



### 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 2007-8. This includes coaching courses, workshops, and training camps. 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;

- 2007-8 Coach Education Calendar
- Junior Training Camps Information
- Coach/Volunteer Funding Guide

### 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.

### Eddystone Challenge 2007

The 'Eddystone Challenge', organised and run by Mayflower Offshore Rowing Club, is a 28 mile endurance sea rowing event which is open to any rowable craft, provided it is sea worthy and capable of making the round trip from Plymouth out to the notorious Eddystone Reef and back.

This year's event took place on 11th August in near perfect conditions



for the 20 crews taking part. First home in a record time of 3 hrs 58 minutes was a quad four from Paluden Rowing Club in France. Other craft included, Cornish Pilot Gigs, Welsh Long Boat, Swept fours, double sculls, double and single kayaks. Full 2007 results and details of the 2008 event can be found at [mayfloweroffshorerowingclub.co.uk/](http://mayfloweroffshorerowingclub.co.uk/)

### South Coast Championships 2007

The 51<sup>st</sup> South Coast Championships were staged at Dorney Lake, Eton, the venue for the rowing events in the 2012 Olympics. The championships are the culmination of the rowing season for crews from the Coast ARA of Kent and Sussex, the Hants & Dorset ARA and the West of England ARA.

There were a number of successes for the WEARA representative



crews, with standout performance coming from the Greenbank Falmouth Ladies Senior C crew (pictured with Matthew Pinsent), who won their championship race, with another WEARA club, Exeter RC in third. Falmouth also achieved second places in a further three championship events, helping them to achieve the championship aggregate for top club of the day. Full regatta results available at <http://matthewbull.com/dorneyscc/dorneyscc.php>

### Devon Special School Games

Indoor Rowing was once again included as part of the Devon Special School games, which took place at Marjons in Plymouth, on 4th July 2007. The event saw a record 97 participants from 10 Special Schools across Devon take part.

The ARA are currently working with Active Devon, the English Federation for Disability Sport, and the eight Devon based School Sports Partnerships, to develop a project aimed at further increasing opportunities for pupils with disabilities based in Devon schools to take part in Indoor Rowing.

### Club and Coach Programme

The ARA has been successful in obtaining funding through the recently launched Sport England *Club and Coach* programme. This national initiative is designed to increase 16+ participation in sport and physical activity.

The funding obtained will be used to employ a series of coaches, based across the country, to support clubs in developing their coaching programmes. This will include a part time coach to work with clubs in the West Region.

# 2007 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. The season culminates in the *South Coast Championships*, which sees selected crews representing WEARA against clubs from the other South Coast associations. 2007 championship winners are as follows;

<u>Fours</u>	Men's	Women's
SB 4+	G.Falmouth	No Championship
SC 4+	Exeter	Exeter
NOVICE	Paignton/ Bideford AAC	Exeter/ Dart Totnes/ G.Falmouth
J18	Exeter	Bideford AAC
J16 4x	Bideford ARC	Dartmouth
J14 4x	Dartmouth	Dart Totnes

## Single Sculls

SC	Exeter (Youd)
NOVICE	Dart Totnes
J18	Dart Totnes (Lovering)
J16	Dart Totnes (Van Diggele)
WJ18	Dart Totnes (Willoughby)
WJ16	Dartmouth (Tilley)

## Cornish Rowing Association

The CRA run a series of regattas around the Cornish coast, raced in flashboats and skiffs. 2007 championship winners are as follows;

U14 FOUR OAR - Trelawney  
U14 CORNISH RANDAN - Trelawney  
U16 BOYS FOUR OAR - Trelawney  
U16 MIXED FOUR OAR - Trelawney  
U18 BOYS FOUR OAR - Trelawney  
LADIES FOUR OAR - Saltash  
LADIES CORNISH RANDAN - Saltash  
SENIOR MIXED FOUR OAR - Saltash  
SENIOR MIXED OAR MATCH - Polperro  
MENS FOUR OAR - Polperro  
MENS CORNISH RANDAN - Polperro  
LADIES PAIR OF PADDLES -  
Charlotte Roberts (Polperro)  
MENS PAIR OF PADDLES -  
Jan Wilkins (Saltash)  
UNDER 16 BOYS PAIR OF PADDLES -  
Zack Such (Trelawney)  
UNDER 14 PAIR OF PADDLES -  
Truan Harris (Trelawney)

## 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 2007 results are as follows;

### Tribute Challenge Series

Men's - Caradon  
Women's - Caradon

### County Championships

Men's - Caradon  
Women's - Falmouth  
Juniors - Fowey

For further details, results and regatta reports visit [www.cpga.co.uk](http://www.cpga.co.uk)

## UK Surf Rowing League

The UK Surf Rowing League (UKSRL) run a five event 'Summer Series' across the North Cornwall and Devon coast. 2007 winners are as follows;

**Men's Open** - Twickenham Exiles  
**Women's Open** - Perranporth Rebel Angels

The UKSRL Open Surfboat Championships 2007 were held on 28th July at Saunton Sands. Winners were as follows;

**Men's Open** - Porthtowan Blue Bali  
**Women's Open** - Perranporth Rebel Angels

For further details visit [www.uksrl.co.uk](http://www.uksrl.co.uk)

## 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. 2007 series winners can be found at; [www.riverteignrowingclub.co.uk](http://www.riverteignrowingclub.co.uk)

## Upcoming Events

Oct 7/8th - WRRC Junior Camp (sliding seat)  
Oct 13/14th - WRRC Junior Camp (fixed seat)  
Oct 13th - WEARA Annual Dinner (Falmouth)  
Oct 19th-21st - FISA World Coastal Champs  
Nov 18th - Totnes Mini Head  
Nov 24th - CPGA Annual Dinner (St Ives)  
Dec (date tbc) - Exeter Winter Head