

West Region Coach Education Calendar

The WRRC Coaching Commission, in consultation with the ARA, WEARA and the CPGA have produced a calendar of events for 2006-7. This includes coaching courses, workshops, and training camps for juniors and adults. These events are designed to support the development of all clubs, rowers, volunteers and coaches in the West Region.

All clubs will shortly receive a mail-shot including the following;

- 2006-7 Coach Education Calendar
- 2006-7 Training Camps Calendar
- Junior Training Camps Information
- Coach/Volunteer Funding Guide

These documents are also available at the WRRC Website (see bottom of page for details).

WRRC Website

The WRRC website has been regularly updated throughout the summer. It includes numerous articles, including reports of all WEARA and CPGA regattas. 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.

[ara-rowing.org](http://www.ara-rowing.org), click on *Regions*, followed by *Western*.

Plymouth Rowing Forum

The recently formed Plymouth Rowing Forum (PRF) has taken its first steps in the development of the water-based side of its schools rowing project.

Building on the successful indoor rowing project and the appointment of a full time community coach, the PRF have been successful in a funding application to the ARA's *Project Oarsome Extra* scheme.

The funding received will be used to purchase a fleet of new beginner boats, enabling the PRF to offer opportunities for young people in Plymouth to try rowing on the water through a series of 'Learn to Row' courses.

The partnership of clubs incorporates a number of different disciplines of rowing including sliding seat and gig, river and coastal. All the clubs involved are working together to achieve Sport England 'Clubmark' status, which will ultimately provide a selection of accredited clubs for those young people who wish to continue rowing in and around the city.

World Rowing Championships

On the 21st and 22nd of August 2006 groups of juniors from the CPGA, Bideford and Dart Totnes Rowing Clubs, travelled up to the World Rowing Championships held at Dorney Lake, Eton.

As well as cheering on the British crews, each group were also assigned with another nation to support as part of the ARA's *Adopt a Nation* scheme. The juniors also took part in an indoor rowing competition, taking home a number of medals for the region.

The day was also full of opportunities to meet and speak with a number of World and Olympic medallists past and present. These included Tim Foster, Cath Bishop, Ed Coode and Steve

Redgrave (whose Sydney Olympic medal is proudly held by a junior from the CPGA, above).



World Coastal Championships

On September 2nd/3rd a number of clubs from the West Region joined coastal rowers from across the world in travelling to Guernsey for the FISA British and World Coastal Rowing Challenge.

Crews from Exmouth, Mayflower, and Penryn Rowing Clubs battled through tough conditions on both days around a triangular course (8km for Women, 12km for men). All achieved respectable results against international competition.



Full results can be found at www.guernseyrowingclub.org.gg

2006 Season Summary



West of England ARA

The WEARA championships have been held in the region for over 100 years. Clubs compete at 10 regattas over the summer season, with overall championships being awarded based on cumulative results at these regattas. The season culminates in the *South Coast Championships*, which sees selected crews representing WEARA against clubs from the other South Coast associations. 2006 championship winners were as follows;

<u>Fours</u>	<u>Men's</u>	<u>Women's</u>
SB 4+	Exeter RC	Greenbank Falmouth
SC 4+	Exeter RC	Greenbank Falmouth
NOVICE	Exeter RC	Bideford AAC
J18	Dart-Totnes	Bideford ARC
J16 4x	Dartmouth	Bideford ARC
J14 4x	Bideford ARC	Bideford ARC

Single Sculls

SC	M Calvin (Exeter)
NOVICE	Exmouth (S Malloy)
J18	T Aindow (Dart-Totnes)
J16	T Youd (Exmouth)
WJ16	J Giddy (Bideford ARC)

South Coast Championships

Men's Senior - Bexhill
Men's Junior/Senior - Bexhill
Men's Junior - Itchen Imperial
Women's Senior - Exeter
Women's Junior - Exeter
Veterans - Folkestone

For regatta reports visit the WRRC website.

Seine Boat Series

The *Seine Boat Group* run a series of ten races over the summer months. Points accrued at these events contribute to an overall championship. 2006 series winners were as follows;

Men's - Ship Inn
Women's - Hot Pants (vets)
U12 - Dashing Dolphins
U14 - Crab Cloars
U16 - Teign Idols (Girls); Never Mind the Rowlocks (Boys)
U18 - Barracuda (Girls); No Tern Unstoned (Boys)

For further details visit
www.parsonandclerksolutions.co.uk/rtrc

Cornish Rowing Association

Results of the 2006 CRA championships will follow in the next edition.

Cornish Pilot Gig Association

The CPGA run a series of regattas over the course of the summer. Points are accrued at selected events, contributing towards the 'Tribute Challenge Series'. The season culminates in the *County Championships*, at Newquay. A summary of the 2006 results are as follows;

Tribute Challenge Series

Men's - Caradon - Falmouth (joint winners)
Women's - Falmouth

Juniors

U16 - Padstow
U14 - Helford

County Championships

Men's - Par Bay
Women's - Falmouth

For further details, results and regatta reports visit
www.cpga.co.uk

Surf Boat League

The UK Surf Rowing League (UKSRL) runs six events across the North Cornwall and Devon coast. 2006 winners of the five event 'Summer Series' were;

Men's Open - Porthtowan Penetrators
Women's Open - Perranporth Swans

The UKSRL Open Championships, held at Saunton Sands in Devon, were attended by crews from as far afield as Leander and Marlow. Winners were;



Men's Open - Australian Exiles
Women's Open - Perranporth Swans

For further details visit www.uk srl.co.uk

Upcoming Events

September 23rd - Eddystone Challenge, Plymouth
October 12th - WRRC Committee
October 14th - WEARA Annual Dinner
November 19th - Totnes Mini Head
December 1st - CPGA Annual Awards
December 10th - Exeter Winter Head