



CHESHIRE & WARRINGTON
SPORTS PARTNERSHIP

Oct '10

Spotlight on... **Rowing**



Sport Profile...

Rowing is a sport for all ages. You can take part as an individual, as a part of a team, recreationally or in a competition, on the water or on land. Because rowing is such a varied sport it appeals to anyone. Rowing is one of the best ways of getting fit there is. It works more muscles than most other sports.

Within Cheshire & Warrington we are fortunate to have a large number of Clubs. All Rowing Clubs within Britain Must affiliate to British Rowing. To find out where our clubs are, visit the [British Rowing Website](#).

Focus on... **Explore Rowing**

[Explore Rowing](#) is flexible, fun, and great for all rowers, whether you are a beginner, or a seasoned rower looking for a new challenge, Explore Rowing is a great way to be involved in the sport.

The idea behind the scheme is to move away from the idea of competitions, looking more towards personal challenges and to focus on the social aspects the sport enjoys. Creating motivated people to get involved and stay involved.

If you are interested in;

- Learn to row
- Take up rowing challenges
- Follow other rowers favourite routes
- Participate in events

Then visit the [Explore Rowing](#) website now.

National Governing Body...



Dan Hetherington

British Rowing

NW Regional Manager

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"Hi I'm Dan, I first got into Rowing at the age of 14 when a school friend pestered me to go with him so he had someone to row with, many miles of rowing later it ended up as my job, which I have done since 2006."

Cheshire forms the North West's largest base of rowing activities in the region, with Chester boasting 5 clubs all within 200 meters of each other on the River Dee.

The county has developed its fair share of GB rowers at all levels - from juniors to Olympic champions, and come 2012, will no doubt have some senior athletes in contention to come away with medals in front of a crowd fully behind Team GB on home water.

The history of the sport is steeped in competition, in fact Chester hosted one of the first rowing regatta's in the world in 1733, which helped ultimately develop the sport into what it is today.

'Project Oarsome' started out in 1999, and was a key driver for our sport's development of young people. The scheme brought in equipment ideal for young new beginners, but also sent indoor rowing equipment to schools, to help develop club-school links.

Cheshire gained 4 such 'PO' clubs, all of which found successes' with the program, and opened the doors to a new sport they otherwise would never have dreamed of trying.

Indoor rowing in recent years has rapidly grown in schools and as a result of working across the School Sports Partnership network, a county level schools indoor rowing event is set to run for the first time in 2011.

Club Focus... Warrington Rowing Club



Warrington Rowing Club was founded in 1986 and has grown into one of the major clubs in the North West. The club's success is due in large part to the work of local volunteers who make up the backbone of the club.

The club runs regular sessions and has an open access policy for males and females from 12 years old.

They are a competitive and successful club all the way from small local junior events to National Championships, and they have even competed in Europe and USA. Ric Eggington, the current World Champion and Olympic Medallist, started as a junior at the club. Many potential stars of the future are being nurtured at the club by the quality coaches, including Cheshire & Warrington Sports Partnership Coach of the Year, Richard Sinnott.

The club runs Explore Rowing on behalf of British Rowing, as well as being one of the first clubs to be selected to be involved in 'Project Oarsome', a scheme that links schools to rowing clubs. The club has also achieved Clubmark, a cross-sport quality accreditation scheme run by Sport England.

The club has come a long way and they are still going from strength to strength. With great coaches, a thriving junior section and plans to develop the club's buildings, this club is on the up.

"Warrington Rowing Club has grown into a friendly, well-run club that likes to look after its members," says Richard Sinnott, club chairman.

If you are interested in joining the club, contact the club captain through their website at www.warringtonrowing.org.uk

Cheshire & Warrington Elite Athletes...



**Richard
Eggington**

Home Town; Knutsford



Chris Bartley

Home Town; Chester



**Matthew
Langridge**

Home Town; Northwich



Olivia Whitlam

Home Town; Warrington



Vicky Thornley

Educated in; Chester



Tom James

Educated in; Chester

All these athletes are training hard to levels most of us could only dream of, but hopefully however they do in 2012 they will inspire more people, both young and old to get involved.

To find out more about the above, and all our other elite athletes in Cheshire & Warrington, visit our [Embrace the Games](http://www.embrace-thegames.org) website.

Any Questions? Contact: Darren Howe
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