

Devon Adaptive Rowing

The newsletter of the Devon Adaptive Rowing Project

Winter 2010

British Rowing Now On YouTube



You can now watch interviews with some of the GB rowers who competed at the World Rowing Championships in New Zealand this October on the new British Rowing YouTube channel.

Simply go to the British Rowing homepage (www.britishrowing.org) and click on the YouTube icon at the bottom of the page.

You can also watch bonus videos and access the YouTube channel from the Videos section of the Devon Adaptive Rowing Blog (<http://devonadaptiverowing.blogspot.com>)

Ryder Cup Rowing Challenge Roundup

Following the launch of the Ryder Cup Rowing Challenge at the end of September, almost 100 pupils from 10 schools across Devon have taken part.

The challenge is to complete all 18 holes of the Ryder Cup Golf Course at Celtic Manor covering a total of 7378 metres (that's almost 5 miles!).

By the end of December a handful of determined pupils have managed to complete the total distance (earning their 5000m certificate in the process) with another 20 pupils past the halfway mark.

Congratulations go to Konrad from Mill Water School as well as Shaun, Nathan and Aubrey from Axe Valley Community College.



An up-to-date results list can be found on the Devon Adaptive Rowing Blog.

Schools Indoor Rowing Leagues



December was the beginning of the fourth round in the Concept2 Schools League.

The league has been running for six seasons already and allows teams of four to compete against others across the country. Once you have registered your team(s) on the website, complete the challenge when its convenient and then enter the results online to be placed amongst other teams from all over the country.

Go to www.concept2.co.uk/league to get started.

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Spotlight on...

Indoor Rowing Competitions

Indoor Rowing Competitions are a great source of motivation for many people who use the indoor rowing machines. They can be used to set short and long term goals throughout the year. This academic year has already seen four indoor rowing competitions take place, with another five planned before Easter.



The Autumn Devon Ability Games To Inspire took place in Barnstaple at the end of October, with over 50 competitors rowing in races lasting 2, 3 or 4 minutes.

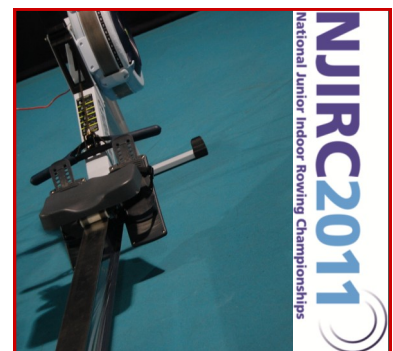
The British Indoor Rowing Championship took place a month later at the end of November in Birmingham. Pupils who had been training hard, travelled up and stayed overnight in order to compete at the national event. The students that were representing Longcause Special School all raced in mainstream categories and put in some amazing performances.

Following on from the successes at BIRC, there were another two competitions held for schools within Plymouth; the Plymouth Special Schools IRC and the Plymouth SEN Panathlon.

Upcoming Competitions

The next few months sees a flurry of activity as the indoor rowing competition season gets underway properly, with more local, regional and national competitions.

26th Jan	Cornwall Indoor Champs	Regional
2nd Feb	Plymouth City IRC	Local
16th Feb	East Devon SSP Games	Local
4th Mar	National Junior IRC	National
30th Mar	West Region IRC	Regional



Good luck to all those competing over the coming months.

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