

# Northern Rowing Council

Conference Jan 29<sup>th</sup> 2023

Durham ARC

Time	Subject	Speaker
9:30 – 10:00	<b>Arrival</b> Tea and coffee provided	
10:00 - 10:15	<b>Welcome and Introductions</b>	NRC Chairman
10:15 – 10:30	<b>The Work of the NRC since last conference</b>	NRC Secretary
10:30 – 11:15	<b>Meet the BR Senior Team</b> Alastair Marks the CEO of British Rowing and Kate O'Sullivan deputy chair will give an overview of the work of BR and answer any questions you may have	Alastair Marks CEO BR Kate O'Sullivan
<b>Workshops</b>		
11:20 – 11:25	<b>Format of the workshops</b>	Alan Cook
<b>11:30 – 12:30</b>	<b>Workshop 1</b> Coastal Rowing and Beach Sprints	Mark Hyson <b>Tynemouth RC</b>
Group 1	<b>Workshop 2</b> Feedback on common items received after competitions – developing a standard infrastructure for competitions	Richard Mortimer/ John Mullholland
12:30 – 13:45	<b>LUNCH</b> Lunch is provided free for all attendees who register in advance. Please inform us if you have any special dietary requirements	
<b>13:55- 14:30</b>	<b>Workshop 3</b> Converting L2R to membership	Tim Morris
Group 2	<b>Workshop 4</b> Feedback on common items received after competitions – developing a standard infrastructure for competitions	John Mullholland/ Richard Mortimer
<b>14:35 - 15:10</b>	<b>Workshop 5</b> Discussion on strength and conditioning for juniors	Cath Rooney
Group 3	<b>Workshop 6</b>	Mark Bell

Managing Club Expansion limited Company  
or not?

**15:10 – 15:30**

**Closing Plenary**  
**Q and A session**

Chairman and  
contributors