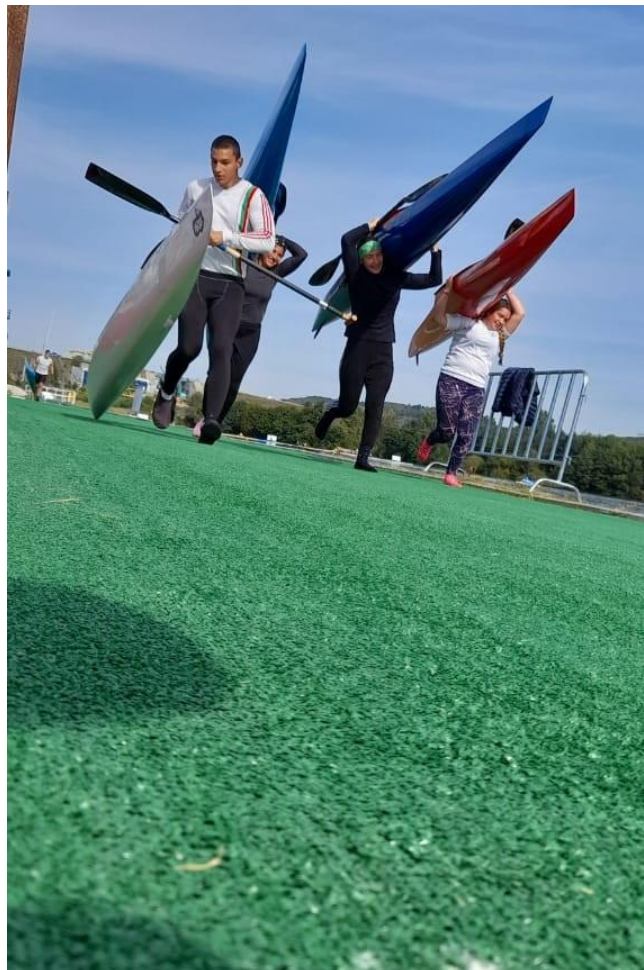


Talent Identification Program
I.C.F. Canoe Marathon
World Championships
Bascov, Romania
30/9/2021 to 03/10/2021



The TIP program at the World Marathon Championships in Bascov, Romania, took place from the 23rd of September to the 3rd of October 2021.

The approved applications are summarised in the table below:

FULL NAME (FIRST... FAMILY NAME)	DATE OF BIRTH DD/MM/YYYY	AGE	AGE GROUP	GENDER	CLASS
				M / W	C / K
KUPAS Roland-Alfio	11.11.2005	16	JUNIOR	M	K
STOIAN Nicusor-Robert	06.12.2005	16	JUNIOR	M	K
COSTACHE Stefan	24.08.2005	16	JUNIOR	M	C
SERGHEI Iulian	14.09.2005	16	JUNIOR	M	C
BOTNARIUC Andreea	31.08.2005	16	JUNIOR	W	K
RIVERA RIVERA, Miryam Ferando	01.11.2003	17	JUNIOR	W	K
DÍAZ MALDONADO, Vicente Ariel	18.06.2000	21	UND 23	M	C
IVANOV Todor	13/10/2004	17	JUNIOR	M	K1 & K2
STEFANOV Georgi	04/06/2004	17	JUNIOR	M	K1 & K2
CHILINGIROV Vasil	21/09/2005	16	JUNIOR	M	C
MELO DUARTE Luis Santiago	23/11/2000	20	UND 23	M	K
GORRITI MONTERROSO Martin	16/06/2003	18	JUNIOR	M	K

There was an accompanying coach, Pablo Caceres, from Chile.

The coach for the program was Elena Colajanni, from Italy.

Some of the paddlers of the camp had completed the anti-doping education prior to attending the camp, the majority has seen the ADEL platform during the camp for the first time and has needed help to complete the test in English.

All the athletes have obtained the certificate on time to participate at the World Championship according the ICF/IOC statement.

The paddlers from Uruguay arrived some days later and took part only to 2/3 of the camp program. Losing the first days of the learning process can lead to a disadvantage for the athletes and causes some trouble to the organisation, because many issues must be repeated. We solved the problem by offering them extra sessions and

Always moving forward

differentiating the first trainings; in any case, it is essential that all the athletes arrive at the same time and that we keep the number of athletes limited to about ten juniors and under 23's as this will allow for optimal productivity and development in the time available.

The report of the activity including the results achieved is attached below.

Overall, the TIP camp was successful and permitted to 12 unexperienced marathon paddlers to learn the basics of the discipline, as well as helping to increasing participation to the World Championships by 3 Nations and validating some events.

ACTIVITY

DATE	TIME	ACTIVITY
22/9 WE		Arrive in the late evening of small groups
23/9 TH	11	Meeting and presentations. Distribution of provisional sprint boats. Explanation of marathon racing and race format. Warming up in boat. Introduction to portages: how to get out, how to run with the boat. Training in the two issues.
	15	Training in boat. Aerobic power with 10'' sprint/10''rest/10''sprint
	20	Antidoping education and marathon rules explanation
24/9 FR	9.30	Warming up in boat. Introduction to portages: how to get in, how to take away water from the boat, the two lanes. Training in the three issues. The small lap.
	15.30	Training in boat. Long distance training with wave changes, group changes with sprints
	20	Antidoping education and marathon rules explanation
25/9 SA	9.30	Warming up in boat. Full portage practice: 50 m paddle into the portage / run portage / 50 m paddle out the portage. Feeding trials. Practice of the turning before the portage.
	14.30	How, how much and what to drink during the race. Drive to the city and to shops outside the city to find drinking bottles and bags, materials for the boats and for the race
	20	Antidoping education and marathon rules explanation

26/9 SU		Free morning
	15.30	Arrival of Nelo boats. Description of differences with sprint boats; weights, rudder, handles, pump. Boat training with familiarisation and
	20	Antidoping education and marathon rules explanation
27/9 MO	9.30	Training outside the course due to masters' races. Interval training, wave changes, trying and choosing if drinking bag or bottle
	From 14	Watching races: start procedure, difficult points, portages, race strategy, mistakes, the final rush
	17.30	Portage training, short lap buoys, sprints in the finish lane, mass start at the pontoon
	20	Race strategy
28/9 TU	9.30	Training outside the course due to masters' races. Organization of k2 and c2 that were unexpected; training in small groups with different intensity depending on the feeling of fatigue
	15	Boats organization; buying and setting handles and pumps
	17.30	Portage training, short lap buoys, sprints in the finish lane, mass start at the pontoon
	20	Questions and answers, feedbacks
29/9 WE	9.30	Training in boat on the course, long lap + short lap with intervals for the group racing sat/sun, start at the pontoon, turnings, arrive at the finish for the group racing Thursday/Friday
	15.30	Resting and boat check for the group racing Thursday; individualised training for the others
	19	Time of breakfast/travel/coming back schedule of the next day's explanation
30/9 TH	From 7	Warming up, drinks preparation, boat check. RACES Individualised training for the athletes not racing
	20	feedbacks
1/10 FR	From 7	Warming up, drinks preparation, boat check. RACES Individualised training for the athletes not racing

	20	feedbacks
2/10 SA	From 7	Warming up, drinks preparation, boat check. RACES Individualised training for the athletes not racing
	20	feedbacks
3/10 SU	From 7	Warming up, drinks preparation, boat check. RACES
	18	Goodbye and first group leaving
4/10	7	Last group leaving

RESULTS

RACE	NUMBER OF PARTECIPANTS	ATHLETES' NAME	PLACE	TIME FROM THE WINNER
K1 JUN W	25	ANDREEA BOTNARIUC	23 rd	14'24"
		MIRYAM RIVERA	24 th	14'32"
K1 MEN SHORT	21 (II HEAT)	LUIS DUARTE	17 th	02'01"
C1 JUN M	17	VASIL CHILINGIROV	11 th	08'08"
		STEFAN COSTACHE	13 th	12'14"
C1 MEN SHORT	19 (FINAL)	VICENTE DIAZ	18 th	02'57"
C1 U23 M	15	VICENTE DIAZ	DNF	injury
C2 JUN M	9	IULIAN SERGHEI/ STEFAN COSTACHE	8 th	14'31"
K1 U23 M	29	LUIS DUARTE	27 th	16'02"
K1 JUN M	35	MARTIN MONTERROSO	8 th	01'27"
		TODOR IVANOV	30 th	15'11"
		GEORGI STEFANOV	32 nd	17'36"
		ROLAND KUPAS	33 rd	18'06"
K1 SEN W	23	MIRYAM RIVERA	23 rd	-1 Lap

Always moving forward

K2 JUN M	25	TODOR IVANOV/ GEORGI STEFANOV	19 th	10'52"
		ROLAND KUPAS/ NICUSOR STOIAN	21 st	19'50"

COMMENTS

All the TIP athletes were very young and had never raced a marathon (only some of the South American's had a single, limited experience).

Most of them had never paddled for more than 15 km in one day before. During the camp, this issue was faced, underlying the importance of aerobic capacity training and the importance to spend a long time in boat once upon a time, to learn better how to "feel" the boat and the paddle. Unfortunately, it was not possible to deal about it with the trainers, because most of the athletes were unaccompanied. It is very important that some trainers, especially young and interested trainers, participate to the camp with the athletes: in fact, it is difficult to plan future involvement in marathon just keeping in touch with young athletes and not with trainers.

Anyone had used a marathon boat with all marathon accessories before. That produced a small issue to adapt to the new equipment, also because the marathon boats, rented from Nelo, only arrived the day before the master's race, and most of them were available only after the masters' race, so one-two days before the TIP athletes raced. We are very thankful to the Romanian federation that has lend us the boats (sprint boats) for the camp week, but an essential component of the training program is to show how to set their boats up correctly for marathon racing, how to install pumps and putting on handles. If we had the possibility of doing this in their race boats at the beginning of the camp it would have been better and less stressful.

It is difficult to find a solution, but it would definitely be something to consider (having a little pool of ICF boats? For the boats producer it is a promotion).

Some athletes had to race in K2 and C2, instead of K1 and C1, knowing it only a few days before and having never been together in boat before (the C2 was a sprint boat, with the athletes both paddling right): this happened for a misunderstanding with their national federation that didn't make the entries for the athletes of the camp and, instead of them, in the junior races, put other athletes, so that we had to organise double boats in order to let everyone race in the junior category. This misunderstanding could be caused from a scarce knowledge of the program, that should be more exposed, so that more and more people are aware of it. In fact, the growth and success of the program lies in the communication between ICF, national Federations, Coaches and Athletes.

The goal of the TIP athletes in the race was finishing the races obtaining the best personal result giving everyone's best, don't making mistakes at the portages, turning points, start... and of course enjoying the experience and do the best.

Always moving forward

All these goals were achieved, except in one case, because one athlete in his second race, the C1 U23, has injured himself at the last portage and was unable to finish the race. In some cases, the results were better than expected and we had very good performances, with some placement in, or near, the first 10 athletes: these are the 8th place of Monterroso in K1 Junior men, the 11th place of Chilingirov in C1 Junior men.

A comparison with the results of the other Rumanian athletes in the race, whose age, technical and training superiority was well known to the Rumanian TIP athletes, shows how important a good - also if very short - marathon setting can be:

Costina Ciobanica was 19th at 8:42 in K1 Jun W, with TIP athletes Andreea Botnariuc and Miryam Rivera respectively 23rd and 24th at 14'24" and 14'32"

George Tenta / Darius Zaharia 22nd - 1l in K2 Jun M, with TIP athletes Todor Ivanov / Georgi Stefanov and Roland Kupas / Nicusor Stoian respectively 19th at 10'52" and 21st at 19'50".

Cosmin Nitu 10th at 07:58 in C1 Jun M, with TIP athletes Vasil Chilingirov and Stefan Costache respectively 11th at 08'08" and 13th at 12'14".

Augustin Trifon 16th at 02:09 in C1 M Short, with TIP athlete Vicente Diaz 18th at 02'57".

Alexandru Hanceriuc 28th at 11:05 in K1 Jun M, with TIP athletes Martin Monterroso 8th at 01'27", Todor Ivanov 30th at 15'11", Georgi Stefanov 32nd at 17'36" and Roland Kupas 33rd at 18'06".

The C2 JUN M of Romania (Stepan / Stepan) had a speed on the straight course much higher than all the others, so they won despite some mistakes (entering in the portage at the first lap for example), but this shows that a good preparation of the marathon race could have improved the performance of athletes that are technically and physically higher than the others, too.

The overall feedback of the races was in any case positive for everyone in the evening debriefings. After some comprehensible disappointment for the race placement just after the race (having no experience at all, they did not expect the very good time performances of the first placed), all the athletes realised that they had put in practise everything they learned and that they performed a race they never tried before, together with the best athletes of the world in this discipline

The logistic of the camp presented some problems, due at first to the fact that the referral person of accomodation, meals and transportation for the TIP group was at the same time the organiser of the races, so he had very less time to dedicate because of the whole work he had, despite his kindness. A dedicated person is wished.

The accommodation was in a small familial pension; despite cold and very narrow rooms, the owners were very friendly. The covid-safety issues were ignored, this is a fact, but the impression was that all over the country the attention to the pandemic was not high, so probably there were not as stringent rules as in other countries.

Breakfast and dinner were in the pension, the lunch in the federal training base for the first days and at the venue during the races. There were some problems in the days before the races, because the lunch place has been changed many times for mistakes of the catering responsible and of the food responsible of the base, and there were some troubles.

The transports consisted in a small bus with a dedicated driver; this was well planned but in practice the bus was too small the first week and transported 3-4 people more, sitting on the knees of other passengers or in the luggage van, before it was changed to a bigger one. The driver was not very flexible and, for language problems, it was not clear what he had to do and which were the working times, so it was necessary to call and pay taxis, specially in the race days, when the timetable is different for racing people and for the others.

The feedback from the coaches and athletes who attended the 2021 Marathon Talent Identification Program, was that it was a very important and good experience.

The friendships and experiences shared on this tour will encourage these athletes to look at marathon racing in a more positive light and hopefully encourage new talent to get involved.

All athletes were evaluated, and their final score was sent to the ICF but it was not include on this reports from ethical reasons. But in the general aspect, all of them were increase their technical and mental skills during the training camp.

Elena Colajanni

Marathon TIP Coach

Pictures from the TIP are shown below:



The group with the T-shirt of the TIP camp, with the Rumanian trainers Irina and Andrei



End of one training

Always moving forward



Morning briefing



Learning different ways to carry the boat



Going to the training

Always moving forward



A good warm-up before the race



The coach Elena and Mr. Cuattrin preparing the juniors in the morning before the race

Always moving forward



Running during the race as learnt



Experience for young athletes coming from very far

Always moving forward

Vodafone RO

68% 20:54

← **Post**



vnochilingirovi

Baza Nationala De Kaiac Canoe Pitesti



Nice feedbacks from social networks

Always moving forward