



WAGS NEWS



Welcome to the July 2009 newsletter. This edition looks back at the achievement of both clubs and individuals in the last 6 months as well as giving you information about coach education and volunteer training courses.

Why keep your clubs successes and achievement to yourselves send them in, the more news the better especially if you have a photo or two.

This newsletter is aimed at anyone with an interest in rowing throughout the WAGS Region. It aims to keep you up to date with activities and events going on within both the region and nationally that affect your local club.

Remember this is your region's newsletter therefore to make the most of it and promote the activities in your club e-mail them to rachael.wooldridge@ara-rowing.org for now.

All the best, and thank you

As many of you will now be aware that my time in the Wags Region as Coaching and development officer is drawing to an end. As the next newsletter is not due until October I would like to thank all of you for helping me to get to know the region and clubs over the 2 years, and all the hard work you do, day in day out as volunteers.

Having been in the region for 2 year s, I will take with me both memories of challenging moments and times of great fun, and success.

It has been great to see and help the new Cotswold Rowing club come in to formation, along with developing school link around the region.

I had a fantastic time on the Junior Wags camp in Nottingham ,with all juniors and coaches giving their all making it a great success, hopefully to be repeated in the future.

The Wags conference after many reminders showed an encouraging turn out, and the GB Technique day had one of the large attendances within the country thanks to all of you!

As I will still be CDO to the Wessex Region, I am sure I'll still see you all around and about.

All the best

Rachael

Wags Clubs achievements at Henley

UWE & Henley RC beat Warwick BC & Canterbury PBC (Easily) in the first round and then lost to Brown Alumni & New York (3 lengths) in the Quarter Finals in the Ladies Challenge Plate (Inter M8+)

CoB lost to Molesey BC (2 lengths) in the first round of the Wyfold Challenge Cup (Club M4-)

CoB beat London (Easily) in the first round of the Britannia Club (Club M4+) and then beat Nottingham (Selected crew) (2 ¼ lengths) in the quarter finals, before losing to Vesta by ½ length in the Semi-Finals.

Uni Bristol 'C' beat Balliol and Exeter, Oxford (2 ¾ lengths) in the first round of the Temple Challenge Cup (Student M8+) and then lost to Durham (1 ¾ lengths) in the second round. Whilst the 'A' crew drew the eventual winners in the first round (lost by 2 ½ lengths).

UWE beat Isis (2 ½ lengths) in the first round and lost to Reading Uni 'A' (1 ¼ length) in the second round of the Prince Albert Challenge Cup (Student M4+)

Monkton Combe had equipment failure in the first round against Kings Chester.

The stroke of the Bewl Bridge RC & Peterborough City RC was Nathan Devaux-Davey from Wycliffe College BC. They beat TSS (½ length) in the first round, before losing to Sydney RC (3 lengths), Aus in the second round of the Fawley Challenge Cup (Junior 4x)

Minerva BRC & Rob Roy BC lost easily to the Chinese quad in the Princess Grace Challenge Cup (W 4x) in the first round

WAGS Affiliated clubs/schools/universities: Avon & Somerset Police RC, Avon County RC, Bradford on Avon RC, Bristol Ariel RC, City of Bristol RC, Cotswold RC, Fuzzy Duck BC, Gloucester RC, Meles BC, Minerva Bath RC, Severn River Rowing Ass, Swindon RC, Bath University, Bristol University, Defence Academy RC, Gloucester University, West of England university, Cheltenham College BC, Cheltenham Ladies College BC, Clifton College BC, Monkton Bluefriars BC, Monkton Combe School BC, Wycliffe College Boat Club , Royal Agriculture College, Wiltshire Scullers



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Henley Women's Regatta

Elite 8+ - Leander, Molesey, Minerva, Thames, Wallingford Comp. reached the final where they lost to Yale University, USA by ¾ length

Elite 4+ - Leander, Nottingham, Minerva, Wallingford Comp. WINNERS beating City of Oxford by 1length in a time of 5:24

Elite 1x – Minerva Bath, Thornley beat MAA (Paxton) in the first round before losing to Durham Uni (Taylor)

Senior 8+ - CoB beat Lady Margaret BC before losing the Agecroft in the second round by 4 ft.

Senior 4+ - UWE lost in the first round to finalists Son of the Thames 'A' by 1 ¼ lengths

Senior 4x – Bristol Ariel RC beat Leicester in the first round before losing by 3 ½ lengths to Reading Uni 'A' the eventual winners.

Senior 1x - Minerva Bath (Glover) WINNER beating Western RC, Canada by 3 ½ lengths in a time of 6:05

IM 8+ - Bristol Uni lost to the eventual winners in the first round by 3 ¾ lengths. Whilst Bath Uni also lost in the first round.

Senior 2x – Minerva Bath WINNERS beating MAA by 1 ¾ lengths in a time of 5:30. Whilst Bath Uni lost in the second round

SchJun 4+ - Av Co, Habs Mon, LLandaff, Mon Comp Composite lost in the first round

Int A 4+ - Both Bristol Uni and UWE lost in the first round

J16 4x – CoB lost in the first round



Pictures of Winning for World Class Start athletes

Anna Davidson and Lucy Ryvar - Winners of Women's Senior Double Sculls

Helen Glover - Winner of Women's Senior Single Sculls

Gemma Akers (left) - Winner of Women's Elite Coxed Fours

The Amateur Rowing Association's World Class Start Scheme sponsored by Siemens is a unique talent identification and development scheme. The programme is funded by UK Sport with Lottery money and since 2006 is sponsored by Siemens. The programme at Bath has identified four athletes for Great Britain teams in the past five years including one U23 World Champion. The athletes in Bath train at the University of Bath and at Minerva Bath Rowing Club. For more information on this article or the World Class Start Programme please contact Paul Stannard, Performance Development Coach, GB Rowing: paul.stannard@gbrowing.org.uk





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The River Huntspill

There are many rivers and water ways around the region, which look like potential rowing venues/site. You have probably all sat in your cars at some point and driven over lovely stretches of water and thought to yourself that looks like a great place to row.

Well the Huntspill river is one that many people in the region might have thought about as going down the M5, and over the past few year it has been discussed on a number of occasions at regional rowing council meetings.

So for the first time ever on the 10th June Philippa Sondheimer ARA WAGS DIV Rep, Julian Sondheimer and Graham Hockley along with Rachael Wooldridge ARA CDO and the local Environment agency who own the site, tested out the accessibility of the Huntspill for Rowing, launching a double scull at Sloway Bridge.

Trailer access to the field by Sloway Bridge was possible but did involve unhitching and pushing into the field. Launch from the bank was difficult but we did manage it due to the water levels on the day been fairly high.

The Local EA representatives were only keen on us rowing on the 1098k stretch of the water between the Sloway Bridge and the Huntspill Sluice, due to the rest of the river been used for fishing. However we were able to persuade them to let us test out the whole nearly 7/8k straight, as the fish season had not yet started. This enabled us to get an idea of if it was possible to go under all the bridges, and to see which bits of the water would be most suited to rowing. The double did manage to go under all the bridges with the lowest been the Bleak Bridge (A38) where they had to duck down. The best stretch of water for rowing is between Withy Bridge and Woolavington this 2268 k would be ideally for both races and training and was wide enough for 3 boats to go side by side.

This trip was a one off experience to get the ball rolling and start more local discussion between the EA and rowing, and perhaps in the years to come more rowing activities will be allowed on this site. However there are many items that will need to be addressed and look at due to this site been in an area of outstanding natural beauty and a nature conservation site.

River Huntspill photo's by Graham Hockley



Diary dates

12-13 September BUCS development day and club reps meeting.

19 – 20 September Junior Coaches Conference, Nottingham.

4th October Wags Regional Technical workshop 'how to coach' in practical terms. Venue Monkton School, Cost £5 pp. More information to follow soon.

10th -11th October Coach Educators Conference, High Wycombe.