

Project Oarsome 2007

Project Oarsome and *Project Oarsome Xtra* are the flagship schemes of the ARA's National Junior Rowing Programme. The schemes aim to facilitate links between rowing clubs and schools through funding of junior specific equipment and resources.

The West Region has 4 clubs involved with the PO scheme; Bideford ARC, Castle Dore, and Dart Totnes, as well as the Plymouth Rowing Forum, who have recently joined the PO Xtra programme. These clubs are between them linked with 16 secondary schools from across Devon and Cornwall.

From January through to March 2007 each school will run a 'Dry Start' programme on indoor rowing machines. From April to July the pupils will get the chance to row on the water at a club in the 'Wet Start' phase of the project.

Guin Batten Launches Dart Totnes PO 2007

On Tues Dec 5th Olympic silver medallist Guin Batten made the trip to South Devon to launch the Dart Totnes Project Oarsome programme for 2007.

The latest wave of Year 7 pupil's from the club's three partner schools, Paignton CSC, South Dartmoor CSC and Ivybridge CSC, were each treated to an inspirational introduction to



the sport of rowing by Guin, who in 2000 was part of the first ever female rowing crew to win an Olympic medal. The pupils had the chance to watch a video of Guin in action at the Sydney Olympics, as well as the chance to wear her silver medal.

Many thanks goes to Guin for taking the time to provide inspiration to some of the next generation of rowers in the region.

WRRC Website

The WRRC website has been regularly updated throughout the autumn/winter period. It includes numerous articles of events from across the 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.

ara-rowing.org, click on *Regions*, followed by *Western*.

Olympic Champion Opens New Wembley Facility

Olympic Gold medallist, Ed Coode, officially opened the new £1 million activity hub at Wembley Lake near Dulverton, Somerset on Thursday 12th October.

The project, which is managed by South West Lakes Trust, the largest recreation and environmental charity in the region, sees the completion of an all



inclusive activity hub at the 374 acre lake to encourage more participation from visitors in a wide range of watersports and countryside based activities.

On the watersports side the acclaimed development includes a new rowing store, new sports equipment and pontoons as well as new showers and changing areas that make taking part in watersports easier than ever.

West Success at the British Indoor Rowing Championships

The Western region were well represented at the National Indoor Rowing Championships, which took place in Birmingham on Sunday 12th November. Competitors from across the region ranging in age from 12 to 60 made the trip to the Midlands, with some impressive results achieved.

Standout performance of the day came from Tom Aindow of Dart Totnes Rowing Club, who won the Men's J18 category in a time of 6:14. Also medalling were Hugh Tubbs of Dart Totnes in the Men's 60-64 lightweight category, and Adam Gitlin of Plymouth in the Men's 35-39 lightweight.

Other top 10 performances came from Jacob Dawson (Plymouth), Barney Stentford (Dart Totnes), Nicola Davey (Caradon Gig club) and Lucinda Saunders (Exeter RC).



Pictured are the contingent from the Plymouth Rowing Forum, with Matt Pinsent.



Cornish Rowing Association

As promised in the last edition, the winners of the 2006 CRA championships are listed below;

UNDER 14 FOUR OAR - Penryn
UNDER 14 CORNISH RANDAN - Penryn
UNDER 16 BOYS FOUR OAR - Trelawney
UNDER 16 MIXED FOUR OAR - Penryn
UNDER 16 BOYS CORNISH RANDAN - Trelawney
UNDER 18 GIRLS FOUR OAR - Penryn
UNDER 18 BOYS FOUR OAR - Trelawney
LADIES FOUR OAR - Penryn
LADIES CORNISH RANDAN - Penryn
SENIOR MIXED FOUR OAR - Saltash
SENIOR MIXED OAR MATCH - Polperro
MENS FOUR OAR - Saltash
MENS CORNISH RANDAN - Saltash
MENS OAR MATCH - Saltash
LADIES PAIR OF PADDLES
Charlotte Roberts – Polperro
MENS PAIR OF PADDLES
Martin Langdon – Polperro
UNDER 16 BOYS PAIR OF PADDLES
Zack Such – Trelawney
UNDER 14 PAIR OF PADDLES
Rhiannon Taylor – Mousehole

Go Race Indoors 2007

Go-Race Indoors is a partnership initiative from the Amateur Rowing Association (ARA) and Concept 2 to encourage youngsters into rowing and getting fit and healthy at a series of local indoor rowing competitions around the country.

In the West Region a number of competitions are run as part of this series. A schedule of events is available at ARA website (www.ara-rowing.org/indoor). Competition results will also be viewable on the website, allowing pupils to compare their results with those posted at competitions across the country.

The regional series culminates in the **West Regional Schools Championships**, which this year takes place at Marjons in Plymouth on **March 28th**. This event is also open to club juniors, and clubs are encouraged to get involved in what will be a large and exciting event.

Water Safety Developments

The West region are leading the way in the development of a water safety guidance specifically aimed at coastal clubs and rowers. The ARA Water Safety Committee are currently going through the process of updating their water safety guidance. As part of this process a working group of representatives from coastal associations has been formed to develop a generic water safety guidance document, which will incorporate guidance for all forms of coastal rowing around the country. The West region are heavily involved in this process, with representatives from WEARA, CPGA and UKSRL all prominent within this working group. It is hoped that the document will be ready by the autumn of 2007.

Coach Education Update

The WRRC Coaching Commission are in the process of confirming details of courses and events for winter/spring 2007. This will include;

- Club Development Workshop
- RYA Level 2 Powerboat Course
- Regional Coaching Day
- Level 2 Coaching Award (sliding seat)

All clubs will shortly receive a mail-shot with full details of the courses above. Details can also be found on the WRRC website.

Regional Junior Events

Over the past few weeks a number of training camps have taken place for the region's juniors.

Regional Junior Sculling Camp

On Saturday 4th November the Western Region hosted its annual Junior Sculling Camp at Dart Totnes Rowing Club. The event was attended by

24 juniors in the J14-J16 age category, from six clubs from across Devon and Cornwall. The main aims of the camp



were to en-

courage the development of single sculling skills within the region's juniors and to select regional representatives for the National J16 Sculling Camp, which takes place in April 2007.

Junior Beginners Camp

In addition the region also ran a camp for beginner juniors at Wimbleball Lake. This camp was designed to accommodate those not yet experienced enough to attend the junior sculling camp at Totnes. Entries to the Beginners Camp were much higher than expected and eventually had to be capped at 60. This was the first event of its type in the region and it wasn't entirely without teething problems. However an enjoyable day was had by all. Unfortunately plans to run a similar camp for CPGA clubs at Stithians Lake in West Cornwall had to be cancelled due to high winds.

Junior Inter Regional Championships

The next event of significance for the region's juniors is the selection of the regional team to take part in the national Junior Inter Regional Championships, which takes place in Nottingham in April. Trials for the West team will take place on January 13th 2007.