



Glasgow Rowing Club winning Mens Open Eights at Clydesdale Fours and Eights Head on Saturday 6th March

Introduction

Well – here we are in 2010 – and it's welcome to the fifth issue of the Scottish Rowing Newsletter. It has been a difficult time over the hardest winter period for 30 years with lots of snow and particularly ice which has significantly interrupted winter training schedules on the water. Strathclyde Park and Lochwinnoch had an ice sheet well over 6 inches thick for almost two months with both the Union and Caledonian Canals being icebound for even longer periods. Thankfully milder weather eventually arrived by mid March to allow clubs back on the water to resume training, although the Clyde based clubs were more fortunate than others due to the flow which prevented ice build up for most of the winter. It's remarkable that only one Head suffered cancellation, with the first Inverness event cancellation in 22 years.

Contents of this issue are as follows:-

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Editorial

Lots of action over the Head season, despite the harshness of the winter weather. Heads took place on the Dee and Clyde with a significant entry of Scottish crews in the Tideway Heads on the Thames. Also, some outstanding performances by Scots athletes at the recent GB Final Trials at Hazewinkel in Belgium – see Lee Boucher's report on page 20

A continued appeal for new recruits to the umpires' ranks has been received from Sandy Walker.

The Scottish Rowing Centre continues to attract plenty of interest for its sessional, day-long and weekend camps that make full use of all the training, conditioning, indoor and outdoor facilities. Discounted rates are available for Scottish Rowing member clubs.

Club Colours

Competitors are reminded that rule C7 of the Rules of Racing requires every competitor to wear the colours of the club they represent. Under the Operating Practices, the colours of each club are registered with Scottish Rowing and a note of these can be found under Downloads on the Scottish Rowing web site.

A competitor failing to wear the appropriate colours at a regatta may lead to a disqualification under the Rules.

Racing Licences and Rules of Racing

With the season now well underway and the first regattas including Strathclyde Park Regatta due this month, clubs are reminded of the following:

1. A Competition Licence is required AT TIME OF ENTRY, not the day of the event. This rule will be strictly applied at Strathclyde Park Regatta which includes the Scottish Universities Championships. I strongly suggest that any outstanding applications are forwarded without delay to avoid competing under a Day Ticket, applications may not be turned round at short notice.

2. A further reminder that the Rules of Racing in respect of the condition of bow balls were amended with effect from the start of 2010. A note giving guidance has previously been emailed to all club contacts but crews are again reminded it is their responsibility to ensure that their boat complies with the Rules. Boats which fail Control Commission checks at SPR for bow balls as well as other reasons such as heel restraints and buoyancy requirements, will not be allowed to proceed to the start.

Universities Winter League

The final result of the Scottish Universities winter league, after 7 events are as listed below. With a strong showing in the last event Strathclyde managed to increase their lead over Dundee and most of their rivals. Edinburgh put in a very good final push and although they closed the gap slightly on Strathclyde it was never going to be enough. This year the league was very competitive and any of four clubs could have won going into the last event. With good entries in all of the qualifying events it looks

good for the rest of the season and the championships at the end of April.

1. Strathclyde University	646	5. Glasgow University	315
2. Dundee University	560	6. Aberdeen University	162
3. Edinburgh University	480	7. St Andrews University	160
4. Heriot-Watt University	337	8. Robert Gordon University	26

Executive Report

Regular monthly meetings of the Board deal with a variety of important matters affecting Scottish Rowing, some of which are referred to in the Governance section of this issue.

Governance

Outstanding Issues

from Sandy Walker - Convenor of Racing Control

The Umpires Commission have discussed a number of outstanding issues and guidance on them is considered appropriate as follows:

GPS

The Umpires Commission take the view that the use of GPS be regarded as 'outside assistance'. We are aware that this equipment can be used as a 'speed coach' in a similar manner to an impeller on the boat, but are of the opinion that particularly when they are used in conjunction with an iphone the possibility for transfer of information exists. With the pace of change in modern technology this possibility increases and in our view should be addressed at an early stage. It is intended that the

position be reviewed in 12 months time.

Discussions with representatives of British Rowing confirm that the use of GPS when competing under their rules is not allowed for the same reason.

Veteran Handicaps

Use of the BR Veteran Handicap tables are on the basis that the base time over the course for the Vet A or Open category in that boat type should be established before the handicap is calculated. If this cannot be done on the day e.g. because of race timing, then the standard time indicated in the guidance notes should be used, amended if necessary pro rata because of the course length.

Club News

Service to Sport – Lifetime Achievement Award - Duncan Paterson - Glasgow - report by Owen McGhee of Clydesdale ARC

At a recent awards ceremony held by Glasgow City Council to celebrate achievements in sport, Duncan Patterson was the winner of the Lifetime Achievement Award. Duncan started rowing in 1953 and has had 54 years of unbroken service to both Clydesdale and rowing in Scotland. In those years he has held the offices of Club Captain (ten years), VP, President, Hon Vice President and is currently the Hon. President for Clydesdale. He has also held the office of treasurer of Glasgow Schools Rowing Club for 14 years. From a Scottish rowing perspective, he is one of the longest serving association umpires. He was the Scottish Rowing Team manager for several years and was the manager of

the Scottish Rowing Team at the Edinburgh Commonwealth Games.

As treasurer and committee member of Glasgow Schools Rowing Club, he has been responsible for keeping the Glasgow Schools boathouse and boat fleet viable over the difficult years when the facility may well have become derelict.

As Chairman of the Boathouse Trust he has led the efforts of the Glasgow Clubs to establish a plan and funding for a new multi million pound facility on the river. He has been Glasgow rowing's interface with the City Council, The River Users Council and the many other bodies involved in bringing this plan to fruition.

He was responsible for establishing rowing on Castle Semple Loch in Lochwinnoch. He identified the location's potential, organised a survey and trial regatta and worked with the Scottish Rowing Association to bring the Home Countries International to this location. Subsequently he was a founder member of Castle Semple Rowing Club, now one of the countries largest and most successful clubs.

On the night of the award, Duncan celebrated this well deserved award with many other Scottish sportsperson's and was delighted with the recognition.

Earlier in the year, Glasgow City Council held an awards ceremony for person's who had contributed more than 30 years to the services of sport. A number of Clydesdale and Glasgow Rowing club members were presented with awards which included Owen McGhee, Mike Williamson, John Eadie, Gordon Day, Mike Foster, Duncan Patterson, Gordon Simpson, Mike

Colgan and Ronnie Goldie from Glasgow Rowing Club. This is an amazing achievement and sets the standards high for us all!



Persons in Photo - Left to right
Owen McGhee, Mike Williamson, John Eadie, Mr. Singh (Bowling), Ronnie Goldie (GRC) Gordon Day, Mike Foster, Duncan Patterson, Gordon Simpson.

Burgh Varsity – from Gareth McShea, Heriot Watt UBC

The 17th March saw this year's annual Burgh Varsity at Edinburgh University's Peffermill playing fields. A sporting competition between Edinburgh and Heriot-Watt Universities, including Rugby, Hockey, Football, Basketball, Netball, Golf, Rifle, Equestrian and of course Rowing. This year was the second for Rowing to be included in the games and again consisted of three teams of four competing in ergo events each over 2,000m. This involved the Fresher's Event (2 girls & 2 guys), the Women's Event and the Men's event. The pressure was on the Heriot-Watt rowers after retaining the Victor Ludorum title at the Indoors in January. However, with some strong individual performances from Edinburgh it was anyone's game. The 1st event was the Freshers, with Heriot-Watt taking a strong lead after the 1st 500m to then winning the event.

Next was the Women's, with Edinburgh maintaining a lead over Heriot-Watt throughout. Heriot-Watt began closing the gap towards the end, but it wasn't enough seeing the Edinburgh girls take the win with 6 seconds between the teams.

The final event was the Men's and was the deciding event for the Varsity Rowing shield. It was Heriot-Watt with their swift change-overs who came out on top with a 14 second lead over Edinburgh crowning them the Burgh Varsity Rowing Champions.



HWUBC Men's Team

That was by no means the end of the day for the rowers. The celebrations took the form of 'One-Piece Pub Golf'; an annual event for HWUBC. Running through Edinburgh's Grassmarket they received many cheers from the crowd's celebrating St. Patrick's Day.



HWUBC One-Piece Pub Golf

Glasgow Rowing Club - from Alistair Browne

Our club is made up of people who are busy doing the things that they're good at – training, racing, coaching, fixing boats, cleaning the boat house, feeding the multitudes, organising transport... you know the stuff. It's probably the same at every club – the job that gets left out is the one that no-one actually loves. So we don't have a club 'scribe' and I'm afraid you'll need to make do with this hastily assembled series of notes on how the last few

months have treated us at Glasgow Rowing Club. There will be more mention of jobs being left undone, later.

Looking backwards.

As reported in the December newsletter, the club had wins in small boats at the Clyde and Clydesdale Heads. At Inverness, our focus was again in small boats and again wins resulted. At our own Glasgow Fours Head, we had to quickly re-organize (no small boats!) and make allowances for the manpower demands on our still-quiet-small membership that means there is a golden rule that any GRC member may only race in one division, if at all. It all turned out well, though, with the club winning Open quads, men's Res1 fours and women's Res2 quads. The event itself had been re-scheduled due to hazardous river conditions, but it went ahead on the new date with more crews than had raced the previous year and with few disqualifications – result!

So 2009 ended well. It had been a big year for the club, with 2 wins at Nat. Champs and 2 crews racing into quarter-finals at Henley. Our target is to improve on that in 2010.

Going forward.

So far, we're doing not bad. In the Scottish heads we boated four eights (including composites with Castle Semple, Glasgow University and Strathclyde University): men's and women's, Open and Res2. At both the eights heads - the Western Head and at Clydesdale's Eights Head - we had a 'clean sweep' winning all four of the eights events that we entered. It was really satisfying at the Western to realise that there were 36 different people in the winning boats that day – no-one was doubled-up.

Our junior girls joined up with Castle Semple to win the Ju16 coxed quad at Clydesdale, too.

In between, at the SUBC small boats we had wins in Men's Open 2x, Women's R2 2x, Women's J18 1x and some good placings: 2nd in Men's Vet 2x and 2nd and 3rd in Men's Novice 1x.

We also sent a small contingent to the indoor championships the day after the Western and returned with prizes – Olivia Davison picked up a bronze in the under-16 category, but was upstaged by a guest appearance from younger sister Helena who led all the way to gold in the under-14 category.

Trials...

Three GRC athletes went to Dorney for the GB trials in February and all did well: In lightweight sculls, Sam Scrimgeour finished 10th overall. Iain Docwra was 18th overall, In women's open, Polly Swann was 4th in the 'G' final - after not a lot of single sculling practice. All 3 are in contention for under-23 places, so these were very good results indeed.

At the club's annual Burns Night (which is now a traditional February fixture. Why? Don't know.), much fun was had by all.



**Graeme Dreghorn and Willie Holmes
– fastest crew at the SUBC head.**

The accompanying picture illustrates some of the fun. No further explanation is necessary... is it?

...Tideway

Almost by accident, we sent two crews to Women's Tideway. One was always going – last year's top Scottish crew was entered as the same Clyde/ Edinburgh University/ Glasgow/ Glasgow University composite that would give them their position from last year, starting 4th. Clyde members Megan Mackie and cox Caitie Gorton are the only crew members not training at GRC these days. They finished 20th, not quite as good as last year, but a fine performance nonetheless.



Some interesting facts about the Tideway novice crew:

- The cox is as old as the 3 youngest rowers' combined ages.
- The cox is as heavy as the 3 lightest rowers' combined weights.
- They couldn't go to the prize giving in London 2 weeks later, so ensured that the trophy came to Glasgow instead.
- More than one of the above is true.

The surprise package was the Novice crew of GRC / GUBC / SUBC who came together very late when we were trying to get some extra bodies to 'sit-in' for absentees at Inverness. Suddenly we realised we had a novice crew... and they were all keen to do Tideway... and they turned out to be quite good... They won!

**GRC/GUBC/SUBC
beating 63 other
novice crews to win
at Women's
Tideway.**

© Niall Darroch



Starting 280th and getting involved in a serious clash when 2 crews sandwiched them under Barnes Bridge, they still stormed to a top-100 finish to win the Novice Academic pennant.

...tribulations

With all the success we've been having we might have fancied a bit more at men's Tideway. The big one. HoRR.

Remember earlier I talked about every club having people that do the jobs that need done, but some jobs get left undone? Well, apparently, we need to get someone in our club who loves putting in entries for major events.

Oh well, you win some, you lose some... and some you don't even race in.

The future's so bright

So it's been a very exciting start to the year for GRC. We have high hopes for continued success for the ones who've done it before and even higher hopes for success from the newer faces who are just beginning to realise their potential.

Regattas

Aberdeen Universities' Boat Race

The Aberdeen Universities' Boat Race between Robert Gordon University and Aberdeen University was held on Sunday 28th February. The event was again sponsored by Aberdeen Asset Management and organised by Bob Newton of ABC along with a large squad of helpers. There had been doubts about the event

until a few days before with the River Dee having been frozen the previous weekend. All the ice had cleared and a brief shower of hailstones during the coin-toss to choose stations was the only precipitation. The wind, however, had strengthened to create challenging conditions for rowers of all ability, especially near the start and finish of the races.

RGUBC won the Second-Crew race, leaving AUBC to take both major honours with wins in the Alumni race and the main Universities event.

Womens Head of the River Race

At the Women's Head of the River Race held on the River Thames on Saturday 13th March, a composite crew composed of students from Glasgow Rowing Club, Glasgow University and Strathclyde University posted an excellent time of 20 minutes 53.94 seconds to win the Novice Academic category. Rowing in an eight named 'Lighty Lins' after their coach and former World Bronze Medallist Lindsay Dick, the girls were challenged by crews from all over the UK and from abroad and in winning their event category also achieved a highly satisfactory finish position of 98th overall from a start position of 280. Expertly coxed by Alastair Browne of Glasgow RC, the crew comprised Jane Patterson of Glasgow University at bow, Jenni Campbell and Shona Dunn of Strathclyde University were in the no 2 and 5 seats respectively with Glasgow RC members Kate Ianniello, Joanne Thomson, Olivia Davidson, Katharina Johnston and Beth MacMaster in the no 3, 4, 6, 7 and stroke seats respectively.

Other Scottish crews performed with distinction in the Elite category, with a composite crew containing a Glasgow Academy athlete finishing in 14th place in a time of 19 minutes 29.48

seconds followed in 20th place by a composite crew containing athletes from Clyde RC, Edinburgh University BC, Glasgow RC and Glasgow University BC which posted a time of 19 minutes 38.01 seconds.

At the Schools Head of the River which also took place over the same course on the Thames on Thursday 11th March, boys and girls crews from George Watson's College and George Heriot's School took part. The fastest time achieved by a Scottish crew was posted by the George Watson's Junior Coxed Four which posted a time of 20 minutes 20 seconds to finish in 101st place overall from a start position of 200.

See below for full details of Scottish crews competing in the Women's Head of The River with start and finish positions, race time and category winners:-

Start Position	Status	Crew	Finish Position	Time	Remarks
4	Sen	Clyde/ Edinburgh University/ Glasgow/ Glasgow University	20	19.38.01	
24	Int3	Clydesdale Amateur RC A	35	20.04.08	
50	Int3	Edinburgh University BC A	38	20.07.27	
95	Int3	Aberdeen University BC	129	21.12.10	
131	Int3	Glasgow University BC A	120	21.08.70	
167	Nov Acad	Glasgow University BC B			Did not start
179	Nov Acad	Edinburgh University BC B	256	22.37.18	
201	Elite	Canford/ Glasgow Academy/ Gloucester/	14	19.29.48	

		Latymer/ Nottingham/ Runcorn/ Stratford			
225	Int2	Clydesdale Amateur RC B	100	20.54.69	
234	Int3	Clydesdale Amateur RC C	264	22.47.42	
235	Int3	Edinburgh University/St Andrew	225	22.12.57	
272	Nov Club	Aberdeen BC	238	22.23.84	
280	Nov Acad	Glasgow/ Glasgow University/ Strathclyde University	98	20.53.94	Winner – Novice Ac category

Scottish Schools Head

The Scottish Schools Head was held on Saturday 20th March in excellent, often sunny, conditions on the Forth and Clyde Canal, with events split over 2 divisions for the first time. The Peter Grieve Trophy was won by George Watson's College and the new Junior Club Trophy, presented by Bryan Steel, was won by ASRA.

Mens Head of the River Race 2010 from Gareth McShea, HWUBC

Mens HERR 2010 took place on Saturday 27th March with a starting time of 1315. Conditions were moderate with some short but heavy rain showers. This race saw 15 Scottish entries from 9 different clubs. Some encouraging results for Scottish Rowing with Glasgow and Edinburgh Universities and Clydesdale making the top 100.

Scottish Results:

59th Glasgow University I	(In3)	18:32.99
63rd Clydesdale I	(In2)	18:34.47
95th Edinburgh University I	(In2)	18:47.01
200th Heriot-Watt University I	(In3)	19:17.31
257th Strathclyde University I	(In3)	19:38.66
277th Deeside Scullers	(In3)	19:44.14
284th Robert Gordon University I	(In3)	19:48.83
309th Clydesdale II	(In3)	20:01.57
323rd Strathclyde University II	(In3)	20:10.38
326th Dundee University	(In3)	20:11.64
366th Glasgow University II	(Nov)	20:42.19
367th Edinburgh University II	(Nov)	20:42.64
370th Heriot-Watt University II	(Nov)	20:47.45
372nd Glasgow University III	(In3)	20:48.83
379th Aberdeen University	(Nov)	21:01.48



Photograph of Heriot-Watt University I, passing Hammersmith Bridge.

Gent Spring Regatta

On Saturday and Sunday 11th / 12th April in Gent, Belgium, at the annual Gent Spring International Regatta, a team of athletes from the Aberdeen Schools Rowing Association together with one athlete from George Heriot's School won a total of 4 golds and 6 silvers - a new record for the Aberdeen club at this particular event.

Features

Rowing on ice - the CRASH-B Sprints – a review by Martin Claxton of Loch Lomond RC

Flying almost 4000 miles in order to row 2000 metres indoors along with 2000 other people and then come home again will probably seem a slightly odd way of spending your time but to take part in the World Indoor Rowing Competition (known as the CRASH-B sprints) held in Boston USA that's exactly what is required. The CRASH-B Sprints originated in 1982 when a group of Boston rowers, many of whom were members of the United States National and Olympic Rowing teams training out of Harvard University's Newell Boathouse, named themselves the "Charles River All-Star Has-Beens" and organised the first indoor meet of its kind.

This year's event was held on Valentine's Day at Boston University's Agganis Arena, a venue that is normally the home of college ice hockey games. In its 29th year and attracting athletes from a diverse collection of nations including Egypt, Hungary, Peru, and Angola over 2000 people took part watched by almost 6000 spectators. The basic format is the same as indoor rowing events in the UK with athletes categorised, seeded and grouped

by age, weight and sex. Competitors range in skill/accomplishment levels from Olympic and world-class athletes to first-year rowers at the club and student level.

I took part as a member of a team of 11 representing the Royal Navy and in turn we were part of a group of 34 rowers from throughout the UK which comprised the largest non-American group of entrants. Despite an outbound journey hampered by a cancelled flight due to the US weather conditions we arrived in Boston on the Thursday before the event and checked into one of the two hotels assigned to visiting athletes. It was impressive to see that the whole hotel setup appeared to be geared to the needs of indoor rowers. One of the conference suites had 20 ergos available for training and there were even complimentary drinks and orange segments available by the door leading to the path where training runs along the banks of the Charles River were an option! Unfortunately any chance of finding a local rowing club and getting out for row on the river was scuppered by the fact that the Charles River was frozen!

Registration took place the day before the event and was preceded by a complimentary lunchtime buffet reception for all the visiting athletes together with the obligatory welcoming addresses from the organisers. In a room packed with almost 400 indoor rowers of all ages and a wide variety of countries represented it was a highly sociable event and gave a good indication of the relaxed and informal approach taken to this competition, despite the obvious dedication and focus of all of the competitors. Concept2 also took the opportunity to promote their prototype alternative to the Rowperfect – a ergometer that not surprisingly does not look too different with its moving parts floating on the main support beam.

For the organisers they had the unenviable task of having to wait until the Saturday evening hockey game had finished before covering over the ice and setting up 80 ergos ready for racing along with moving in the same number of machines for the warm up area. However their labours were successful and when we arrived at the arena early on the Sunday morning all was ready. A factor that immediately became apparent was that because of the ice, the humidity levels in the arena are low and throughout the day volunteers were virtually constantly spraying water on the floor area to help counteract this, but your throat very quickly dries up and re-hydration became a key function. The races ran like clockwork with an event starting almost every 15 minutes from 9am right through until 5pm keeping to the published programme throughout – very slick! In addition a live commentary was being streamed on the Concept 2 US website and with the results (and race data on splits and rating) also being posted immediately after each race my family back in the UK was able to find out how I had fared (and to offer critique!) almost as soon as I knew!

Three world records were set, all in lightweight divisions. Laurette Rindlaub (USA) set the mark in the division for Veteran Lightweight Women aged 75-79 with a time just over nine minutes (9:08.9), while Ingrid Peterson (Denmark) captured the top spot in the 65-69 Veteran Lightweight Women's group by pulling a 7:56.9. Robert Spengler (USA) rowed a time of 8:13.6 to set the world standard for Veteran Lightweight Men aged 85-89.

In the Open Women's division, 3-time Olympian Julia Levina (6:43.1) took silver home to Russia going up against new comer to the sport, former Canada Basketball National Team member, Carolyn Ganes who came first (6:40.4). 4-time Olympian Eskild

Ebbesen (Denmark) won the Lightweight Master Men's event ages 30-39 (6:15.8) beating 2004 Lightweight Single Sculls World Champion Peter Ording by nearly 7 seconds. World Record holder Ursula Grobler (USA) won the Lightweight Women's event (6:57.5) with 2009 Lightweight Women's Double World Champions and 2008 Olympic team mates from Greece, Alexandra Tsiavou finishing second (7:07.0) and Christina Giazitzidou third (7:07.5). German rowers including Junior Single Sculls World Champion Felix Bach took home eleven medals at the competition, the most for any nation.

A full programme of adaptive rowing competition formed an integral part of the day's programme with US paralympian team members dominant. 4-time multisport Paralympian and Beijing bronze medalist Laura Schwanger won the first Adaptive Championship in the Women's Arms-Shoulders division (5:09.0). 2008 Paralympian Ron Harvey won the Men's division (4:11.2). 2008 Paralympian and Beijing silver medalist Emma Preuschl won the Women's Legs-Trunk-Arms event (3:49.7).

The UK team gained three medals with Judith Pitt-Brooke winning Silver in the HW Coxn (8:17.6); Roger Prowse winning Silver in the M65 – 69 Lwt (7:10.3) and Shelagh Allen winning Bronze in the W70-74Hwt (9:01.7).

Although no medals were gained, from my own team's perspective it was still a successful event with seven of the eleven achieving personal best times.

Given the city's universities and the number of rowing clubs along the banks of the Charles River, Boston has a strong rowing influence. The CRASH-B sprints are a unique occasion and whether you go once or are a regular attendee it is an event well

worth attending for the atmosphere, friendly people and hospitality as well as the competition! Their tea is not bad either!



The Charles River - just like Scotland!

Scotland Team News – by Graeme Cunningham

2010 Home International Regatta

At the Scottish Rowing half-yearly meeting Olivier Laplanche, CARC, and Jonny Logan, GRC, were chosen to be the selectors of the Scotland Junior Teams for the 2010 Home International Regatta to be held in Cork, Ireland on Saturday 24th July. Selectors for the Senior Teams are still being sought. Those interested in taking up this important role within Scottish Rowing are asked to contact the Team Manager.

All coaches of junior athletes seeking selection will be invited to attend a coaches forum during the Scottish Championships to discuss potential team selections in order to aid Olivier and Jonny in their deliberations.

The Scottish Championships will serve as the main selection trial and all eligible athletes competing will be considered for selection. Athletes and coaches are however advised to register themselves for selection in order to ensure that they receive all relevant information. This can be done by completing the online form at ScotlandRegistration.notlong.com.

All coaches, including coaches of senior athletes, with intentions of being part of the team are reminded that they must complete a Scottish Rowing Child Protection Disclosure.

Further details are available in the HIR Selection Policy document that is available on the International Page of the Scottish Rowing Website.

2010 Commonwealth Rowing Championships

The 2010 Commonwealth Rowing Championships will be held in Ontario, Canada between the 31st July and the 1st August. The 2010 Championships sees a radically changed programme to previous Championships, with the teams consisting of a maximum of 8 athletes. 4 male and 4 female, with at least 2 male and 2 female members of the team being lightweight athletes. These athletes will then compete in a number of events including sprint events.

For details of the selection procedure, consult the CRC Selection Policy document available on the Scottish Rowing Website. It is important to note that those seeking selection MUST register their intention to seek selection prior to the Scottish Championships.

2011 Home International Regatta

The 50th Home International Regatta will be held at Strathclyde Park in July of 2011.

The regatta programme has included some noticeable changes over recent years, including the addition of an U23 4- event. However, it is felt by many across the four competing nations that rather than continue to develop the regatta year on year by making small changes to the programme, a wholesale re-think of the regatta programme is required.

Scottish Rowing is inviting those who have ideas for improving the regatta to submit them. This can include ideas of individual events to be added or fully planned regatta programmes. The Scottish Rowing Performance Group will consider these before

making formal recommendations to the HIR Management Committee.

For more details on the current regatta structure please consult the 2010 HIR Selection Policy document that is available on the International Page of the Scottish Rowing Website.

Sponsorship

With this year's Home International Regatta taking place in Ireland and the Commonwealth Championships taking place in Canada there are substantial additional travel costs involved with competing for Scotland this year. The majority of these costs have to be covered by the athletes themselves.

If you or an associated business would be interested in becoming a sponsor of the Scotland Rowing Team, Scottish Rowing would be extremely interested in hearing from you.

For all matters relating to the Scotland Rowing Teams, please contact the Scottish Rowing Team Manager, Graeme Cunningham.

graeme.cunningham@scottish-rowing.org.uk (07824341287)

Setting Up Riggers and Oars for Sculling

By Tom Hewitt

In spite of what many people seem to think,

- a. it **isn't** rocket science,

- b. the word **did not** come down from Mount Sinai on tablets of stone, and
- c. you **don't** need to sell your soul or submit to secret rites to be initiated into the knowledge.

What is it then? It's right angle triangle geometry and a bit of (very) elementary trig.

So why don't more people know how to do it properly? Because they don't really think about it for themselves and are often put off by authoritative-sounding statements from 'experts' which are frequently conflicting (which is bewildering), or alternatively, conflict with the sculler's own experience of sitting in a boat (which is unsettling and confidence wrecking because we all know that coach is **never** wrong).

What's rigging all about then? Two things.

1. Making the sculler as comfortable as possible in the boat – hard wooden seat permitting – so that (s)he can focus on working really hard.
2. Maximising the effectiveness of the sculler's stroke by getting the angles and the load right.

So let's see how to set about achieving these two objectives.

Before we do though, it has to be stressed that all length and distance measurements **must** be made in **centimetres**; the formulae below don't work otherwise.

Point 1 : Everybody's Different.

Specifically, everyone sculls with a different length of stroke. This means that every crew member in a sculled boat should ideally have his or her oar and rigger combination set up specifically for him or her. In practice it is very difficult to do this in a club context because different people have to share the equipment which therefore has to be able to function reasonably well for everyone. Ideally, spans and inboard lengths should be set individually so that all oars (on one side) are parallel at entry and exit points without obliging anyone to shorten stroke or over stretch. ⁽¹⁾ Only if a crew has exclusive use of a boat is it usually feasible to set up each position for the individual who will sit there. The best compromise that can reasonably be achieved is to set all the riggers the same (in a given boat or boat type) and use different oars. Most often the only people who can achieve the ideal in terms of rigging are private boat owners, though there are exceptions.

However, clubs can go a long way to help their members by setting riggers sensibly and providing oars set in groups according to the heights of their members – ie a bunch of short oars for short people, middle-length oars for medium height people, and long oars for tall people - **and labelling them accordingly.**

So, if we're to go any way towards setting up a boat correctly, we must first measure how long a stroke our sculler(s) take(s).

We do this using an indoor rowing machine. First we adjust the heel cup so that it lies about 16 to 18 cm below the lowest point on the seat. Then the sculler sits on the seat with feet under the restraining straps and draws the handle in to his/her

finish/extraction/release point. Now, two assistants measure the horizontal distance from an agreed reference point on the frame of the machine to an agreed point on the handle – to half a centimetre will do. Next the sculler rows a few strokes with the observer taking careful note of where the handle is at the catch. The sculler then slides forward to this position and holds it – under guidance from the observer. The horizontal distance between the same two points on frame and handle is again measured – again to an accuracy of half a centimetre. The difference between these two measurements is the sculler's **reach** or **stroke length**. Figure 1 illustrates this



Fig. 1 - Measuring Stroke Length

Those of us not blessed with height in excess of 2 metres or very long legs and arms will find it difficult to achieve the stroke lengths to which most rigging manuals refer. The world is not populated by international-class scullers (ICSs). Stroke length measurement therefore is an **essential** piece of data for calculating rigger and oar settings to allow effective sculling. It has to be said though that some folk don't actually achieve the same stroke length in the boat as they do on a rowing machine; some can be shorter, others longer. What we calculate by way of boat and oar settings therefore has to be used as a starting point from which to fine-tune to get the crew or sculler to work optimally.

Point 2 : Making the Sculler Comfortable.

Two things can make a sculler uncomfortable.

1. Incorrect overlap when the oars are perpendicular to the boat. It should be in the range 18 cm to 22 cm. If it is outwith this range, either way, problems arise.
2. Incorrect gap between the hands at the finish/release/extraction point. It should be between 10 cm and 15 cm. If the gap is less than 10 cm, difficulty in achieving a clean extraction will result – especially in rough water. If it is more than 15 cm, a weak finish results. Personally, I would advise erring on the side of safety and choosing the 15 cm option.

In both cases, the difference between minimum and maximum really isn't very big.

In order to achieve both of these conditions, appropriate values of span/spread on the riggers and inboard lengths must be chosen. The overlap is easily calculated from

$$\text{Overlap} = 2 \times (\text{inboard} + 2) - \text{span}$$

The '+ 2' in the formula is a correction to allow for the fact that the oar's button does not butt against the centre of the pin. It is 2 cm in from that – half the width of the work face on the rowlock.

The sculler's stretcher position would then be adjusted in order to make the gap between the hands at the finish lie in the 10 – 15 cm range (Figure 2).

We now have a near-comfortable sculler. Half the battle.



Fig. 2 - Finish Position

Point 3 : Sculling Effectively Part 1 – Angles

The big boys - otherwise known as ICSs (see Point 1 above) – draw their scull handles past the work so that the oars make an angle of 44-46 degrees with the line joining the two pins. The rest of us mere mortals will achieve nothing like that (Figure 2 again). The angle, F, our sculler will achieve with the arrangement we have just 'decided' upon can be found from

$$\cos(F) = \frac{\text{span} - \text{gap}}{2 \times (\text{inboard} + 2)}$$

We need also to work out what angle the oars make with the line between the pins at the catch. This depends on the sculler's reach or stroke length and the distance the handles travel past the work line to the finish point. This latter can be calculated from the angle F above using

$$\text{travel} = (\text{inboard} + 2) \times \sin F$$

The catch angle, C, can now be found from

$$\sin(C) = \frac{\text{reach} - \text{travel}}{\text{inboard} + 2}$$

For ICSs this will be 66-69 degrees. Again, for the rest of us, rather less. (Figure 3)



Fig. 3 - Catch Position

What really matters for all of us is the ratio of these two angles. For maximum efficiency,

$$\frac{C}{F} = 1.5$$

So, for ICSs, 66-69 degrees and 44-46 degrees fits the bill perfectly. ⁽²⁾

For our sculler we've got to get as close to 1.5 as other constraints will allow. As probability goes against guessing the set-up correctly straight off, we need to review the values we have chosen for inboard length, gap between handles at the finish and even the span between the pins, though we may not be allowed to alter that. This has to be done without pushing the overlap out of the 18 – 22 cm range. We could come and go – a little – with the gap between the hands at the finish; but only a little. Working out the settings therefore requires an iterative approach, a methodology well suited to spreadsheet software. More on this below!

Point 4 : Sculling Effectively Part 2 - Gearing

The gearing on the oars determines how heavy the load on the sculler feels. It is worked out using

$$\text{gearing} = \frac{\text{outboard} - 2}{\text{inboard} + 2}$$

The '- 2' and '+ 2' are again corrections for the thickness of the rowlock's working face.

The value of the gearing required will depend on the type of oar, the strength of the sculler and the type of boat – generally, the bigger the boat the heavier you can make the gearing. ⁽²⁾ My personal preference is for 2.16 for Concept 2 Smoothies used in a single, 2.18 in a double and 2.20 in a quad. This though is something the sculler and coach need to decide upon between them. In a crew boat, by the way, there is no need for all members to be geared the same; the stronger members should be more heavily geared than the weaker ones.

A bit of elementary algebra gets us from our choice of inboard and gearing to the overall length of the oar using

$$\text{Overall length} = (\text{gearing} + 1) \times (\text{inboard} + 2)$$

So, now you have it all – in theory. What you need to do now is test your settings out in practice and modify them in the light of experience – ie set up a manual feedback loop.

And Finally – The Spreadsheet

As was mentioned earlier, a spreadsheet is an excellent tool for handling the calculations. I have set one up already. It is available for readers who contact me on tom.hewitt@physics.org.

The spreadsheet is set up to calculate settings for single, double and quad sculls. The expectation is that the calculation is being done for the same sculler who will be using span settings in the various boats sensibly preset by club policy, though this need not be so. It doesn't take much expertise with spreadsheets to modify it to allow calculations to be done for each member of a double or quad, or to tailor a privately owned boat to the specific sculler(s) using it.

Do remember though that the calculations give **starting** values for oar dimensions and span. Fine tuning manually to optimise performance may still be necessary.

These ideas have all been tested out and shown to work.

Happy sculling.

References

- (1) 'Sculling for Rowing' by Richard Burnell
- (2) 'Basic Rigging Principles' by Terry O'Neill

Scottish Rowing Performance Update - from Lee Boucher

The long term athlete pathway is a model often discussed within most National Governing Bodies. Ultimately, Scotland would like to develop athletes from their entry into the sport in their early teens right the way through to Olympic success. History suggests that this ideal model can produce champions but opportunities are also there for talented athletes to join the pathway at a later stage and make an impact. Whilst the good work currently going on in a number of our junior clubs needs to be replicated across the country, our University clubs which are currently under resourced need to be capable of supporting the aspirations of our top junior athletes coming through as well as identifying and developing their own talent.

In this update, I am delighted to continue to report on strong Scottish performances at all levels and give details on some of the developments currently ongoing to strengthen our pathway.

GB Junior Update

Following the cancellation of the Early Identification Trial in November due to the weather, a healthy contingent of Scottish athletes made the long journey south in February for the Long Distance Assessment at Boston in Lincolnshire. With one opportunity to impress out the window, the athletes knew that they had to deliver strong performances over the weekend in order to get noticed by the GB Rowing Team coaches.

On the Saturday, in a strong field of 58 male scullers, Scotland proudly boasted 3 athletes in the top 15, with Clydesdale Amateur Rowing Club's Kieran Brown finishing in an impressive 3rd place in his first season trialling. Kirstin Allan, also of

Clydesdale, was the top Scottish female sculler, finishing in 26th position.

Scotland's top juniors continued to flourish on Sunday, despite the overnight snowfall which brought about sub zero temperatures. George Watson's College pupil, Callum McBrierty, rowing with Eton College's Caspar Jopling, stormed the 5000 metre course to finish in 2nd place in the coxless pair. Brown, rowing with Glasgow Schools' Gavin Murty, continued his good form with a 5th place finish in double sculls event.

Based on a combination of the results from Boston, combined with ergometer scores from the monthly assessments, seven Scots were invited to the Junior Spring Assessment, which took place in Nottingham last month. The triallists will now be looking ahead to the next stage of the selection process, when they travel to Dorney for the Small Boats Trial at the end of April. Keep an eye on the Scottish Rowing Newsletter for details on their progress.

**** LATEST NEWS ** - McBrierty Selected For Munich**

George Watson's College pupil Callum McBrierty has been selected in the British squad which is set to compete at the Munich Junior International Regatta on the 8/9 May. The 17-year-old, supported by Scottish Rowing and the East of Scotland Institute of Sport, has enjoyed an excellent start to the season with impressive performances both on the water and on the ergometer. The regatta, at which Callum is likely to compete in the coxless four and eight, is used by the GB Rowing Team coaches to establish early season boat speed relative to other leading nations, with a view to putting together crews for the Junior World Championships.

GB Senior / Under 23 Update

One of the most encouraging aspects of the 2009/10 season has been the emergence of a number of home based athletes taking part in the GB Rowing Team Senior Assessments. In recent years, athletes wishing to make the mark at the top of the sport have been forced to relocate to England. With exceptions such as Glasgow Rowing Club's Lindsay Dick (2006 World Bronze medallist – Lightweight Women's Quad Scull), few Scots have been able to break through due to a combination of cost, time spent travelling south to a variety of trials, camps, etc. For this reason, Scottish Rowing remains committed to supporting our best athletes locally to ensure that they have everything that they need in their home training environment in order to succeed.

Scotland's most successful rowing export, Katherine Grainger, continues to set the pace throughout the trialling process, easing to victory at the Dorney trials in February, before taking her ninth career title in Belgium at the Hazewinkel assessment.

Lightweight athletes, Imogen Walsh (Clyde Amateur Rowing Club), Kelly Limond (Strathclyde Park Rowing Club), Sam Scrimgeour and Iain Docwra (both Glasgow Rowing Club) emerged with gutsy performances in Dorney to secure invites to Hazewinkel. In Belgium, Walsh and Limond both fought their way through to the A finals finishing in 4th and 5th place respectively in a strong field featuring current GB internationalists. They will both now get an opportunity to join up with the lightweight squad training sessions, as Chief Coach Paul Thompson looks to select his crews for the upcoming World Cup series and ultimately the World Championships in New Zealand in November. Scrimgeour made the trip to Belgium but unfortunately had to withdraw through illness, whilst Docwra was 4th in the C finals.

Like Scrimgeour and Docwra, Edinburgh University's Polly Swann and Clydesdale's Karen Bennett are both eligible for Under 23 teams in 2010. Both Swann and Bennett were paired up with athletes from outside Scotland for their trip to the Bloso Centre in Hazewinkel. In the women's coxless pairs event, Swann, who trains out of Glasgow Rowing Club, finished 2nd in the B final whilst GB Rowing Start athlete Bennett came home 4th.

The Scottish contingent in Hazewinkel also contained a number of athletes currently based in England, who earned their places in Belgium through strong performances in the winter assessments. Andy Holmes (ex George Watson's College / Castle Semple RC) and Alan Sinclair (ex Inverness RC / Aberdeen University / Aberdeen BC) both raced in the C final of the men's coxless pairs, which Holmes won from Sinclair. Jonathan Rankin (also ex George Watson's) rowing for Imperial College London raced in the D final. Edinburgh's Lindsey Maguire, competing for Wallingford, finished 3rd in the A final.

Junior Development Camp

The Scottish Rowing Junior Development Camp in January was fully subscribed with over 30 athletes representing clubs across Scotland. Despite the 'big freeze' putting a stop to any water based activities, camp co-coordinator Jonny Logan managed to put the young athletes through a comprehensive weekend of practical sessions and technical theory utilizing the excellent facilities at the Scottish Rowing Centre at Strathclyde Park. We were extremely grateful for the guest coaching provided by Richard Boulton (High Performance Coach - GB Rowing), Mike

Martin, John Gill, Nigel Muir and Olivier Laplanche. It is Scottish Rowing's intention to continue with this event in January 2011.

University Performance Development

In order to establish the role that University Rowing currently plays in the long term athlete pathway, it is first useful to look at the background and the successes to date.

At the Beijing Olympics, British Rowing's most successful games since 1908, twenty University students and alumni brought home five of the six Olympic medals. Over 90% of the GB Rowing Team in Beijing came through the University rowing system and interestingly six of the Olympic medallists first took up the sport whilst at University.

Over the past 10 years, there has been a professionalism of the University Rowing Programmes in England, which was previously restricted to Oxford and Cambridge. Full time Directors of Rowing are now in place in a number of English Universities, which has led to improved British results particularly at World Under 23 level. At the 2009 World Under 23 Championships the GB Team was made up of twenty one student athletes, eleven of whom came home with medals. Interestingly, **ALL** twenty one of these student athletes came from only six University programmes, **ALL** of whom have full-time professional coaches. No athletes representing Scottish Universities made the team. No full time rowing staff are currently in place in Scotland.

Universities are a perfect home for high performance programmes. Athletes tend to have a certain degree of time on their hands. Strong sports facilities are usually already in place. Access to sports science, medicine, physiotherapy and strength

and conditioning is freely available. All that is needed is someone to put each of the pieces of the jigsaw together.

Scottish Rowing, in partnership with Scottish University Sport, has initiated conversations with a number of Universities interested in professional rowing staffing. University Boat Club representatives interested in discussing this further, are welcome to get in touch with me:- Lee Boucher, Scottish Rowing High Performance Co-ordinator (lee.boucher@scottish-rowing.org.uk).

Gallery



The Icebound Caledonian Canal in January 2010



Glasgow RC winning Mens Open Eights at the Western Eights Head



Ready for action at Scottish Indoor Championships



Glasgow RC and Clydesdale ARC contest Womens Open Eights at Clydesdale Fours & Eights Head



No 173, white cap– Imogen Walsh (Clyde RC) pushing through on way to win B Final of Womens Lightweight 1X at February GB Trials at Dorney Lake



Glasgow/Castle Semple composites battle it out at Clydesdale Fours & Eights Head



Kelly Limond (Strathclyde Park RC) on way to second place in A Final of Womens Lightweight 1X at February GB Trials at Dorney Lake



Happy Board Member Tom Hewitt after his first 1X outing of 2010 on Strathclyde Park following the last ice melt in early March

Talking a load of balls (Bow Balls that is.....)

If you managed to read all of the article written by Stuart Pressage on the subject of bow balls, in the last Scottish Rowing Newsletter, WELL DONE!! While Stuart obviously started with the best of intentions, his 7 page essay stumped many mere mortals who gave up before getting to the end. However, as I did struggle manfully to the end I would like to offer an umpire's perspective on Stuart's perceived problem with Article C2....In my view, there isn't a problem. The only problem I see is a lack of common sense.

Why did the clause get changed in the first place? The proposal from the RCC came as a result of FISA amending it's rules last year to the following-

*FISA Bye-Law to Rule 33 - Boats and Equipment
Bow Balls - The bows of all boats shall be fitted with a solid white ball shape, minimum diameter 4 cm. If this is an external part it shall be firmly affixed to the bow of the boat such that it does not significantly deflect if a side force is applied. If it is an integral part of the hull construction, it shall afford equivalent protection and visibility.*

Both the RCC and the Umpires Commission debated whether we should propose a change to our rules and, if we did, whether to adopt the FISA wording exactly or rewrite our rule. Both Commissions felt the following change was appropriate and thus was put to the AGM-

SCOTTISH ROWING Article C2: Every boat shall carry securely affixed to the bow a solid ball of rubber or material of similar consistency, white in colour, with a diameter of not less than 4 centimetres, and incapable of being significantly deflected in any direction. This protection may also be afforded by a specially shaped bow of suitable material. This requirement shall also apply during practice.

So we followed the lead set by FISA and not the ARA / British Rowing as was suggested by Stuart, "again Scottish Rowing (SR) appear to be adopting the wording emanating from London". That was a fairly unjust dig considering the current rules down south are as follows-

*BRITISH ROWING 2-3-8 Equipment Check
b. The bows of racing boats shall be properly protected. A solid ball, of not less than 4 cm diameter, made of rubber or material of similar resilience, must be firmly attached to the bows. Where the construction of the boat, or its composition, is such that the bow*

is properly protected or its shape does not present a hazard in the event of a collision, this requirement need not apply. It is recommended that the bow ball be white as, in most circumstances, this is the most satisfactory colour with regard to judging the finish of a race.

As can be seen, Scottish rowing has used the words "significant" and "deflected" to fall in line with FISA not BR. In fact, our colleagues down south were considering a similar change to ours and are continuing to review their rules on bow balls. I'm sure they'll be interested in seeing how our change goes. And so I come to my main argument to support the recent change..... if FISA see no need for bow balls to be tested using "a force applied... in kilograms and the distance deflected in millimetres" then neither should we!! FISA have a lot more time, money, resources and lawyers to look at the subject of safety than Scottish Rowing. Their view, which is also the view of the Scottish umpires attending our annual training day, is that an umpire determines if a bow ball can be significantly deflected by using their hand. Yes, the "fair tweak" that Stuart describes is still valid and this is where common sense prevails, the same as when umpires check heel restraints and hatch covers.

In February, the Umpires Commission sent the following guidance to all umpires and clubs-

BOW BALLS Clause C2 of the Rules of Racing now states that a bow ball should be incapable of significant deflection in any direction. FISA have adopted the same wording.

Interpretation of this clause by umpires to be that if the bow ball, is loose, perished, split, or can be bent in any direction such that the point of the bow can be felt/seen (either through the side wall of the bow ball or completely visible) then the umpire should consider the bow not to be properly protected. Effectively this

means that if the bow ball is 4 cm in diameter, then deflection should not be much more than 2 cm. We should however resist the temptation of specifying actual dimensions. Umpires will also check that the bow ball fixing does not cause a hazard either.

Hopefully this will clear up the matter for everyone.

Gary Bain (Umpire and occasional ball tweaker)

Postscript

That's it for Issue No 5 of the Scottish Rowing Newsletter. I hope that you have found it interesting and obtained something useful within the contents.

If you have been a contributor this time, very many thanks for your submission. If your club has been unable to submit a contribution this time, please chase up your secretary or Club Scribe to consider submitting an article for the next issue and let's get more club news to let us know what's happening on your patch.

Also, sensible requests for information on any specific rowing topic would be appreciated.

Just email me at roy.sinclair8@btinternet.com and I'll do what I can to oblige.

With best wishes to you all for a successful 2010 both on and off the water.

Deadline for submissions for the Issue No 6 is Monday 9th August 2010

Forthcoming regattas and events

April 17th	Glasgow RC Spring Regatta
April 24/25th	Strathclyde Park Regatta & Scottish Universities Championships
May 8th	Clydesdale Regatta
May 15th/16th	Aberdeen Regatta
May 22nd	Castle Semple Regatta
June 12th/13th	Scottish Championships & Scottish Schools Championships
June 18th – 20th	Henley Women's Regatta
June 26th	Nithsdale Regatta
June 30th – July 4th	Henley Royal Regatta
July 16th – 18th	National Championships – Strathclyde Park
July 24th	Home Countries International – Cork
July 31st – Aug 1st	Commonwealth Championships - Canada

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