

## **Report to NRC AGM Nov 2022**

### **Gabrielle Moore**

Masters rowing has continued to build back almost to the level it was at before covid with competitions being fully or oversubscribed once again.

#### **Handicaps**

A great deal of discussion has continued this year around handicaps, with a view to changing handicaps at the older end of the spectrum and also looking at how women's bodies change around the menopause and how this could be reflected in the handicaps allocated.

#### **Competitions**

National Masters took place in June although Holme Pierrepont offered up some classically turbulent water from the wind across the lake with several capsizes being caused! There has been discussion around whether to give different level of racing at Nationals, perhaps including a Novice status event. Currently there are Championship events and non-champs (for those who haven't won an event at Nationals). This year there were no mixed non-champs events only championship. There were also some lightweight events introduced.

Henley Masters had a selection of NE rowers in attendance and medals were brought back by Catherine Bowman of Hexham and Hilary Cairns of Berwick, WMas2x-

World Masters in Libourne, France was a huge success and was enjoyed by many from the North of England region although the carnet which had to be bought and undertaken caused many a headache and stress for the organisers. This is a kind of passport for boats and a huge amount of detail had to be gathered and supplied to customs, all due to the UK no longer being in the EU. Andy Jaggard brought back a gold for his single performance and Lakeland brought back golds for their doubles.

#### **Masters Workshops**

Jeff Watling (then BR Masters chair) created a masters' workshop which he did at our Regional Club Conference in 2019. He also went round the country presenting the workshop. The current chairman, Brian Chapman has offered to present the workshop going forwards. The presentation helps understand the changes to the body as masters grow older and shows ways to enable the rower to maximise his/her performance. Any club wanting the workshop to be presented should get in touch with me and I can pass details on. There is also a support manual which I can pass on by email named "Train Smarter Row Faster".

Gabrielle Moore  
DARC  
BR Masters Rep