to enter for the K1 1000m race at London 2012.

Wycherley beat Brabants, 34, in a race-off in July to earn the right to race for Britain at the 2011 World Championships. But the younger man's subsequent failure to reach the final at those Worlds has reopened the battle for selection, with the final decision likely to be made after the first or second World Cup race in spring 2012.

"A few people asked me if [crossing the Channel] is what I needed to be doing before 2012, and quite simply the answer is yes," said Wycherley.

"Rather than having a month off in October [sprint canoeing's off-season], I wanted a break from sprint canoeing but I still wanted to stay in shape, and this was a really good way of doing that while raising money for two brilliant charities.

"We've got a really big task ahead of ourselves, building up for London 2012 and going for the K1 spot.

"Now it's a case of really focusing in, drawing up a plan for the rest of the year and sticking to it to make sure we're on target."

By: Ollie Williams / BBC Sport in Dover  
Posted: October 2, 2011 16h56

## HUB PROFILE: PAT MAHONEY

### ICF 2011 Paracanoelist of the Year - PATRICK MAHONEY (GBR)

Many years of dedication and perseverance has paid off for Patrick Mahoney and he is right where he wants to be. He is a member of Great Britain's Paracanoe squad, and after competing at the 2011 ICF World Championships in Szeged, Hungary, he is the current World Champion in the V1 LTA category.

#### How, when, and why canoeing?

I first started in the sport of Outrigger Canoe Racing out on Hamilton Island, Australia in 1984 and immediately fell in love with the sport; it must have been the fact that it was primarily open ocean racing. The most enjoyable aspect of my canoeing is that it's you versus Mother Nature and the elements; with a strong Polynesian Cultural background we are hugely respectful towards her. Presently I am a member of OCUK (Outrigger Canoe United Kingdom) and I have been since 2003. The passion for the sport within the club is infectious and as the only adaptive paddler I can't praise my fellow members and coach enough for all of their assistance, perseverance and the sharing of my passion with the sport.

Being able to compete allows me to push myself to achieve the best that I can and to hopefully inspire others with my enthusiasm for paddlesports.

#### What was your experience in Szeged like?

It was a fantastic experience to compete at such an event. The enormity of the event wasn't clear until I saw all the grandstands and they began to fill up.

#### Did you expect to do as well as you did?

After taking 4th place in last year's World Championships in Poznan, I knew it was a matter of upping the ante in training and preparation. GB Canoeing and the British Canoe Union provided me with additional coaching, more one-to-one, which was the most positive and beneficial improvement to last year. Being firmly integrated into the GB Canoeing family made the whole experience of competing in Hungary, and future competitions something special.

(Continued on page 4)



Above the rest in Szeged, Mahoney is the current V1 LTA World Champion



Mahoney with three-time V1 500m champ George Thomas (NZL)

## HUB PROFILE – PAT MAHONEY

### What was it like to be on the podium and hear the national anthem being played?

Being on the podium listening to the national anthem and seeing the flag raised to the top of the highest flag pole was quite surreal. The idea kept going through my mind that this is something I normally see or hear from the sidelines or watch other elite athletes deal with, but not me!

### What do you think can be done to make paracanoeing more equitable?

As a Paracanoeist, it's becoming clear, just by the numbers of countries and entered athletes, that canoeing nations are beginning to embrace Paracanoeing and it will become bigger as time approaches 2016. My personal opinion is that the organizers of these events need to incorporate the Paracanoeing heats and finals into the main stream racing program more. For example, it feels like a bit of an afterthought when you are having heats and/or finals even before the opening ceremony has taken place. To feel the energy from full grandstands would be an experience never to be forgotten. Paracanoeing is new to the scenery and it is getting better.

### What do you do when you are not canoeing?

I like to spend quality time with my No.1 supporter, my wife Ruth. So much time is spent apart with me training that we do make the most of the moments together. I like to cycle and hit the gym on some of the off days; it helps if I am not to get out of rhythm with training. I also like to socialize and entertain with the occasional BBQ.

### What next for Patrick Mahoney?

With winter training schedules being put in place, the objective is to be in Poznan next year to defend my title. The Paralympic Games (Rio 2016) is a not in the distant future; I want to be at my best and be there!

### What has been the most special moment in your career as an athlete?

There are so many moments in my sporting life, but winning a Gold medal and becoming World Champion is up there. They say you never forget your first.....in anything!



Ruth Mahoney is Pat's Number 1 supporter

### What are your thoughts on the London Games next year and Rio 2016?

It's a shame that Paracanoeing didn't get tendered for the London 2012 Games, as it would have been a massive experience to represent the home nation on my own turf! Rio 2016 will come around quick enough and we will be ready!

### More about Patrick Mahoney:

Winner of a Silver & Gold medal in the V1 500m & V12 500m Adaptive event at the 2006 IVF World Sprints held in New Zealand. He was also the V1 500m Adaptive event Silver medallist at the 2008 IVF World Sprints held in Sacramento, California. His athletic abilities are not limited to paddling alone as he has been a member of the GB Paralympic Rowing Team and trained for seat selection for the 2008 Beijing Paralympics.

By: ICF

Posted: October 10, 2011

## THE-HUB

### SA paddlers race into Fish record book

McGregor and Grant van der Walt became the first crew to win a hat-trick of victories in South Africa's Hansa Fish River Canoe Marathon on Saturday, and shattered the race record too after dominating the event from start to finish.

McGregor now holds every national single and doubles paddling title after having won a clean sweep of surfski, flatwater marathon and river marathon titles in the calendar year. He goes into the World Marathon Championships in two weeks' time in prime form.

The pair, racing in the colours of the newly formed Team Best 4 Kayak Centre, posted a flawless final stage to lower the 2006 race record set by McGregor and Len Jenkins by a minute and one second.

#### 'Something special'

"It's my fourth win overall and my third with Grant in three years, and to have broken the record at the thirtieth anniversary is something really special," said McGregor. "We conserved ourselves during the first hour as we knew we were out on our own, but we dug in after Gauging Weir, when we realised we could still break the race record.

"It was a completely different race from last year when we were completely blown at the finish. Things really worked out for us this time. Last year we had problems that cost us, but this year we had a really clean race," he concluded. McGregor and Van der Walt won by five minutes from the Cape surfski duo of Tom Schilperoort and Jasper Mocké, who provided the biggest surprise result among the elite men by upstaging the strong field of the country's best river marathoners.

#### Fastest final stage time

They posted the fastest time on the final stage to snatch the Canoeing South Africa silver medal ahead of the flying Germans, Tobias Bong and Achim Overbeck, and overtook the flagging crew of sprinters Greg Louw and Mike Arthur, who slipped back to fourth place from their overnight second.

"It came down to a sprint finish," said Mocké, who got engaged just days before the race. "We came over Gauging Weir first and put in a huge sprint, which gave us a nice gap going into Marlow portage, and that's when we went for it. We paddled our hardest until the end to beat the Germans."

The Germans were thrilled to make it onto the podium at the end of a race littered with accidents and misfortune. We had a much better day today, no trees and no blood, which was great, but we have realised we are no good at portaging," said Tobias Bong. "We are extremely happy with our third."



Grant van der Walt and Hank McGregor claimed a third Hansa Fish River Canoe Marathon in record time, and for a record third time in succession, in the 2011 race (Photo: Jon Vellacott, Gameplan Media)

#### Women's title

The women's title fell to Abby Adie and Hilary Pitchford, who also led the race from start to finish to post a 10-minute victory margin that included a conservative option to portage Cradock Weir to eliminate any further risk to their race.

"We were more than happy to run Cradock Weir. It's a 50/50 shot and we didn't need to shoot it at that stage of the race," said Pitchford, who is currently leading the women's standings on the International Canoe Federation's world tour.

The pair was in superb form, shooting Keith's Flyover rapid with aplomb on the first day, and they oozed confidence in their form and preparations on the river. "This is my first time on the podium and first time on the top step and I'm absolutely over the moon," said Pitchford. "It's a dream come true. (Her boyfriend) Deon Bruss won it in his tenth Fish and so to have done it in my tenth is so special for me," she added.

#### Silver

The silver medal fell to the plucky sprinters Tiffany Kruger and Jen Hodson, who had to battle through the pack after being started in the A-batch because they failed to make the elapsed time cut-off. It was a long day for us and we're pretty tired," said a tired Hodson. "Both of us are actually sprinters, so this sort of distance is a big ask."

The last place on the podium went to Kim Brugman and Angie Gafney.

By: Patwant Singh / Singapore News

Posted: 12 October 2011 1932hrs



## THE-HUB

### 43-member 'other' dragon boat squad for SEA Games

**MANILA**—The Philippine contingent to the Southeast Asian Games will have to sink or swim with the "other" dragon boat team.

No member of the Cobra Philippine Dragon Boat Federation paddlers who won five gold medals and two silvers in the World Championships in Tampa Bay, Florida, last August, is in the biggest Filipino contingent of 43 athletes for the coming SEAG in Indonesia set Nov. 11 to 25.

The SEAG-bound squad was formed by the Philippine Canoe/Kayak Federation after the PDBF was stripped of National Sports Association status by the POC for refusing to be integrated in the canoe-kayak body as required by the International Olympic Committee last March.

The PSC tried to forge a compromise with the PDBF but the association maintained that it should be reinstated in the POC as a separate NSA first.

Still, PDBF president Marcia Cristobal wished well the SEAG-bound team which include some members of the two previous PDBF squads in the World Championships where the country won three golds.

Cristobal stressed that the dragon boat competitions, to be held at Lake Cipule in Jakarta, will be run by the Southeast Asian Dragon Boat Association, of which the PDBF is a founding member.

All told, the national delegation delegation will have 500 members including officials according to Romeo Magat, co-deputy chief of mission.

The joint working committee of the POC and Philippine Sports Commission still have to name the athletes pending the final approval of the POC executive board.

The country swept all six dragon boat gold medals at stake during the 2005 SEA Games held at the La Mesa reservoir then placed second to Myanmar in three finals in 2007.

BY: Marc Anthony Reyes /Philippine Daily Inquirer

DATE: October 9, 2011 22h23



Philippines Dragon Boat Team

### Bartley Green lecturer focuses on 2016 Olympic Games

MOST sports fans are focusing on the 2012 Olympics, but a lecturer from Birmingham has the 2016 games ringed in his diary.

Dr Jonathan Smith has been named as the performance psychologist for the canoe slalom team in the 2016 Olympic Games in Rio de Janeiro.

He is a senior lecturer in sports psychology at Newman University College in Bartley Green and will provide performance psychology support to coaches and individual athletes. "I'm incredibly excited to be working with the canoe slalom team and am looking forward to helping the paddlers and coaches achieve their Olympic dreams," he said.

Despite not being a canoeist himself, Dr Smith has spent the past three years working with the sport's junior development squad, helping their smooth transition into the adult programme. He is also trained in motivational interviewing and neuro-linguistic programming.

BY: by Jane Tyler, Birmingham Mail  
Posted: Oct 12 2011



## THE-HUB

### Paddling to the very top

**Two paddlers from KwaZulu Natal will represent South Africa at the world canoe marathon championships to be held in Singapore later this month.**

Michael Mbanjwa and Eric Zondi will make history when they become the first black paddlers to compete in a K2 (doubles) at the world championships.

Originating from the Valley of a Thousand Hills, Mbanjwa paved the way in 2008 when he became the first black paddler to win The Unlimited Dusi, a gruelling three-day canoe race that takes place along the Msunduzi River from Camps Drift, Pietermaritzburg to the Blue Lagoon and the Umgeni River mouth in Durban.

Mbanjwa teamed up with Eric Zondi from Shongweni earlier this year to win The Unlimited Non Stop Dusi. Their victory gave Mbanjwa his fourth title in the taxing 120km one-day race and Zondi his second successive win. The duo said they were fired up to take part in the championships.

"I am very proud to be representing my country at the world canoe marathon championships, but even more excited to be paddling with Eric. We are combining well and working hard to be in the best possible shape we can be," said Mbanjwa.

Mbanjwa and Zondi leave for Singapore on October 16, giving themselves a week to acclimatise before competing on October 23.

"This is the first time that I am travelling out of South Africa so I am very excited. Paddling with Michael in the world championships is a dream come true for me. I think we will do well together as we have done in the past," said Zondi.

After Mbanjwa and Zondi return from Singapore they are planning to take part in The Unlimited Ozzie Gladwin canoe marathon at Albert Falls on November 13.

By: Ina Skosana / Kwa-zulu Natal  
Posted: October 6, 2011 / 08h04



Iranian women canoe polo players celebrate their victory against Chinese Taipei (Taiwan) in the final match of the 14th Asian Canoe Polo Championships in

### Iran tops Asian Canoe Polo Tournaments

**The Iranian men and women canoe polo teams have displayed their superiority by defeating their rivals in the 14<sup>th</sup> Asian Canoe Polo Championships in Tehran.**

Iranian women canoe polo players celebrate their victory against Chinese Taipei (Taiwan) in the final match of the 14th Asian Canoe Polo Championships in Tehran, October 2, 2011. The Iranian men and women canoe polo teams have displayed their superiority by defeating their rivals in the 14th Asian Canoe Polo Champs. in Tehran. Iranian men canoe polo players beat the Japanese representatives (4-3) in the final match at the Azadi Sports Complex on Sunday, and stood first, IRNA reported. Japan and Chinese Taipei (Taiwan) respectively came second and third. The Iranian female practitioners also thrashed their Taiwanese rivals (8-4) in the final match and ranked first. Japan claimed the third position in the women section of the Asian championships. The 14th Asian Canoe Polo Championships kicked off in Tehran on September 30, and were wrapped up on October 2. By: PressTV



Canoeing competitions at the 2011 Pan American Games in Guadalajara will be held at the Rowing and Canoeing Course in Ciudad Guzmán. The winners of some events (K1M 200m, K1M 1000m, K1W 200m, K1W 500m, C1M 200m, C1M 1000m) will qualify to compete at the canoeing events at the 2012 Summer Olympics in London, Great Britain. The Pan American Games are not a qualification tournament for the Olympics in the events K4M 1,000 and K4W 500.<sup>[1]</sup>

Category: Internationals / Multi-Sport Event (Canoe Sprint)  
Location: Ciudad Guzmán, Mexico

From: October 26, 2011

To: October 29, 2011

Visit: <http://www.guadalajara2011.org>



## NOTICE BOARD

### QUOTE

"It's our style, we don't paddle very fast, we look lazy sometimes, but the times are good and that is what matters!"

– PETER HOCHSCHORNER

### Who said what? Hochschorner Brothers (SVK)

