

Junior Report for meeting of NRRC on Monday 27 April 2024

Pauline Higgins

JIRR 2024

The Regatta took place on Saturday 20th April. Conditions on the NWSC course were good with only a slight tail wind.

This year there was a new format to the competition following the inclusion of Scotland making 13 regions. There were no J14 or WJ14 1x categories but 2 entries in the J15, J16, WJ15 and WJ16 1x categories. In all events there was a Time Trial. When there were 13 entries the finals were split A final - 6 boats, B final -5 boats and C final -2 boats. The singles were split into 2 groups (1st boat and 2nd boat) based on the Time Trial positions giving 2 A finals but the rest were combined for B, C and D finals but points were awarded depending on which group the sculler was placed.

The Northern region fielded a full team apart from the WJ16 2- category. This year for the first time we included 1 adaptive rower, a category which still proves to be an issue for many other regions as there were only 4 entries overall. The morning Time-Trials decided which crews would progress to the A finals. Out of 29 events 15 Northern crews went through to the A final.

Results of the Time Trials and Finals are on the attached spreadsheet plus a poster of photos.

We won 4 medals in total as follows:

Gold: WJ15 1x CSN (Elyssa Stoker)

Silver: J15 1x (1st boat) DUR (Quinn Mosley)

Gold: J15 1x (2nd boat) HEX (Ethan Thompson)

Bronze: J14 2x CBS (Harry Shaw, Sonny Hughes)

The team accrued 189 points placing the Northern Region in 6th place, an improvement from 8th place last year. We were awarded The Martin Humphry's cup for the region which improved the most from those placed 6th- 12th last year.

Congratulations to all of the medal winners and to all of the athletes who took part in the event and thanks to all the coaches and supporters who ensured athletes were well prepared. The team stood out in their Sweatshirts and there were positive comments made by some from other regions.

It would be a positive move if all clubs could make athletes and parents aware that this event is fully supported financially (entry fees and sweatshirts) by the Northern Rowing Council from funds accrued from the Autumn Long Distance Sculling Series.

I have circulated a survey from the JIRR Management Group which will permit clubs and athletes to provide feedback on this year's event including comments about the format.

I have also attached 2 files: JIRR Event Results 2013- 2024 and JIRR Selected Clubs 2013-2024.

GB Pathway Events

ERGO SUBMISSIONS

Ergo Submission 3: **5k rate 26 : Monday 15 January - Monday 5 February 2024**

Ergo Submission 4: **2k free rate : Monday 26 February - Friday 22 March 2024**

Results only sent to athlete and their coach so not possible to have a region wide analysis. Next ergo due:

Ergo Submission 5: **2k free rate : Monday 27 May - Monday 10 June 2024**

J16 VIRTUAL CAMP-17 MARCH 24 2.00 – 6.00PM

I believe there was a good response from the region's juniors to the second year of this GB Pathways initiative. I would welcome any feedback from coaches and athletes on the programme, which I include below.

2:00 pm – 2:10 pm - **Welcome**

2:10 pm – 3:00 pm - **Practical application of BR technique and future standards** - Dan Cooper (GB Rowing Team U19 Programme Manager)

3:00 pm – 3:50 pm - **Being able to move well - Movement control and self-assessment** - Kirsty Hunter (GB Rowing Team U19 Physio)

3:50 pm – 4:10 pm - **Break**

4:10 pm – 5:00 pm - **Performance profiling and introduction to Diploma of Sporting Excellence (DiSE)** – Loretta Williams (DiSE Programme Manager)

5:00 pm – 5:50 pm - **Finding your game face – Katie Sparks** (DiSE Mentor & Performance Lifestyle Lead, Chartered Psychologist, Lecturer at University of Staffordshire) and Tom Staten (DiSE Mentor, Sport and Performance Psychologist)

5:50 pm – 6:00 pm - **Key messages summary**

J16 CREW SCULLING CAMP – NATIONAL WATER SPORTS CENTRE, NOTTINGHAM SATURDAY 30 MARCH – MONDAY 1 APRIL 2024

The camp is open to forty rowers (20 male and 20 female) who have shown enthusiasm in learning and improving their skills. Participants must also have the potential to enter the U19 trial process in the next two years

To be invited to attend this camp athletes must submit a written application highlighting their rowing career including notable performances, ergo scores, anthropomorphic measurements and a personal statement about why they wish to attend the J16 Crew Sculling Camp.

Following successful applications the following were invited to attend.

Owen Thornton	Cambois Rowing club
Jonathan Cleugh	Durham Amateur Rowing Club
Harry Westlake	Hexham Rowing Club
Isabel Cain	Hexham Rowing Club

GB ROWING TEAM U19 SPRING ASSESSMENTS, NATIONAL WATER SPORTS CENTRE, NOTTINGHAM, SATURDAY 23 – TUESDAY 26 MARCH 2024

No regional junior athletes were invited.

SUN 21 APRIL – GB 2024 APRIL REGATTA, NWSC, NOTTINGHAM

Attendance at this regatta is mandatory for those wishing to gain GB selection in 2024. In order to attend the athlete must have demonstrated GB potential selection in previous water trials and met ergo target scores.

Only two regional junior athletes chose to attend. Results below:

Time Trial JM1x Johnny Cleugh (DARC) - 25 out of 37

JW1x Holly Stoker – (CSN) - 10 out of 15

Finals JM1x Johnny Cleugh (DARC) Final D 2nd

JW1x Holly Stoker (CSN) Final B 2nd

GB Rowing Weekend Development Camp and GB Pathway

National Watersports Centre Nottingham

Saturday 20th/Sunday 21st April 2024

I do not have full information on all attendees at these events but I am aware that the following athletes from Tees were invited/did attend:

Attending the weekend development camp was:

- Ruby Morley
- Joe Merriott
- Adam Makepeace was invited but unable to attend

Attending the GB Pathway Event was:

- Ruby Morley
- Joe Merriott
- Cameron Murphy
- Adam Makepeace (competed in time-trial but withdrawn on medical grounds)
- Dyfrig Williams (withdrawn on medical grounds before the weekend)

One of the GB coaches on the weekend was Matt Mole (Performance Development Coach – Yorkshire) and in discussion he had positive comments about our regions athletes participation in the activities provided.

ADVANCE INFORMATION

I have agreed the 22nd September 2024 with Matt Mole (Performance Development Coach – Yorkshire) when he will attend the region for a GB Junior Development Day. Further details to follow but a date for your diaries.