

S2 E16 Coach Interview with Paul Darby-Dowman

Ricky Snodgrass 0:00

Hello, and welcome to this episode of the coaching podcast from British canoeing.

Sid Sinfield 0:07

So, welcome to the latest edition of the coaching podcast. Today I'm going to be chatting with Paul Darby-Dowman. And we're going to get straight into it. And so what I'm going to ask you to do, please just explain to everybody who you are, what your role is, where do you fit in, in the world class program? What? Tell us about yourself?

Paul Darby-Dowman 0:28

Yeah, well, I've been I've been coaching in the world class program for over 10 years now working now with our senior men, some senior men's podium coach for the sprint team. And that focuses on the main Olympic disciplines that we have now in that which is that the K to 500k, four or 500 and, and the K 1000. So we've got quite a big squad of guys that are a good level really. And my job is to individually personally coached some of them but to bring them together and try our best through boats forward. So Zoo ultimately is trying to, to identify, you know, the best people to help people get back to into to perform on a world class stage as best as we can. So we can competitive boats forward with the aim of qualifying and doing well at the Paris Olympics in the Olympics and beyond.

Sid Sinfield 1:19

Cool. Sounds like it sounds like an interesting role. So you've been about 10 years you've been involved with the program. So can we start a little bit about yourself? So let's for the beginning, I'm, I've got a sneaking feeling you're a paddler. Inside, so tell me about how you did how did your paddling how did he start? Where do you start paddling?

Paul Darby-Dowman 1:41

So yeah, yeah, like you say most of us have been paddling at some stage and for me, I guess I was always into sport from a really young age and from Yeah, six seven was really into to various sports and I spent a bit of time in America really loved sports over there, I was into the kind of American sports and that sort of stuff and then came back as a nine year old and I think just a friend of mine was keen to get a canoe so for no particular reason, but that sort of, spurred by Yeah, quite fancy that has something to get and not thinking anything of the sport or knowing anything about the sport. But my dad time said, Well, if you're going to get a canoe, you need to know how to canoe so looked up, signed up to the local club, went down, you know, with a couple of things. And we joined in ended that way in that black club sandwich Canoe Club. So it was from the start a very racing Canoe Club with a big focus on racing on, on getting better, and going to races and doing races marathon and sprint and kind of exclusively those two disciplines are really there. So I know and for the first few years, it was something we did and, and kind of joined a lot but I had a really good group of friends there more than anything. So just enjoy the times there. We did the racing, we kind of progress. And it's a small world and you soon start racing in Nottingham regattas and, and finding yourself in amongst the Yeah, I found myself amongst the best for my age group in the country and kind of sort of got the got the bargain and kept cracking on and doing that that side of stuff and, and kind of as some friends kind of move on to away from it, you know, me and a few others. Kind of, you know, we wanted to push on and crack on and start making the junior team I guess was the goal originally and then it's like okay, that that was a big target. But I suppose going back from that always remember at the club there being kind of the good guys there and you kind of Ivan's a Grayson's and Andrew Galloway and, and people that that went on to the games in 1988. I remember that always being kind of a bigger aspiration and really having a big interest in in the games in the Olympics there. So I guess yeah, that fed my kind of processing Okay, what do you what do I do want to get to a good level and do something well, and was lucky that we had a good competitive, you know, group of people there that that pushed each other on really, really well. So I guess my pathway then was kind of made the junior team as a, as a quite a young 15 year old and no, I guess making the junior team at that stage was a means to an end and when we went away and we weren't particularly strong, but quite enjoyed it and, and progress there. But after that, we kind of got a little bit more serious and scary. I first met Eric Ferro, really, and he started coaching me and a few others, Tim brabbins, and a few others in there as well. And that kind of then kind of raised our expectations of what we were trying to achieve and to be a bit more competitive abroad. I guess we went on a two year kind of

journey to two World Championships in 95, which was, you know, a goal a target, but You know, it set our expectations higher and we started training properly with that with a clear focus to try and do well there and I know going into that how well we could do we never knew that there wasn't as much information or as much data around what level we could get to or but we went there with high expectations and we won there. So that was a you know, really incredible time going away there in K to 500. With Tim Robinson, and winning that race, it kind of then sort of raised all expectations of where we could get to and what we could do and how I could progress from there so far, very quickly from being a kind of 15 year old that got knocked out in in the heatsink competitions to progressing to winning that it seemed, you know, as a 15 year old seemed impossible to ever be at the front of those races. But that that sort of set me on a journey really that progression and from there very quickly moved into to our senior teams lucky enough to partner with Grayson born at the time. And we managed to qualify for the Olympic Games in my first year as a senior in 96. So, so again, so suddenly, within three years, I've gone from the back of the field of junior stuff to racing Olympic Games and, and probably never, never expected that and it suddenly it happened. That was Atlanta 96

Atlanta Yeah, and Lance's at 1000 meters we bracing Atlanta. And again, we were in the semi-finals, it was a reasonable performance. It was it was a good experience and that sort of stuff. And then it was kind of I guess, the next couple of years were a bit tougher, really, in terms of what we did is trying to make impact on the senior stage and moving through and I know 9798 there was probably that that kind of transitional period to try and move up through the field and do some good stuff really and probably plateaued a little bit before in then as we approached Sydney in 2000 or no qualification for the for the games that year was all in 99. So there was a kind of a big need to step up in that year and power k two with a with a guy who was saboten with a boat and and that was the first time I guess we started competing higher level actually and we qualified made the final there and qualify for the Olympic Games and progress there. We started getting some good results at some of the World Cup the smaller international race and things picking up the old metal here and there. But yeah, we were over sat around about the sort of 8/10 in the world type level and, and to Sydney and finish I think 10th or 11th there in years. It just missed the final so a bit of a disappointment there. And I guess then, for me, there was a stage where I was studying did some University alongside that. And it was a focus to say well, okay, now what are we going to do what how we're going to

how am I going to get better coming into Yeah, I felt I had another wasn't done with canoeing, I still only 22 at the time. So I still keep

Sid Sinfield 8:09

That's quite young to have done two Olympics by the age of 22.

Paul Darby-Dowman 8:12

Yeah, I think so I never felt that and it's I've never felt young it was what we were doing. And it felt comfortable on the stage there but certainly felt hungry to go on and push on and do more. And I think it was at a time really brilliant time in terms of we were starting to get some funding starting to become, you know, have that support to help us do things. But with that the expectations were rising along the way as well. But we were lucky time because we were able to really match what we were doing and enjoy that process of doing it as well. I guess by that it's a lot of the camps and things like that we managed ourselves and were able to get the most out of those and got what we needed there. So that for four year cycle I had really, really exciting times ended up having k two with me when that year so we had we saw from 2002 through to 2014 we did that I also did some k one 500 meter racing in that period as well and I get all the time working with Eric and then trying to push up and get super tough to qualify that year we had to go to second round qualification and race the European Championships and we qualify there and get through to Athens and that was the Olympics for me that was like that was the one I went in with a chance of doing we're coming 70 was a super close race where a second or so off the medals and but for me kind of came out of that thinking I've done everything I can to do what I did and really felt satisfied that we'd raised our race and we put a good performance down and we'd love to come away with more but equally felt like that. Yeah, I've done a really good job so kind of came out of there pretty motivated but also in a state where work or where do I go now. I kind of where I was going after canoe and what I was doing there, and that that side of things and there's some bits of my life have been on hold I suppose for that so carried on paddling for a bit but, but about six months after Athens decided for me as a paddler, it was time to sort of move away from that sort of stuff. So it shows a competitor 2627 years old, to then sort of move on to the next stage of my life.

Sid Sinfield 10:25

So before we look at life, post racing, so Can I Can I just go back a little, a little bit, a few questions on there. So what was it about? So first of all, I imagine it was fortuitous that you found racing, as opposed to if your dad or your family had no background, hiking or canoeing, you just went to the local club. So it was quite fortuitous that you happen to come across racing, or was racing, a discipline, that you That was something about racing that you really were drawn to and in canoes, or, you know, I mean, well, I

Paul Darby-Dowman 10:57

Think if we'd have gone to a club with a different focus, yeah, I would never have sorted out I think it was something that appealed to me and sprint racing appealed to me. You know, we did marathon we did sprint, the sprint race it to me appealed to me much more than that the other day, driving down that lane and having that single singular focus. So yeah, very much for charities there. And I think I became quite single minded in trying to achieve what I wanted to achieve at sprint racing. But yeah, I think he was something that obviously for me kind of ticked the box for me, I would always look at what I did, I kind of I really enjoyed racing enjoyed the competitive side of it, I wouldn't say genuinely enjoyed a lot of the training, because he committed to doing the training and working hard and getting to where I wanted to go with it. But did it because I just love racing, love going abroad love racing love trying to get back safe.

Sid Sinfield 11:54

And sound like you had quite a good training team there as well. You say there was Tim. Tim, was there a yearlong group that were training together? Was this around that camaraderie of training together? Or it was just COVID? A was just convenient to attract chain other people? Yeah, I

Paul Darby-Dowman 12:10

Think I think we had a bunch of guys that were in the same sort of place. We wanted the same sort of things. We were super competitive against each other. And, you know, we all got on but we all had our social life currently as well sort of thing. It wasn't like we were there. But we wanted the same sort of thing. And we were able to push each other on and, and there were you know, tense rivalries at times. And yeah, of course, that's all on to a to a higher level,

certainly. And but yeah, and I certainly Yeah, I became, I guess was a real student. And it used to love watching the old Eurosport videos I had off canoeing. So kind of from the racing side of it, yeah. Just wanted to be involved in that and, and always knew everyone knew, knew what was going on. But yeah, it was. I think it was that environment that just pushed us all on to a better level. Really.

Sid Sinfield 13:03

And you mentioned Eric Ferrell there so was he your coach all the way through your racing? Yeah, well, Marlin

Paul Darby-Dowman 13:08

Very much as a coach in the early days. And then Roland Eric started a project sort of with us down there and then then from there, he was very much my coach from as a 16 year old till Yeah, and until I stopped really there as well, because I kind of had a, you know, good close bond with him and worked well with him and kind of learned a lot of stuff from him. Yeah. Cool.

Sid Sinfield 13:33

So you said you're super competitive. What is it particularly you think about there's two things there what is it particularly about the sprint that is shorter distance or the covers? Because it seems like you've had quite a background and crew boat paddling as well. So any particular draw to it? Can you explain why you think the shorter one? Oh, yeah, well

Paul Darby-Dowman 13:58

I guess maybe physiologically, I was more suited to that sort of stuff. I know I always found that the longer work a bit a bit difficult. It was never sort of thrived in that sort of environment is nice. It was kind of finding my place and certainly enjoyed and seem to just find a niche in terms of you know, to slot into crew boats and caters specifically to that they always felt good and was fortunate to partner with something that's really good pilots in the country that ultimately they wanted to carry with us but that said he was also able to deliver some birds

at a high level in my case one as well. Again, add what I felt was more than that to

Sid Sinfield 14:36

Accrue vote as well. Splendid. So it sounds like you had a rewarding athletic career. You look back on it with a degree of satisfaction and pride.

Paul Darby-Dowman 14:45

Yeah. 100% Yeah, there's always bits you know more that you fail. You look back you could have done here and then changing things. But certainly no regrets. And I think that's one of the big things I take out of it and try and take forward is just have responsibility for everything. Though I was doing and it was down to me in the workhouse prepared to put in, or, or not really and in to where we got to and

Sid Sinfield 15:08

So, obviously, we're free Olympics and then so that any standout memory what what's the any, you know, from all those years of racing? Was it the first World Championship? But you are a junior, or was it that?

Paul Darby-Dowman 15:20

Yeah, the big one? Yeah, the big one for me was certainly winning that, that Junior World Championship goal, I think, you know, it was, for me, we had set a target a goal, and we had worked towards it really specifically, we didn't know where we would come, would we sneak into the fine? Or would we maybe get a metal where we would get but we weren't and I still put it down to it. Yeah, it was a super tight race. And I guess I go probably was to win a medal. But because it was so close, and always ended up winning, you know? Because, yes. Yeah, to do that, and it was just, you know, an amazing feeling to have one and to deliver it on that on that stage, really. And, yeah, I can remember the feelings after that really clearly. And I think you know, and understand that was probably, again, that the Athens games where we're just felt like, you know, we'd be prepared really well and gone in and done a really good performance. They're really those

two ones. And it was all kind of the combination of, I guess, the early part of the period and the end of my career. Really,

Sid Sinfield 16:26

Yeah, so then saying, well, let's go to NASA, the career comes to an end of your major an active choice, it wasn't through injury or anything, which made active choice to step back. And you said about putting your life on hold previously. So did your life start did you go straight into coaching? What, what, what happened now? No, I

Paul Darby-Dowman 16:46

was, I was in two minds whether to jump straight into coaching off the back of my paddling career in the end, kind of, I felt I needed a bit of time away from it to just sort of see where I was at and look, I guess, in different ways. I've kind of worked in insurance for a bit there. So I've got a job in in the city working underwriters are Lloyd's underwriters and they're kind of moved between a few different jobs they're always working in insurance there I think, you know, over a couple of year period really and kind of found myself more and more be drawn to thinking right I want to get back into coaching that sort of stuff I think I was found with when I was working now coming in at the bottom in it in a job in the city I was Yeah, what are you doing you can always go out and say right well I'm going to do this and show that show where and I was he was he was to move through the ranks and get that kind of recognition was always harder and struggle a little bit with that and then that that sort of transitional period from being an athlete to being an office worker if you like so yeah. So yes, but the company's doing that and then kind of kind of started you know, doing a few coaching qualifications just very much recreational with a view to sec I want to get back involved and put something really into the sport and to share I guess some of my experiences from paddling but also really passionate that that watching you know GB to be successful and then to push on and get some good results internationally

Sid Sinfield 18:23

Okay, so then how did the Where did the step to full time coaching went how did that come about? What was the

Paul Darby-Dowman 18:32

sorry, time when in the lead up to London the program was growing to a degree but there was also a change in events and I got you know, an opportunity to kind of fill in really and then fill a gap that that John Anderson performance director at the time kind of needed need filling in terms of creating the 200 meter racing came in brand new they've been a few sort of coaching changes around and an Alex an economy was based in Nottingham but the guys were based down at Dorney and the plan was for Alex to pick up this group but he had some work and things to finish off. So for six months finishing up a project and handing over some stuff in Nottingham. So I was very much come into to support that that process and that that worked with them with Ed McKeever with Johnny with egg Cox at time Christian Reeves, a really talented group of guys. And it was very filling in and I guess sort of, you know, running the day to day environment for those guys. With some support from Alex coming down once a week and in my head. I was learning a lot from Alex along the way there. How about that came up to speed. And I guess that sort of was for about six months, maybe a bit more and that kind of became assistance at times working in that role there. And then the opportunity came to work with coding Laura, who was leading our junior for At time work with her with our junior team and some of the 23 teams, they're really as we've progressed, yeah, progress as I get in some of my own responsibility and really enjoy working with kind of our junior man and under 23 men in that period up until up until 2012, while still offering some support to Alex, where he needed to keep that group running. So, so kind of getting a real broad range of experiences across those board there really,

Sid Sinfield 20:26

Did you did you find the coaching role? Rewarding, you know, because obviously, being an athlete, your coaching is done with you, and to you, as it were, but then having to step into that role? Did you attraction to it for yourself did or was it? I'm familiar with his environment, and there were these athletes are doing and, and then learning to love it? Or was it was a draw from the beginning? Yeah, again, we

Paul Darby-Dowman 20:54

really, it was really interesting, you guess seeing other people's experiences when you come in, I suppose when you're being an athlete, you kind of you make certain assumptions of wherever was at but there was real differences in terms of people's background, people's, you know, take on what paddling meant to them and where they were trying to get to and aligning those goals and targets really, but really enjoyed the working with athletes and trying to get more out and more them to get more out of themselves, and then that ownership and understand what they're trying to do. And having those conversations and just really enjoyed, I guess making plans and trying to implement plans and working towards goals. Really?

Sid Sinfield 21:37

Yeah. Cool. And do you think that timeout was necessary to for you to make that transition from being an athlete to a coach, you know, do you think it might have been more difficult if you'd been very close still? Yeah,

Paul Darby-Dowman 21:49

I do think it was, it was really important. Now I think, for me, a gave me that a bit more of a grounding bit more of a break from the day to day involvement in can, I've also probably put a bit of a break between myself and the athletes that are in there currently, as well. You're not straight away, just trying to fill in where you left off. But now suddenly, you're a coach rather than athletes. So even though it was a couple of years, there was a bit of a change in which athletes were around and who was doing what. And so it wasn't directly the people that had been involved in said, so I think, yeah, there was a lot of stuff learnt, there are a lot of experiences I had in that period of time there. And then I think was able to help me a little bit.

Sid Sinfield 22:31

And that was when the problem was down in Indonesia, you say you moved up to Nottingham, and that was that was your time. And during that it was up to

Paul Darby-Dowman 22:41

2012. So after 2012, the beginning, there was some various changes and the kind of what was, you know, asked to take on a woman's team, which isn't yet massive, it's a big step up for what I was doing some really talented, talented girls in there. And that was a really exciting time. And I think we got some really good results at times there. But it also was a super tough time in terms of being, you know, being experienced enough to deal with some of the highs and lows. And, and that's, there are no you know, we had it, you know, really good World Cup where we can work with lots of medals and things like that. And I guess, for me to then be able to push us on to the next level and where we got to that big learnings there in terms of managing and managing a big squad of talented girls to push on. So, worked with those of them for a couple of years, and then moved back into working with our under 23 men and ultimately senior men, as we moved into the sort of 20 1617 cycle, and then we moved up to not even a big move up there.

Sid Sinfield 23:40

Cool. So what would you say? Is it about coaching in the high performance environment that, you know that the, you know, what is it about that? That keeps you there? Because you've been there for 10 years? Well, you know why? Because there's a lot of places that you can coach right?

Paul Darby-Dowman 24:00

I guess Yes, I, I love, you know, elite sport, I love that they're competing at the top end and life coaching at the top of the year, but the big championships and that sort of stuff. And, and also, you know, I love having athletes that have got that ambition and target drive to want to go and achieve at that sort of level and then have the opportunity to do it here and, and to work with some really talented athletes to try and get the most out of those performances. I like that looking at trying to have that. Yeah, that attention and being kind of innovative and really trying to move on and get really good high quality performances really and I guess, like the pressure of that sort of environment.

Sid Sinfield 24:38

If you were going to so what would you say there's two questions here? One is going to be what would be your top piece of advice for somebody to be

successful coach in that in that in this high performance environment. What do you think is really important as a coach to be successful in that environment? Yeah, I think

Paul Darby-Dowman 25:00

It's understanding who you're working with, but also everyone that's supporting you. So there's a big support team, on staff, and it's on managing the expectations, managing, you know, keeping everyone in the loop of what you're doing. So being really clear what your plan is, what your target is, where you're going, and how you can use everyone around you, and take everyone on the journey, whether it's athletes, other coaches, support staff, manage the British mean that sort of stuff to try and try and take them on the journey and really understand what the role you're trying to do is and where you fit in, and what your relationship needs to be in many relationships with all the different people along the way, really, I think, you know, there are a lot of eyes on you, and we are trying to achieve, you know, a high level and pushing on there. And I guess the other thing is, is to be to be patient and to just work on that that progress. And so things don't happen overnight. It is a long term process to move up and to take the highs with the lows, but back be clear on where you're heading towards what you're trying to achieve.

Sid Sinfield 26:02

Like that. The gains going from real consistency and moving incorrectly might go quite slowly might be quite frustrating. But that's what really takes it to grind out those improvements along the line. I think that the bit you've mentioned there is quite interesting as well is that the in this in high performance environment, your lead team is isn't just you and athletes, there's a whole team around them. And that that requires a certain skill set as always in it to, to make sure he's on the same page and everybody's, you know, knows where that athletes headed and what their targets are and what their performance might be. So then, on the flip side, then so what have you learned what was any key mistakes that you've learned from you gone? You know, what the key learning so nobody, everybody's kind of human, we all make mistakes? And I'm kind of interested to know, you know, what do we sweat how we learn from mistakes, and any ones that stand out for you that it would have been key

Paul Darby-Dowman 27:04

To any mistakes along the way. The big thing is one is not having to know everything they can get in when you don't know something, there's because there is your resources out there. Lots of places to find information out and things like that, and use the team around you and use to search out the information in the answer. So don't just rely on what used to work. What works in the olden days, is trying to say right, if I don't know something, right, rather than Yeah, he's trying to find the answers try to explore the answers tried to use the support to get as much of that out as possible. I think he's one of the big things. And another big thing is I guess you can get caught up in big longer term goals where we're going but really keen to hear just for coaches and athletes, you know, we're in a great position where we're canoeing, you know, coaching, canoeing or canoeing data, and you just enjoy the steps along the way a lot as well. And not all linking it to right, what have we got to be doing in in three or four years' time, it's okay, let's build, build on success, build those stepping stones along the way just to really kind of celebrate and enjoy those as we go along. And then then, you know, be able to manage that and want to progress year on year.

Sid Sinfield 28:20

So I think enjoying the journey is really important because that, that that means you're more likely to get everything out more of each day, then live in for a distant dream that may or may not happen. But if you enjoy every day, enjoy the journey. As you've said, sometimes the training is not enjoyable. What surrounds it could be enjoyable content can be there. So yeah,

Paul Darby-Dowman 28:43

yeah, I think I think just coming I think I think that's a big, big challenge a big thing for us in either, I guess a high performance environment, you can't be at this high performing level as an athlete as every day you have to have some sort of process and routine and enjoy coming to coming to train coming to do stuff and create that that atmosphere in that environment where if we're doing an MBA, able to step up when you need to step up and, and that sort of stuff as well. And just to manage that emotion in that that kind of waves as you go along. So sometimes there is a case of just getting through the work and getting that work done. And then we're trying to lift it in certain points, really, but there is

times you know, we are in canoeing, we compete, you know, from April to four, so what, four months a year, but we have a lot of time training a lot, a lot, a lot more than we do competing. And you have to kind of get a lot of work done in that period and prepare to peak at the right time today.

Sid Sinfield 29:43

So in this little series, I've been chatting to different coaches on the world class program, and there isn't one way to get to become a coach in the world class program. There's every day a different choice and not all of us are fortunate to be freed up as Olympians and that as a route in any advice that you'd give to somebody who was you Maybe he's out there coaching in a in a Racing Club or in a racing setting and thinking that sounds like I would mind doing that I would any advice on how they might go about joining, you know, or becoming more involved in a high performance environment?

Paul Darby-Dowman 30:15

Yeah, I think, yeah, there's lots of lots of good groups out there at the moment in terms of chatting, canoeing, but, but always, it's just create your own thoughts and your own ways of doing things and being clear where you're trying to go what you're trying to do, and be able to match what you're training to, to what you're trying to achieve. So get that very, you're working with it, it's like, really, what's our goal, what's our title, what are we trying to achieve, and what training is going to work best and take from the experience from within the sport and look outside the sport and, and just try and challenge everything. So you can be clear on what it is you're trying to do and how you're trying to go with it really then with canoeing this so many different aspects to it to make somebody fast. So it's quite coaching the individual and the coaching for a target for whether that's a marathon race, a sprint, race, both whatever it is, work out what the demands are, and try and match those in the training to kind of understand the demands of that

Sid Sinfield 31:16

The event you're training for. And then is that? Is that been a key feature for when you started? I mean, like, it sounded like right from the beginning is that they're all training group, you started at a target and then thought about how

they were going to achieve that target and designed the product training around that. Is that is that been consistent with that? Is that why?

Paul Darby-Dowman 31:39

Yeah, I think so the big business standout for me in the early days was, you know, it was a big focus on we need to find good water to paddle on we need to do these type of efforts, we need to know how we did the stuff because something can be written down. But a lot of it is how you do stuff and how you link it to what you're trying to achieve. We want to paddle well on good water and do this. So it means we shouldn't be doing it this way. We should be doing it in in this way. And after washes at times and things like that. So it was always linked to GM. How we were trying to race really cool.

Sid Sinfield 32:12

So now we're recording this just on the eve of the of the Olympics, starting just by time this goes out the Olympics will probably already be over with but what's, what's your target this year? I mean, what's what are you what are you and your athletes working towards?

Paul Darby-Dowman 32:30

some good under 23 is that racing I think we've got good k for good Katie's UK ones that challenging so we're going to under 23 World Championships and then we're taking quite a similar team on two senior World Championships and, and lucky one for some good performances under three World Championships and then be able to push on and really learn and evolve and get some good solid performances there. And then as a set us up as we as much as everything is setting up so we can go in and we've got some guys on the fringe. You got some other good guys. Lots of good guys are asked how we can go into the next two year, two years up to 2023 qualification for the Olympics and getting our best boats in the best possible shape on the start line really. So at the moment it's learning. It's getting that race experience with Miss that we've missed that massively the international racing experience over the last couple of years to get up to speed on that and build that over the next couple of years. So we've got some real good markers and good levels of performance.

Sid Sinfield 33:30

Cool. Well, that sounds like an exciting, exciting new install. So time of your day to chat with us today. And I'm sure we'll all watch for the results with a great yeah, anticipation. Absolutely. Thanks very much for your time.