

The coldest thing you can wear

Swimmer Adam Peaty has admitted that he has had problems with depression and alcohol, also being diagnosed with ADHD. A friend had told him 'a gold medal is the coldest thing you will ever wear.

'It's the coldest thing because you think it will fix all your problems. It will not.'

After stopping racing for a while he commented 'I took a break because I was on this endless search of a gold medal or a world record and I looked into the future and I said "OK, if I do get that is my life fixed or any better?"'

He said 'No.'

Live coverage

The ICF are spending more than a quarter of their budget with Recast to broadcast major sprint and slalom events live. Coverage of events free of charge brings advertising or viewers can pay to have adverts cut out. Selected highlights will continue to be available on their Planet Canoe YouTube channel. There were teething problems for those trying to register for the new service but there were large numbers of viewers once it became operational.

The ICF are also enthusiastic about virtual reality games and took part in Olympic Esports Week. They are partnering Better Than Life, makers of the game Kayak VR: Mirage, the most downloaded virtual reality title in all regions during the launch of PlayStation VR2.

Future dates

Beyond the dates in our calendar, the ICF have announced a number of major competitions for 2025. The world marathon championships will return to Gyor.

Slalom has World Cup events at La Seu d'Urgell on Jun 5-8th, Pau on 12-15th, Prague on 20-29th and Augsburg on Sep 4-7th with Tacen listed for Aug 28th-31st although that must be open to question. World championships will be in Penrith on Oct 1st-6th with the junior and under 23 event in Foix.

The world freestyle championships will be in Plattling on Jun 16th-21st.

There will be sprint World Cup events hosted in Szeged and Poznan with junior/under 23 world championships in Montemore-o-Velho on Jul 23rd-27th and the senior event in Milan on Aug 20-24th.

The IDBF have the world championships in Brandenburg-an-der-Havel on Jul 16-20th with the club world championships in Hualien on Sep 5-10th 2026.

Inadvertent doping

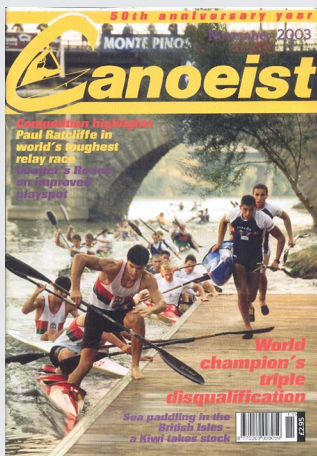
The Institute of National Anti-Doping Organisations report that inadvertent doping, the unintentional consumption of a contaminated product, is a major problem for the anti doping system. Of a total of 683 cases between 2015 and 2022, in 24% this was argued as the cause and a further 7% were accepted without proof.

Numerous studies published in scientific journals confirm a high risk of contamination of nutritional supplements commercialized online and in local shops.

However, intentional contamination by the manufacturers in order to enhance supplements effects is also possible. Studies also show that a competitor may test positive due to contamination through a medicine intake due to impurities in medicines/pharmaceutical products which are not mentioned in the ingredients list but also through person to person.

Back then

20 years ago



- * While the ICF were trying to take over other areas of canoeing, they were failing to address the situation of the world marathon championships masters, which should have been well within their remit.
- * River Rats ceased after 15 years of lectures, often attended by top expedition paddlers from around the globe as they passed through London.
- * The Royal Society for the Prevention of Accidents claimed the only safe places to swim were supervised beaches or pools.
- * BCU courses were being run across the pond by the Americans.
- * Outside consultants were used by the Wales Tourist Board, concluding that access agreements were the way forward.
- * The Chelmer & Blackwater Navigation was to be placed in administration.
- * Coastguard helicopter Stac Pollaidh was used at the Outer Hebrides Sea & Surf Symposium to give experience to both rescuers and those in kayaks of rescue operations on the sea.
- * As part of our 50th anniversary Cheesy Robertson gave his thoughts on what our sport would be like in 2053.
- * At the world marathon championships in Valladolid Spanish favourite Manuel Busto was first home but was disqualified on three counts.
- * The third Boulter's Rodeo had entries almost doubled from the previous year, helped by a new flume.

10 years ago

- * Flooding in Oxford and elsewhere was put down to lack of maintenance by the EA, who were not keen on boating. They refused to hand over their remaining navigations to the CRT.
- * A production polyethylene canoe and a mould which it appeared to fit were seen in a front garden in Oxford.
- * A number of canals, especially those under restoration, were threatened by crossings of HS2 as its route was announced north of Birmingham.
- * Pinkston Paddlesports Centre in Glasgow was about to open and the Kelpies were nearing completion outside Grangemouth.
- * Former Waterways Minister Richard Benyon refused to attend a meeting set up for us to talk about access with him.
- * Anglers refused to allow Dave Manby to run a charity Dee tour at Llangollen, using trains for the shuttle.
- * Brookbank Canoes had been an expanding retail chain but Mark Burch blamed elements within the industry for forcing him out of business.
- * The South Africans cleaned up in the first world ocean racing championships.
- * David Florence, alone in C1 and in C2 with Richard Hounslow, took two wins at the world slalom championships in Prague and Claire O'Hara took women's float and squirt titles at the world freestyle championships at Nantahala.
- * A footbridge across the river at Bradford-on-Avon was renamed in honour of Ed McKeever's Olympic sprint win.

