



Slalom ace takes to the water against world's best

A CANOEIST who hones his skills in the Dearne Valley is to race at the Junior World Slalom Championships.

Manvers Paddlesport Canoe Club member and athlete Solomon Maragh will also make history when he takes part in the big event in Slovenia, which starts on Monday.

The 16-year-old is currently at his training camp with his coach and parents who collectively form Team Jamaica.

His dad is a Jamaican citizen and his parents were born near Kingston, Jamaica, and were part of the windrush generation.

Solomon is the first athlete to represent Jamaica at an international slalom event and will do so alongside the Slovenians and international competitors from America, Australia, Russia and Brazil.

Born and raised in South Yorkshire, Solomon trains regularly at the slalom lake at Manvers Waterfront.

Kayak slalom, which is also an Olympic sport, involves racing down a white-water river while negotiating a series of about 25 "gates" which are hung from overhead wires. At least six of the gates involve paddling against the main flow.

Solomon's training camp involves work on the river with practice gates because no-one knows the exact location of the gates until much nearer race day. Off-water strength and stamina training is also required.

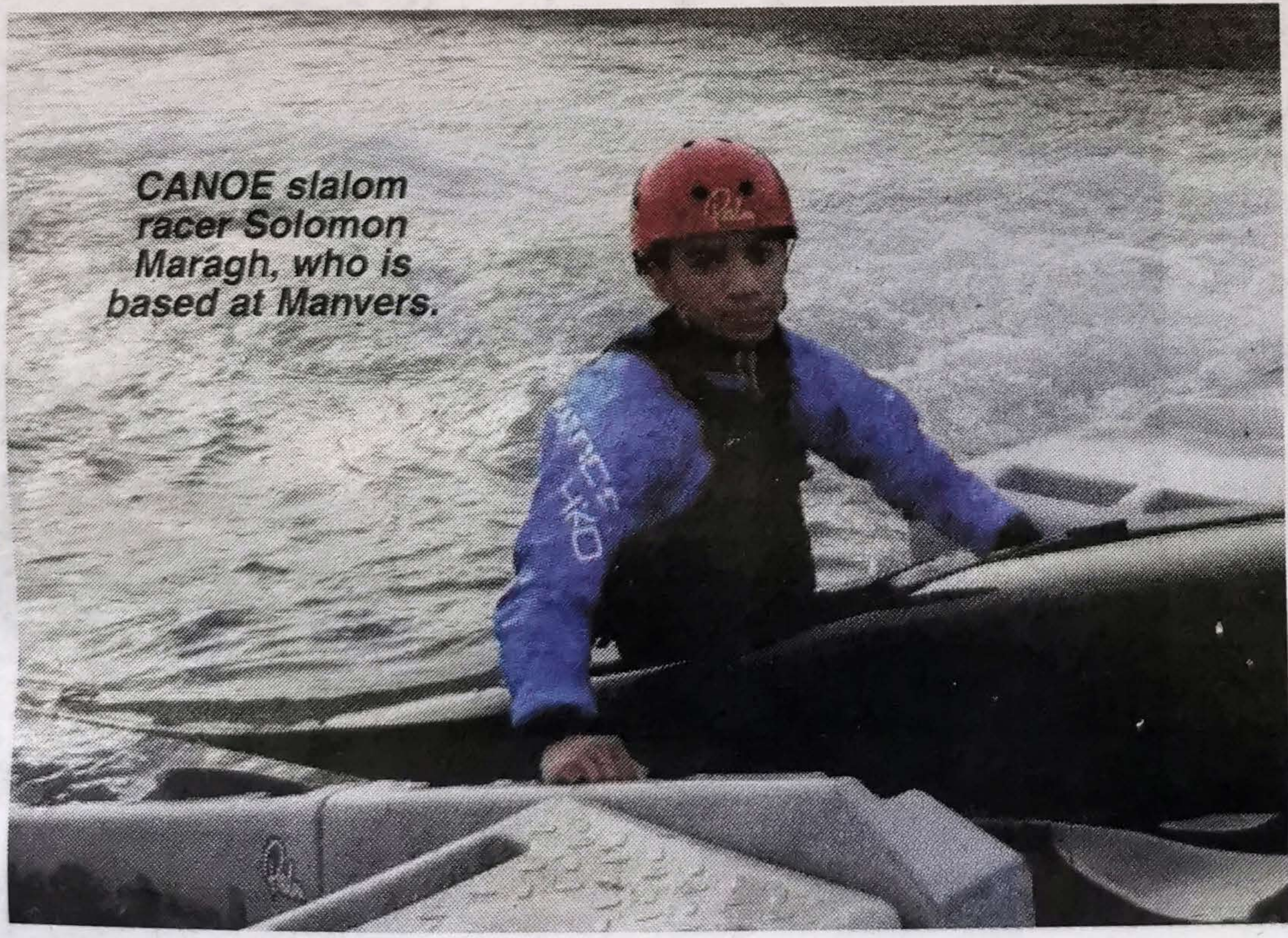
Said Solomon: "Slalom is a very lively sport to watch. The water is really powerful and my training back home is paying off.

"Training at the competition site and in the heat will prepare me even more and doing it at Manvers has been a big part of my build-up.

"I have arrived as ready as I can be to fit in with work and college also.

"My life is pretty busy at the moment. I'm either studying, training in the gym or on the water, but I wouldn't change it."

Follow Solomon's training on Facebook at Solomon_JAM and watch live coverage of his races at <https://www.canoeicf.com/>



CANOE slalom racer Solomon Maragh, who is based at Manvers.