

Junior Report for AGM of NRC on Monday 20th November 2023.

JIRR

The trials took place on Saturday 11th March kindly hosted again by Cambois Rowing Club. Racing was over 1500m. With an excellent entry almost all the team was selected at the trials with only a couple of issues to be resolved afterwards.

The Regatta took place on Saturday 22nd April. Conditions on the NWSC course were good with only a slight head wind although this did increase during the day making conditions slightly more difficult.

The Northern region fielded a full team apart from the Adaptive Rowers' category, which still proves to be a local issue and an issue for many other regions.

The morning Time-Trial Heats decided which crews would progress to the A finals. Out of 26 events 12 Northern crews went through to the A final.

We won 8 medals in total as follows:

Silver: J15 1x DARC (Jonny Cleugh)

Silver: WJ14 1x CSN (Elyssa Stoker)

Silver: WJ16 4- TYNE (Isabel Johnson, Isla Dalby, Isla Temple, Moira Shiel-Diego)

Bronze: J14 1x HEX (Ethan Thompson)

Bronze: J16 2x DUS (Jannik Fachat, Nikkels Pieper)

Bronze: WJ15 4x+ HEX (Cassie Anderson, Isabel Cain, Emma Nicholson, Esme Pugh and Lily Teague)

Bronze: J15 4x+ HEX (Jacob Lloyd, Finn Condren, Joseph Gaskins, Daniel Cantwell and Hester Lockey)

Bronze: J14 4x+ DARC/DUS (Alex Lowes, Quinn Mosley, Alec Thompson, Jason Wrack and Georgia Curry)

Despite the record medal haul the team only accrued 139 points placing the Northern Region in 8th place a big drop from 4th place last year.

Congratulations to all of the medal winners and to all of the athletes who took part in the event.

National Schools Regatta 2023

The regatta this year produced some excellent performances from Regional crews with a special mention of Robbie Collen (previously of QEHS but now Tyne ARC) who brought home a Bronze medal and Hexham's WJ15 4x+ who also won Bronze in a field of 47 entries!

For the J16 and Championship events there was a wide variety of progression pathways for events with most starting with a Time Trial then a Repechage and Semi finals before Finals (A to F) but some had Heats then Repechage then Semis and Finals. However, on the Friday all the J14

and J15 events had to be completed and this meant many crews were eliminated after their Time Trial reducing the number of finals.

Friday Events

DUS WJ14 4x+ were very unlucky, with 54 entries only 24 progressed to Finals and they came 25th!

Hexham's J15 4x+ came 10th in the TT out of 39 entries so went on to the B Final where they came 4th.

Hexham girls J15 4x+ came 3rd in the TT and held on to that position in the A Final to take Bronze.

Events across Saturday and Sunday

Robbie Collen (Tyne) entered Championship 1x. Robbie came 1st in his Heat then 2nd in his Semi taking him to the A Final where he came 3rd taking Bronze.

The region had 3 further entries in the CH 1x event raced over the Saturday and Sunday.

Merriott (Tees) came 3rd in his Heat, 3rd in the Rep then 4th in his Semi which placed him in the C Final where he came 5th.

Sam Cardnell (DUS) came 6th in his Heat, 4th in the Rep then 4th in his Semi which also put him in the C Final where he came 6th.

Kinghorn (DUS) was 8th in his Heat, 5th in the Rep then 5th in the Semi placing him in the D Final which he won.

The region also had 4 entries in the CH 1x Girls event, again over the 2 days.

Rebecca Wearmouth started with a TT coming 6th then came 3rd in her Semi securing a place in the A Final where she improved on her TT position coming 5th overall.

Jana Berelsmann (DUS) came 23rd in her TT progressing via a Rep and Semi to the C Final where she came 8th.

Wilson (DUS) her placing of 42nd in the TT took her directly to the F Final where she came 2nd.

Halle Seymour (QEHS) finished 20th in the TT which took her via a Rep and 2nd place in the Semi to the C Final where she came 5th.

The CH 4x (Tees) event was spread across the 2 days. They came 23rd in the TT, 4th in the Rep, 4th in the Semi then 7th in the C Final placing them 23rd overall.

Saturday Only Events

The J16 and Championship Coxed Four events were completed on Saturday. There was 1 entry in each event from the region.

J16 4+ (DUS) were eliminated after coming 21st in the TT with only the top 18 progressing to finals.

Girls J16 4+ (Tyne) were consistent coming 5th in their TT then 5th in the A Final.

CH 4+ (TURC) came 14th in the TT then 7th in the Semi and 6th in the B Final.

Girls CH 4+ (TURC) placed 21st in the TT taking them directly to Final C where they came 4th.

Sunday Only Events

A few events were completed within Sunday's racing schedule.

The Girls CH 2x (CSN) came 15th in the TT taking them to the B Final where they came 6th giving them an overall 14th place out of 36 entries.

Both entries for the J16 2x did well with Tees going direct to the A Final from their TT and finishing in 7th place out of 39 entries.

DUS came 10th in their TT but a 2nd place in the B Final gave them 9th out of the 39 entries.

It was an excellent weekend of racing at Dorney Lake and the weather was very kind with only a bit of a breeze at times causing a move away from the normal chevron lane draw. The Live Stream coverage was a real bonus, allowing those not able to get to Windsor the opportunity to watch and feel part of the event. The volunteer commentators did a good job on the whole with many able to give interesting background information on crews. I don't think I have ever watched so much TV before in one weekend (once I figured out how to share my laptop with the TV screen) but it was good to see the high standard of rowing from everyone who participated from the Northern Region.

Well done to all athletes and coaches whose dedicated efforts and attendance helped make the event a success.

British Rowing Junior Championships (Strathclyde Park, 14 – 16 July 2023)

Congratulations to the following Northern crews who won medals at this years BR Junior Championships. A full set of results of all Northern crews is available on the NRC website.

Northern Region Medalists

J14 1x	DARC	Bronze
WJ14 2x	LAM	Bronze
J15 1x	DARC	Silver
J15 2x	HEXHAM	Gold
WJ15 4x+	BRD/HEX/TARC	Silver
J16 2-	DUS	Bronze
WJ16 2-	TARC	Gold
WJ16 4+	TARC	Bronze
J18 1x	DARC	Bronze
J18 2x	CLS/TARC	Silver
J18 4x-	TEES	Bronze
WJ18 4x-	TARC +3	Bronze

2 GOLD, 3 SILVER, 7 BRONZE

GB U19 Pathway 2022 - 2023

GB Rowing Team U19 Trials Regatta

National Watersports Centre Nottingham

Sunday 23 April 2023

All rowers seeking selection in 2023 and an invitation to any further U19 WRC or Coupe de la Jeunesse Crew Formation Trials must compete in this event.

In order to attend this regatta rowers needed to have achieved the following 5km and 2km ergo scores:

	5Km rate 26 Min Standard	2Km Free Rate Min Standard
U19 Women	<= 19:50.0	<= 7:30.0
U19 Men	<= 17:40.0	<= 6:35.0

There was a good national entry of M 2- (31), M 1x (40), W 2- (17), W 1x (28).

Three rowers from the Northern Region who have competed throughout all previous trials met the required standards to attend this regatta.

Halle Seymour (Queen Elizabeth High School Rowing Club) – W1x

Joy Wildsmith (Tyne United Rowing Club) – W1x

Sam Terry (Durham Amateur Rowing Club) – M1x

The event was across three races: Time Trial, Ranked Semi Finals and Ranked Finals.

The weather for Nottingham was acceptable, a little wet and a little windy but allowed fair racing.

Halle and Joy finished 22nd and 23rd respectively.

Sam Terry (DARC) was the sole boy survivor to get through to this selection regatta after Adam Makepeace (Tees RC) just missed out on achieving the 2km selection time. Sam had performed well over previous water trials 50th out of 134 in Nov 2022 EID, 18th out of 32 in Feb 2023 M1x but with 40 entries for this event knew it was going to be a tough call to maintain or improve his ranking. He finished 18th overall.

GB Crew Formation 2022 - 2023

- **GB ROWING TEAM U19 CREW FORMATION STAGE 1 – U19 Women’s Sweep**

31 May – 2 June 2023 incl. MET Regatta 3 June 2023

This involved two days of testing followed by a training day for crews selected to compete at the Met Regatta.

No Northern rowers involved.

- **U19 FINAL CREW FORMATION 7 – 11 July, NWSC NOTTINGHAM**

U19 Race Off – Wed 5 July (Afternoon), Caversham

Cost £550 (Early Payment £520)

NORTHERN INVITES

Sam Terry (DARC) and Harvey Burford (St Edwards – Ex CLSRC) have been invited to the sculling race off. These are the only Northern rowers directly invited.

U19 W Sculling

There will be 16 U19W scullers at Final Crew Formation. 12 have been invited directly and another 9 have been invited to race off for the remaining 4 places.

U19 W Sweep

There will be a total of 32 U19W sweep rowers at Final Crew Formation. 26 rowers been invited directly. Rowers who have not gained a direct invite but have submitted a 2k ergo and a 5k at rate 26 ergo (completed on a Concept 2 Ergo, Model C, D, or E) under the minimum standards (2k: 7:30.0, 5k r26: 19:50.0) are invited to enter the race off for the remaining 6 places (3 S/S and 3 B/S).

U19 M Sculling

There will be 16 U19M scullers at Final Crew Formation. 15 rowers have been invited directly and another 13 have been invited to enter the race off for the remaining one place.

U19 M Sweep

There will be a total of 36 U19M rowers at Final Crew Formation. 30 rowers have been invited directly. Rowers, including scullers who wish to move across to the sweep discipline, who have not gained a direct invite but have submitted a 2k ergo and a 5k at rate 26 ergo (completed on a Concept 2 Ergo, Model C, D, or E) under the minimum standards (2k: 6:35.0, 5k r26: 17:40.0) are invited to enter the race off for the remaining 6 places (3 S/S and 3 B/S).

If selected for The Worlds in Paris (Sunday 30th July – Sunday 6th August) the cost will be £1200.

If selected for The Coupe de la Jeunesse in Amsterdam (Friday 28th July – Sunday 30th July) the cost will be £1050 (includes pre event training).

WOMEN'S HENLEY 16th – 18th JUNE 2023

Aspirational 2x: The Rosie Mayglothing Trophy - (40 entries)

Halle Seymour (QEHS) and Joy Wildsmith (TURC) progressed from the TT to the last 16 and lost to Sudbury RC in the Heats.

J18 2x : The Rayner Cup (33 Entries)

M. Holmes, J. Berelsmann, (Durham Sch), DNR

J18 1x : The Di Ellis Trophy (22 Entries)

H. Stoker, (City of Sunderland RC), DNR

I. Johnson, (Tyne RC), progressed from the TT to the last 16 and lost to Bedford Modern Sch in the Heats.

J16 Crew Sculling Camp

Saturday 1 – Monday 3 April 2023, NWSC

Northern Athletes Attending After Successful Application

James Urwin (City of Sunderland Rowing Club)

Will Terry (Durham ARC)

Scarlett Palmer (Chester-le-Street Rowing Club)

Isabel Johnson (Tyne Amateur Rowing Club)

GBRT J16 Virtual Camp

Sunday 19 March 2pm – 6pm

This virtual camp was open to all J16 rowers and their coaches across Great Britain. BR believe that the learning that comes from attending this activity could be an important step in many young rowers development. Therefore, BR want to make sure that this provision continues to be available to as many of the rowers that aspire to trial for the GB Rowing U19 Team in the future.

I am aware that many J16 Juniors from across the region attended this event and I hope they enjoyed the activity and the content will benefit their future development.

J16 – J18 Training Day Sunday 24th September

I organised for Dan Cooper (U19 GB Team Manager) to come to the region to lead a day primarily for J16s who have aspirations of GB selection. We also invited Rob Dauncey (Head Coach Durham University) and Angelo Savarino (Head Coach Newcastle University). Dan requested that J17 and J18's who were contemplating the GB pathway this year were also invited.

Dan came on Sat 23rd to have a meal with some of the Junior coaches then on Sunday 24th he worked with 42 juniors from the region. The session was based at Tyne Amateur Rowing Club. Dan's focus for the day was to develop correct technique and BR's 'What it takes to win' model. Angelo Savarino took the opportunity to talk to the rowers about NUBC as did Dan Armstrong who represented DUBC.

This event was a great opportunity for local rowers to benefit from working with Dan and something we would like to repeat each year. Feedback from the day was very positive.

Looking Forward To 2023 – 24 Season

Junior Inter Regional Regatta 2024

JIRR Trials Date: 16th March 2024 at Cambois RC

JIRR National Event: 20th April 2024 at NWSC

There is a meeting of all Team Managers in the next few weeks so please forward any comments regarding the national event to me ASAP.

GB U19 Selection Pathway

There have been a few notable changes:

- There is a change of contact at BR as Holly Furniss returned from maternity leave at the beginning of Nov. Zoe Hainsworth has left for a post with the Pathways Team at RFU.
Contact: holly.furniss@britishrowing.org
- This season's Selection and Performance Strategy is available on the U19 Trials Site.
- The U19 JW minimum 2km ergo rate 24 was changed from 7:50.0 to 7:47.0
- The publication of ergo scores will now only be sent to those coaches submitting athlete ergo scores. However, a summary of all scores will be available on the GB U19 Trials Site, which is accessible to U19 GB Registered Coaches.
- Please see a link to a free nutritional online webinar being held on Monday 4th December 19:30 - 21:00. Link: [Nutrition \(U19's\) \(With Tania Griffin and Saskia Budgett\)](#)

British Rowing New Safeguarding Regulations

From Jan 2nd 2024 onwards, everyone who works with children (anyone under the age of 18, which could include students), either as a coach or in another supervisory role must have:

- Completed [UK Coaching's Safeguarding and Protecting Children course*](#) within the last 3 years (so the course must be completed again after 3 years)
- Uploaded the certificate to their British Rowing membership profile

*British Rowing recommend [UK Coaching's Safeguarding and Protecting Children course](#), which has been developed in partnership with the NSPCC's Child Protection in Sport Unit and Sport England.

This change will possibly have a greater affect on those who work in school related clubs, who in the past have been able to use their school safeguarding training.

Please see the link below for exemption and further details.

<https://www.britishrowing.org/2023/10/changes-to-safeguarding-training-requirements/>

Pauline Higgins

Junior Co ordinator