

# West Regional Rowing Council



Number seven  
July 2012

Welcome to the seventh WRRRC newsletter, as I write this, there are only 4 days to go until London 2012. Over the past few months the excitement has been building and we have seen the Olympic Torch travel through the region. Rowing was well represented, with several rowing coaches and volunteers carrying the flame, and rowing featuring as part of the torch celebrations at various venues. My role includes me delivering the 'Olympic Legacy' programmes, aiming to get more people out on the water who may have been inspired by the games. Hopefully this newsletter will explain more! Unfortunately the weather has been causing havoc with regattas and events around the region, with several being cancelled. However the sun shone this weekend and I gained some rather fetching tan lines while racing at Paignton! Let's hope Summer is here to stay! *Rhiannon.*

Plymouth ARC at the Saltash Torch Relay event & sprint challenges at Taunton



# W R R C

WEST REGIONAL ROWING COUNCIL

The West Rowing Council is responsible for the development of rowing across Cornwall and Devon and acts as the regions voice at a national level

The WRRRC supports:

West of England ARA  
Cornish Pilot Gig Association  
Cornwall Rowing Association  
Seine Boat rowing  
UK Surf Rowing League  
Offshore rowing

Places People Play



**Delivering an Olympic Legacy  
How you can get involved!**

### PLACES

Rowing clubs can apply to 'Inspired Facilities' for grants up to £50k. I can help support you through your application and writing a development plan. Successful clubs so far: Flushing & Mylor Gig Club, Paignton Rowing Club & St. Agnes SLSC.

### PEOPLE

'Sport Makers' is the scheme run under the 'people' banner. Volunteers attend a workshop and pledge 10 hours to become a Sport Maker. If your club can provide a volunteer placement, or need help to run an event please let me know! 14<sup>th</sup> July saw Active Devon run a workshop in Plymouth. Sport Makers then helped run rowing taster sessions!

### PLAY

'Sportivate' supports clubs to run 6 week blocks of activity for 14-25 year olds. Success stories include: Nankersey, Flushing & Mylor, Caradon, Looe, Mounts Bay, Truro & Plymouth Rowing Forum.

'Row for Gold' allows clubs to access marketing materials & log their event on a database. Register YOUR event at [www.britishrowing.org/taking-part/row-for-gold](http://www.britishrowing.org/taking-part/row-for-gold).



Where's Wally? A team at the Plymouth Rowing Forum Challenge, May '12

### Get behind team GB

Rowing takes place on Dorney Lake from:

Sat 28<sup>th</sup> July

-

Sat 5<sup>th</sup> August

Watch on the BBC  
Go Team GB!

[www.britishrowing.org/gb-rowing-team](http://www.britishrowing.org/gb-rowing-team)

## The West Region development team



**REGIONAL DEVELOPMENT COACH – Sallie Malt** Sallie is working on a two part scheme. Part one delivers Learn to Row courses across the WEARA clubs, part two is the 'Excel' Scheme.

If your club wants to get involved by accessing Sallie's time to help run a learn to row course, please contact [sallie.malt@britishrowing.org](mailto:sallie.malt@britishrowing.org)  
Clubs Sallie has worked with so far: Exeter RC, Castle Dore, Bideford Red, Dart Totnes.



**Community Coach – Kev Sellar.** Kev works for the Plymouth School Sports Partnership delivering youth rowing in the City of Plymouth.

Kev has been working hard delivering Learn to Row courses with the Plymouth SSP. He has some Summer courses organised throughout July and August. Contact Kev on [ksellar@plymstockschool.org.uk](mailto:ksellar@plymstockschool.org.uk)



**South West Rowability – a new project for 2012!! – Paul Johnson**

The Rowability project is underway! Paul is offering indoor and outdoor sessions to groups and schools in Devon. For more information on what Paul does and results, pictures and videos, see his blog site:

<http://devonadaptiverowing.blogspot.co.uk/>



**HSCT Scholarship Coach – Phil Pring** is in his last week working as a HSCT coach for British Rowing. Following a review last month all clubs Phil has worked with have been extremely happy with the outcomes. Phil is planning a race night / celebration for Friday 20<sup>th</sup> July at Mounts Bay Gig Club. During his 2 years as a HSCT Phil has completed a postgraduate certificate in marketing, his minibus test, UKCC Level 2 in coaching, ran a junior training camp, become a coach educator and formed brand new club school links. I'm pleased to say that Phil will continue with British Rowing until the end of this Whole Sport Plan offering extra support to clubs through Explore Rowing. I am putting together a report on how clubs can be a part of the Henley Stewards Scholarship Scheme in the future.



### CORNWALL ROWING ASSOCIATION

The CRA season is well underway, with regattas at Saltash, Polperro, Penryn, Trelawney & Mousehole being complete. Results after the first 3 regattas see Saltash topping the leaderboard in all team categories bar Under 16 & Under 18 girls (which Calstock lead). Pair of paddles leaders are:

Tom Worden, Jack Adams, Beccy Ives, Jess Thomasson & Jan Wilkins. Next regatta is Pendennis at Durgan on 6<sup>th</sup> August.



The 2012 **World Pilot Gig Championships** ran over the first May Bank Holiday on the Isles of Scilly. Hundreds of rowers competed in the competition which saw Falmouth take the double once again, and become Men's and Ladies champions. Roseland Men won a closely fought veteran (40+) final, while Mounts Bay walked the Ladies Vets race. 2012 was the first year Supervets (50+) were officially recognised, with Helford taking the Men's title after finishing a highly credible 5<sup>th</sup> in the main Vets race, and Fowey taking the Ladies trophy. The main season has had a shaky start, with two of the 'Tribute' events cancelled. 21<sup>st</sup> July sees the first Tribute event set to run at Paignton. For all things gig rowing see [www.cpga.co.uk](http://www.cpga.co.uk) / [www.gigrower.co.uk](http://www.gigrower.co.uk). (Pics c/o gigrower.co.uk)

If YOU have some news you would like to see here please send to [Rhiannon.halliday@britishrowing.org](mailto:Rhiannon.halliday@britishrowing.org).



#### CONGRATULATIONS

To the following clubs who have recently achieved Club Mark status: Paignton RC, Mounts Bay Gig Club, Rame Gig Club, St. Ives Gig Club, Cape Cornwall Gig Club, Bideford Reds ARC (reaccreditation).

If your club is wishing to work towards Clubmark, please contact me [Rhiannon.halliday@britishrowing.org](mailto:Rhiannon.halliday@britishrowing.org) to register your interest. You will need to bring your clubs policies and procedures in line, up skill your volunteers and complete a portfolio of evidence.

#### CONGRATULATIONS

To the following coaches who have completed their UKCC Level 2:

*Tony Lawson (Reds), Zoe Robertson (Blues), Oli Roberts- Key (Blues), Owen Goodwin (Blues), Nick Moffatt (Plymouth ARC) Helen Smith (Devoran), Margaret Morgan (St.Ives).*

*Plus a large contingent from the course ran in Weymouth: Simon Walker, Michelle & Matt Tiffin, Serena Fields, Lynn Reynolds, Kerry Maguire, Mike Gilbert, Chris Day, Dominic Brown, Dave Ferris, Diana Dixon, Steve Woods.*

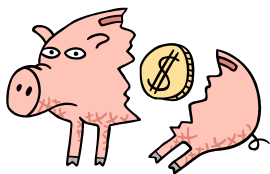


#### Watch this space.....

We have set provisional dates for the 2012-13 coach education calendar...these will be advertised by the end of July – check out the blog site <http://westregionrowing.blogspot.co.uk/>.

#### Current Level 2 course.....

Running at the Mount Batten Watersports Centre for 10 candidates. This includes 2 watersports instructors!



## FUNDING

You can get into contact with me to help your club explore funding options.

**TOP TIP FOR CLUBS:** Always start with a development plan – you need to know where you are now, where you want to be & how to get there!



### SMALL GRANTS SCHEME

Up to £10,000 for ages 14+ to help create a sporting habit for life.

**BRIXHAM GIG CLUB** – Funded the club's first training gig – aiming to offer the sport of rowing to all in Brixham and surrounding areas.

**CARADON GIG CLUB** – Funded 4 x rowing machines to help support the club's development squad project aimed at retaining 14-18 year olds in the club.

**GREENBANK ROWING CLUB** – Funded a new recreational four/quad & blades aimed at introducing new rowers to sliding seat rowing in a stable boat.



**FLUSHING & MYLOR GIG CLUB** – Received almost £50,000 in round 1 towards their new rowing shed, allowing the club to have a permanent base in the area.

**PAIGNTON ROWING CLUB** – Received almost £50,000 in round 2 (just announced!) towards renovations in their boathouse.

**CHARLESTOWN ROWING CLUB** – Received a grant towards their boathouse project which has enabled the club to build a shed in the car park of the Rashleigh Arms. This was matched with funding from various sources. The shed was completed in April 2012.

*British Rowing Facilities funding:* Clubs applying to this fund need to complete a comprehensive development plan (with support from Rhianon!) which will see participation increase. Club members will need to become members of British Rowing. Clubs will need partnership funding.....BR funds shortfall only.

**DART TOTNES ARC** – Received a grant to help refurb their Project Oarsome fleet. The support allowed the club to bring their boats back up to 'pristine condition'.



**PLYMOUTH UNIVERSITY RECREATION DPT** – Have received support via Explore Rowing to run a project from the Mount Batten Water Sports Centre. The Uni have purchased a GRP training gig, and 2 x recreational touring boats. The Uni are employing coaches on a casual basis to run learn to row courses for students and adults in the area. The boat package is worth over £20,000 and British Rowing supported 50%. The project will see 90 people learn to row over 4 years. The Explore Rowing boat packages need to be stable boats, used to run learn to row courses. The first course with the new boats starts 25<sup>th</sup> July!



SITA Cornwall Trust have supported Looe and Rame Gig clubs in the past with boathouse projects. In 2012 the trust have supported two more gig clubs to purchase boats.

**CHARLESTOWN ROWING CLUB** – Used a grant to purchase the 'Grace'. This is to enable the club to grow. The club applied as part of a wider development plan which includes the build and refit of the new shed.

**CARADON GIG CLUB** – Used a grant to support their development squad project. The club purchased the 'Amazon'. This addition to the fleet will help the club to field a larger number of competitive crews in regattas. This also enabled the club to purchase 2 rowing machines to support the work the club does in Saltash.net school, developing young rowers. Clubs need to be situated within a certain radius of a landfill site.





# UK Surf Rowing League

[www.uk srl.co.uk](http://www.uk srl.co.uk)

or

[www.facebook.com/uk surf rowing league](https://www.facebook.com/uk surf rowing league)

The UK Surf Rowers league is halfway through its Summer Series. After events at Newport (west Wales), Portreath and Watergate, crews from Porthtowan (pictured) lead both the Men's and Ladies divisions with boats from Perranporth hard on their sterns.

The league event now pauses while one of the key events looms large: the UK Open. As the name suggests the Open is available to everyone: if you can row and find three others to make up a crew then you can have a go. Boats and experienced sweeps will be provided; all you need are los cojones. The event will be held at Saunton Sands in north Devon on Saturday 28 July. Even if you can't row, or lack anatomically, the Open is one of THE social events in the calendar. Don't miss it. After the Open are the European Championships which this year will be held at Perranporth on 1 September.

Where Saunton is safe and soft, the north Cornish venue is not: if there's no waves at Perran, there's no waves on the north coast.

Crews from Holland and France regularly attend. If there's surf, whoever wins will have earned it.



The 2012 **Seine Boat series** has had better luck than most sports this summer, having been able to row 4 out of 5 regattas so far.

Topping the women's leader board at present is 'Rowcomotion', with 'Lazy Jacks Men' leading the men's section. 'Buoys Overboard' under 14 boys crew lead the junior section. Seine boats are 17ft long clinker built boats originally used for fishing Salmon. Nowadays, the River Teign Rowing Club in Teignmouth run a summer series, with 100s of active rowers taking part in each race.

For more information see [http://www.riverteignrowingclub.co.uk/?page\\_id=6](http://www.riverteignrowingclub.co.uk/?page_id=6)



## WEARA

have also been affected by the weather this year causing Plymouth ARC to delay their event, Exeter to cancel and the Eddystone challenge to become the 'Tamar Challenge'. As well as domestic competition, clubs have been experiencing success outside of the region – see below for news for more details on this! Contact the WEARA secretary Bob Board on [bob@pikeward.co.uk](mailto:bob@pikeward.co.uk).

As I write this article, rowers from WEARA enjoyed a sun drenched Falmouth regatta on Saturday – Summer has arrived!

**Dart Totnes ARC** have provided me with some exciting updates including some **news from Henley. Emma Reiser** has been selected to compete in the Coupe de la Jeunesse in Banyoles.

- o Emma Reiser got through two rounds at Womens Henley
- o Elliot Barton missed qualifying by 1.5 sec
- o DT Masters squad came away with 4 golds! Congrats to Hugh Tubbs, John Harris, Ray Davies, Hilko Koch, Pete Atkinson!
- o Julia Wood (formally Exeter) came away with a win in the WD1x
- o James Kerr (Greenbank) reached the final of the C1x (pictured)

For more WEARA news and views, see [www.weara.co.uk](http://www.weara.co.uk)

## LONDON 2012 – Rowing Sat July 28<sup>th</sup> – Sat August 4<sup>th</sup>, Dorney Lake

**Annie Vernon**, who learnt to row at Castle Dore RC has secured a spot in the number 6 seat in the Womens 8. The boat gained a good third place in the World Cup in Munich, and they hope to build on this for their first heat at Dorney on the 29<sup>th</sup> July. Watch the eight on the 29<sup>th</sup> July, 31<sup>st</sup> July and Thurs 2<sup>nd</sup> Aug (final). You can read Annies blog at <http://www.bbc.co.uk/blogs/annabelvernon/> and follow her on Twitter: @prideofcornwall.

## LONDON 2012 – is YOUR club ready?

With the inspiration of London 2012 likely to create an interest in rowing, NOW is the time to check that your club can cope with an influx of members. Here some ways in which you can check!

- Are you running any additional **taster sessions** / learn to row courses?
- Are your clubs **contact details** up to date on club websites?

Do you want to increase your membership - why not try this?

- Is there any screenings of the Olympics near to you? This could be a great place to advertise your club!
- Run a 'join in' event on 18/19<sup>th</sup> August – see [www.joininuk.org](http://www.joininuk.org)
- Register on BBC things to do – see [www.bbc.co.uk/thingstodo](http://www.bbc.co.uk/thingstodo)
- Register your activity with your local County Sports Partnership [www.cornwallsportpartnership.co.uk](http://www.cornwallsportpartnership.co.uk) / [www.activedevon.org](http://www.activedevon.org)

## Finally...Stop Press – 12<sup>th</sup> September

Post Olympic event – 'Cornish Rowing Challenge'

Weds 12<sup>th</sup> September - Roseland Peninsula

'Save the Date' - this evening event will aim to bring the Olympics to Cornwall and will involve GB rowers competing against gig rowers bringing both types of rowing together.

More information to follow soon from Annie Vernon on a page hosted by Seasalt Cornwall.



Keep up to date with 'goings-on' in the region:

Follow: @RowWestRegion

Facebook: 'Cornish Indoor Rowing League'

NEW blog (under construction): <http://westregionrowing.blogspot.co.uk/>

WEARA – [www.weara.co.uk](http://www.weara.co.uk).

Gig Rowing – [www.cpga.co.uk](http://www.cpga.co.uk)/[www.gigrower.co.uk](http://www.gigrower.co.uk).

CRA – [www.cornwallrowing.org](http://www.cornwallrowing.org)

UKSRL - <http://www.uk srl.co.uk/>

Seine boats - <http://www.riverteignrowingclub.co.uk/>.

Devon adaptive blog - <http://devonadaptiverowing.blogspot.com>.

British rowing – [www.britishrowing.org](http://www.britishrowing.org)

Regional page - <http://www.britishrowing.org/regions/western> / <http://westregionrowing.blogspot.co.uk/>

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