



## WRRC AGM

The WRRC Annual General Meeting took place on Sat 18th February, at the Mount Batten Centre, Plymouth. Representatives from a number of the region's clubs attended to hear reports from the chairman, treasurer and secretary, and to elect officers for the upcoming year. Standing down were both Hilary Bastone (safety), and Clare Elwell (secretary). Many thanks goes to both individuals for their hard work.

Joining the committee are Kevin Dentith (Exeter RC), Steve Kent (Caradon RC), Justin Smallwood (Exeter RC), Tristan Netherton (Mevagissey Gig RC), and Stephanie Green (Catewater Gig RC).

Executive		
Chair	Ray Mallett	<a href="mailto:raymallett@btinternet.com">raymallett@btinternet.com</a>
Treasurer	Alastair Barr	<a href="mailto:aejbarr@tiscali.co.uk">aejbarr@tiscali.co.uk</a>
Secretary	Stephanie Green	<a href="mailto:stephanie.green@plymouth.ac.uk">stephanie.green@plymouth.ac.uk</a>
National Commission Reps		
Safety (Sliding Seat)	Justin Smallwood	<a href="mailto:lankyponce@hotmail.com">lankyponce@hotmail.com</a>
Safety (Fixed Seat)	Shane Sullivan	<a href="mailto:shane.sullivan@metso.com">shane.sullivan@metso.com</a>
Coaching (Sliding Seat)	Kevin Dentith	<a href="mailto:deno@therills.fsnet.co.uk">deno@therills.fsnet.co.uk</a>
Coaching (Fixed Seat)	Steve Kent	<a href="mailto:mail@barrowdown.fsnet.co.uk">mail@barrowdown.fsnet.co.uk</a>
Juniors (Sliding Seat)	TBC	(contact Tom Pattichis in interim)
Juniors (Fixed Seat)	Robin Anderton	<a href="mailto:Andertonrob1@aol.com">Andertonrob1@aol.com</a>
Recreational (Sliding Seat)	Peter Cameron	<a href="mailto:panda_ruzza@btinternet.com">panda_ruzza@btinternet.com</a>
Recreational (Fixed Seat)	Tristan Netherton	<a href="mailto:tristan.netherton@microtest.co.uk">tristan.netherton@microtest.co.uk</a>
Umpires	Ray Mallett	<a href="mailto:raymallett@btinternet.com">raymallett@btinternet.com</a>
Other		
Adaptive Rowing	Sharon Letori	<a href="mailto:sharon.letori@devon.gov.uk">sharon.letori@devon.gov.uk</a>
Seine Boat Rep	Jo Palmer	<a href="mailto:jo@jo-alec.freeserve.co.uk">jo@jo-alec.freeserve.co.uk</a>
Offshore Rep/Safety	Tony Lovering	<a href="mailto:kathylovering@aol.com">kathylovering@aol.com</a>
Non Voting		
ARA	Tom Pattichis	<a href="mailto:tom.pattichis@ara-rowing.org">tom.pattichis@ara-rowing.org</a>
ARA/Website	Guy Troup	<a href="mailto:guy.troup@ara-rowing.org">guy.troup@ara-rowing.org</a>

**Coaching Commission (sliding seat)** - Kevin Dentith is proposing to formulate a WRRC coaching commission for sliding seat clubs. This sub-committee will deal with coaching and junior development, liaising closely with the fixed seat coaching commission. A reminder to all clubs wishing to be represented to contact Kevin asap.

**Next WRRC Committee - June 22nd** - All comments concerning the development of rowing in the region, or proposed agenda items should be e-mailed to the secretary.

### ARA/CPGA Service Level Agreement

The rapid growth of fixed seat rowing in the West region has led to the signing of an enhanced 'Service Level Agreement' between the ARA and CPGA. The two associations have already been working closely together over the past 18 months, with the CPGA also acting as representatives for the other fixed seat associations, the Cornish Rowing Association, Isles of Scilly Gig Association, and Seine Boat Group. This agreement will provide further resources and support towards the development of fixed seat rowing in the region.

The ARA are now working closely with the Fixed Seat associations on a number of projects. This includes the development of Fixed Seat versions of the UKCC Level 2 coaching award, and the Sport England 'Clubmark' accreditation. Work is also underway to develop a fixed seat junior rowing programme to run alongside the ARA's existing 'Go Row' programme.

To celebrate and promote this new agreement, an official signing event will be taking place in the early autumn. Watch this space for details.

### Junior Inter-Regional Championships

On Sunday 14<sup>th</sup> May the West Region's junior rowing squad competed against the other 11 ARA regions at the national Junior Inter-Regional Championships in Nottingham. The team, selected at a regional time trial in March, was made up of juniors from 8 clubs from across Devon and Cornwall. With coaches and supporters accompanying the juniors, a total team of 90 people made the trip to Nottingham.

Standout performances of the day came from the Grenville College J16 coxless pair, and the Bideford Reds J14 coxed quad



(pictured), both of whom made the 'A' final, narrowly missing out on medals. Also performing well were the WJ14 single sculler from Exeter RC, the WJ15 double scull from Bideford Reds RC, and the J14 double scull from Dart Totnes RC, all of whom won their 'B' final.



## New ARA Website Goes Live

February saw the launch of the new ARA website ([www.ara-rowing.org](http://www.ara-rowing.org)). The site has a number of new features, including a dedicated section for the West Region. Individual ARA members are given access to additional features not available to the general public. Those not wishing to become members are able to sign up as a 'user', which also allows them to access additional features and information.

## Level 2 Coaching Award

2006 has seen the launch of the ARA's new Level 2 Coaching Award, which replaces the Instructors Award. The first Level 2 courses in the region took place at Plymouth and Wimbleball over April and May, with 16 candidate coaches currently working towards the qualification.

In addition a special Level 2 course is currently being delivered to selected individuals from the CPGA and the other fixed seat associations. This is the first stage in the development of an equivalent Level 2 Coaching Award for fixed seat rowing.

## Isles Of Scilly World Gig Championships

The annual pilot gig world championships took place on the Isles of Scilly over the first May bank holiday weekend. The largest event on the gig racing calendar now attracts some 1500 competitors to the islands. This unique event is both fiercely competitive, whilst also being one of the best social events on the regional rowing calendar.

The opening event of the men's and women's races sees a line-up of all competing teams racing against one another for a group placing. This means up to 90 crews racing side by side between the islands of St



Agnes and St Mary's, leading to some truly spectacular racing. From here the crews are split into groups of 12 who race off over the remainder of the weekend. From the top group the overall men's champions were Caradon RC, with the ladies title going to Falmouth.

## Go Race Indoors

The West Region 2006 'Go Race Indoors' series has seen a total of 7 school indoor rowing events taking place across the region. This has included events at all 6 schools involved in the ARA's Project Oarsome scheme, and the annual Plymouth schools championships.

March 29<sup>th</sup> saw the culmination of this year's GRI series in the West Region, with the 2<sup>nd</sup> annual regional schools championships, hosted by Plymstock school in Plymouth. The event saw unprecedented growth in participation on 2005, with 232 competitors, from more than 20 schools from across Devon and Cornwall competing for the regional schools titles. For more information visit [www.oara-rowing.org/render.aspx?siteID=1&navIDs=1,44,111,397](http://www.oara-rowing.org/render.aspx?siteID=1&navIDs=1,44,111,397)



## Project Updates

**Plymouth** - The Plymouth Rowing Forum (PRF), the newly formed partnership of clubs and schools based in and around Plymouth, have successfully appointed a new Community Coach, Kevin Sellar. Kevin will be working to further develop the schools indoor rowing project in the city, as well as working with the clubs to develop a water based 'Learn to Row' programme for juniors and adults.

**Cornwall** - The Cornwall County Sports Partnership (CSP) have also appointed a p/t community rowing coach, Robin Anderton. Robin will be working in partnership with the ARA and CPGA to develop a number of exciting rowing projects in Cornwall. This includes the development of curriculum based indoor rowing in the county's five schools sports partnerships, school-clubs links, and various health and workplace related rowing projects.

**Project Oarsome** - The region's 3 PO club's are about to welcome the latest wave of juniors to the club from their partner schools. This year's group of year 7s, having recently completed a programme of Dry Rowing, will be introduced to rowing on the water over the course of the summer term.

**South West Lakes** - A partnership has recently been formed between the SW Lakes Trust, the ARA and CPGA, aimed at further developing rowing at lakes in the West Region. The trust have made a large investment in the sport, recently purchasing a fleet of new boats to be placed at Wimbleball lake, as well as providing a new pontoon and boat shed for Wimbleball RC. They have also committed investment to the development of rowing facilities at Stithians reservoir. With 7 of their staff recently trained as Level 2 rowing coaches, plans are being put in place to develop new rowing activity at a number of other lakes in the region.

## Upcoming Events

Summer has arrived, and all else makes way for the regatta season. For all West Region regatta dates visit: WEARA Regatta Calendar - <http://users.ox.ac.uk/~exet1295/weara/calender.htm>  
CPGA Regatta Calendar - [www.cpga.co.uk/page\\_1138967759795.html](http://www.cpga.co.uk/page_1138967759795.html)