

# NRC Student Rowing Report – 11.11.22

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It's been great to see fresh competition at the top end of student rowing in the region, along with some of the Durham colleges successfully challenging the lower performance crews. I've continually been working to help ease the experience gap left by Covid which has had a disproportionate effect across different student clubs. Some have thrived with greater numbers than ever, while others have lost an entire year. This may have an impact next year as those rowers should've been going into their final year and leading those clubs. As such I've tried to build and encourage good documentation and continuity across the colleges and DCR the past few years.

DCR have been working hard on lots of resources that will hopefully be passed down for years to come. A large bank of coxing resources has been put together by Ishan Barve, the Captain of Coxes, and we are in the process of putting together a collection of coaching information along with running regular workshops. The Senate Squad has been re-established with a focus on providing a higher level of coaching including a dedicated S&C coach and additional sessions open to all. The aim is to provide smaller college boat clubs access to more coaching and support alongside an opportunity to race at larger events. This should hopefully start to address the recent increase in rowers swapping colleges to be more competitive and consequently harming their original college's development. The requirements to run a tank session have also been adapted to make it more accessible while also increasing the safety of it. The annual safety briefing at the start of the year has continued which is great to see and the swim tests saw huge numbers as ever with an additional one happening a few hours after the AGM. There still needs to be more work on encouraging incident reports to be submitted through British Rowing, however, it was great to see a college with the 2<sup>nd</sup> highest number of submitted reports in the region.

I've been encouraging people towards getting PB2 licenses along with the Level 2 Club Coach course which has received some positive attention and hopefully some incoming grant applications once suitable courses have been found. This will hopefully benefit regional events with students able to help man safety boats. A regional session teaching safety boat work in rowing specific situations may be great next step.

Tyne Single Scullers Head ran successfully, with over 200 entries from the region and lots of support from local clubs. Hopefully the Tyne United New Year's Head (run jointly with DUBC) also has similar levels of support. Durham College's Senate Cup went ahead with a good number of entries and the Novice Cup (19<sup>th</sup>-20<sup>th</sup> November) is looking very promising. There are also plans being put in place for an expanded Admirals Regatta in Summer with work already underway to try and draw in greater support from non-rowers and in turn, hopefully boost interest in the sport.

## Results

We had great success again at BUCS events this year, with NUBC winning the men's and overall VL at BUCS Head while DUBC took the women's along with 4<sup>th</sup> overall at BUCS Regatta. In one of, if not the race of the regatta, the DUBC W2- lead the Cambridge Women's pair (featuring current world and European Champion Imogen Grant) all the way, being narrowly pipped by less than half a second in

the final 100m. Both clubs had multiple GB trialists in both Senior and U23 level along with significant international success of current members and recent alumni. George Bourne (DUBC) and Lola Anderson (NUBC) taking silver and bronze respectively at the World Championships while James Rudkin and Tom Ford (both NUBC) came home with gold in the Men's VIII. Lauren Irwin (DUBC & CLS) also won in the spare pair race. Bruce Turnell (NUBC), Joseph Adamson (NUBC & CLS), Sam Shuker (NUBC) and Natasha Morrice (DUBC). Bruce won gold in M4+ while Tash and Sam took Silver in W8+. Levin Gräf (DUBC) and Rachel Bradley (NUBC) also represented GB at the U23 European Championships.

There were 16 wins at Durham Regatta for our student clubs, with Collingwood College taking the college VL again with 3 wins and a win for Teesside, continuing their run of developing great beginner singles. At Henley Women's Regatta DUBC narrowly edged out NUBC in the semi final of Academic 8+ but were unable to overcome Oxford Brookes in the final. A NUBC/Tyne composite in Championship Quads and DUBC's Championship Pair both reached the Semi Finals, both losing to the eventual winners.

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