

Junior Report for meeting of NRC on Monday 24th April 2023

Junior Inter-Regional Regatta (JIRR)

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.

Results of the finals are on the attached spreadsheet.

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.

It is always nice to see the reactions of the athletes when they are given the team T-shirt and Sweatshirt and most wear them with pride but I did find it disappointing that a few athletes did not even wear the T-shirt to race!

BR Junior Rowing Committee

Notes from meeting 19.4.23

- Kristina Burns has been appointed to BR to increase youth engagement and Diversity.
- Junior Sports Leader course hopefully to launch soon.

- State Schools group: Involvement in clubs/schools to encourage links and Indoor Rowing competitions within regions.
- Proposed Junior Coaches Conferences. Kristina looking at 2, one in North (possibly Leeds) and one in South. This would not be for professional coaches from those schools with rowing programmes. **Any ideas for content would be welcomed.**
- Proposed Youth Café in each region.
- 2023 BJRC to be held at Strathclyde Park. Changes will allow doubling up, all events will be completed within 1 day. All age groups over 3 days.
- National Schools Regatta usually over subscribed, discussion followed on ways to reduce entry. Qualifying events, minimum points all present different issues.
- Change in rules for ‘over age’ rowers is being processed.
- Suggested event structure for ‘Private matches’ between clubs in the region to form a League. PH will be seeking opinion on this happening in the Northern Region although these matches do happen already.

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 are used to competing against each other and recently have had a couple of training outings together. They are well matched rowers on the water and it was no surprise that after avoiding each other in the semi-finals they both ended up in the same D final. They battled it out down the course in 2nd and 3rd position at 500m with Joy 0.2sec ahead, at 1000m

Halle was 0.2 sec ahead. By 1500m Halle was just 0.1 sec ahead and now it was a huge push to the finish. As they approached the 250m to go Halle and Joy were in 4th and 5th but still in touch for a 3rd place finish. However, Patient (SWP) was determined to hold off the two northern girls and retain 3rd. Halle finished 4th and Joy 5th just 0.2 sec behind. Both girls can hold their heads up high in this their first year foray into GB U19 selection.

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.

With a 17th position in the Time Trial, Sam was placed in the C/D semi-final. This semi was a hard fought battle with three scullers Harper (SHP), Norton (Yarm RC) and Sam determined to get those 2nd and 3rd positions to put them in the C Final. With Harper responding to the battle developing between Norton and Sam he showed determination to hang onto 2nd place. Sam held 3rd place responding to every move from Norton but with never more than 1 sec between them Sam knew that he would have to produce a huge effort over the last 200m to keep his 3rd place, which proved to be the case. Sam retained 3rd place and went into the C final full of hope and determination but following a slight technical error in the second 500m he had to settle for 6th place and 18th overall but with hope still alive that he may make the next stage – GB Junior Crew Formation.

All three of these potential GB juniors have learnt a great deal over this trials period which will give them confidence as they move forward to try and achieve that GB Junior selection.

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)

Application

Attendance at this camp was after junior rowers submitting an application form which had to be completed by Feb 24th 2023.

Their application had to demonstrate that they had an eagerness to learn and improve and might be of the standard to be considered for the World Rowing U19 Championships or Coupe de la Jeunesse in 2024 or 2025.

Rowers had to provide the following information: • Rower's name, date of birth, rowing programme • British Rowing / Scottish Rowing membership number • Rower's height • Rower's arm span (measured from fingertip to fingertip across the back of the shoulders) • 5000m at max. rate 26 ergo score (Minutes:Seconds.Tenths) • Notable land training scores • Notable water performances (training and / or racing) • A personal statement from the athlete stating why they wish to attend the J16 Crew Sculling Camp.

Cost £350

Rowers had to provide their own sculling blades painted in their club colours. The use of a stroke coach and heart rate monitor was beneficial but not essential.

Rowers attending the J16 Crew Sculling Camp **had to be accompanied** by a coach or responsible adult with a valid enhanced CRC (formerly DBS) disclosure issued through British Rowing. It was the responsibility of the rower's coach to ensure this requirement was met and if it was not, the rower could not attend.

Camp Content

The camp consisted of several sessions each day and consisted of land training on ergos and gym, and water training in crew sculling boats 2x & 4x. There was also a number of education workshops around British Rowing technique, clean sport, future standards, and behaviours of high performing athletes.

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.

Women's Development 2022-2023

There is still time to submit April performance data. Next submission is June, rowers should have received their Rower Report from James Andrews. There is still the final practical day to take place.