



*The successful Glasgow RC Womens Intermediate 3 Eight brave blizzard conditions of the River Tyne in Newcastle at the end of November in the Rutherford Head – picture from Idse Herrema*

## **Introduction**

Winter weather has come early this year and although we've had a busy autumn with significant success for Scots athletes as part of the GB team at the World Champs in New Zealand, the onset of cold weather has unfortunately interrupted our Head Racing season with one or two noteworthy exceptions.

Nevertheless, it's been a particularly busy time for us all since August with lots of success at home and abroad as you will be able to read about within the content of this, the seventh issue of the Scottish Rowing Newsletter.

Contents of this issue are as follows:-

1. Editorial
2. Executive Report
3. Club News
4. Regattas
5. Features
6. Forthcoming regattas

## Editorial

Lots of action since August with a smaller Scottish contingent which achieved success at the World Masters Regatta in Canada followed by Scots success with the GB team at the World Championships at Lake Karapiro in New Zealand. See also reports from Peter Morrison and Lee Boucher elsewhere in this issue and the various features and regatta reports also included within this issue.

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.

## 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.

Two new appointments have recently been announced which will enhance and support our sport in Scotland.

Congratulations and welcome to Amanda Cobb who took up her appointment as Scottish Rowing Development Manager in November and to Canadian coach Sean Leyland who has been appointed to the two part-time posts of Head of Performance Rowing at the University of Edinburgh and Performance Development Coach for Scottish Rowing.

## Club Conference & Annual Awards Dinner - 15th Jan 2011

Scottish Rowing will be having a Club Conference on the afternoon of the 15th January at Dunblane Hydro, near Stirling prior to the Awards Dinner in the evening. This is an important afternoon based around 'Developing our Sport' and will give you an opportunity to provide the Board with some feedback which can then be incorporated into next year's planned work.

The agenda for the conference is due to be issued shortly and space is available for each club to send 2 representatives. The Annual Awards Dinner will be held in the evening following the conference and tickets will cost £35 and a preferential room rate is being negotiated with Dunblane Hydro for anyone who wishes to stay over. Any nominations for this year's awards should have been submitted to Jo Ramsay by 6<sup>th</sup> December.

## The Governance Page – By Tom Hewitt, Board Member with responsibility for Governance

Were you aware that there is such a thing on the Scottish Rowing web site?

You get there from the News Page. The link is over on the right hand side.

If you go there you'll find some exciting material – and a whole lot more, I have to admit, that isn't I'm afraid. Not exciting maybe, but pretty important really. Especially the downloads.

The page divides into 5 sections.

## 1. Corporate Governance

This is concerned with the running of Scottish Rowing. You'll find there our constitutional documents and other overarching policies.

## 2. Child Protection

The latest news is there along with links and downloads to help clubs managed their child protection matters.

## 3. Equity

Equity in sport is about making things fair, avoiding discrimination and removing "barriers" to participation, especially for "minority" groups.

An important "minority" group in our sport are the **veterans** – I know there seem to be hundreds of us who just get in the way. Well that's just tough. There aren't really. It's just that the vets do so much to keep the sport going that there seem to be more of us than there are of you – and you can't do without us! For some of the vets the annual **FISA World Masters Regatta** is the highlight of the year. Because our numbers are small and we face some geographical challenges in crew formation it's important that we co-ordinate. This Equity section of the page therefore is where vets will find information about the Masters.

## 4. Rules of Racing

Most of us think we know what they are and are often mistaken. News of changes can be found here and the full document for

download. Please direct any queries to a friendly local umpire or to Sandy Walker, Convener of the Racing Control Committee.

## 5. Safety

Both personal safety and equipment safety – especially in terms of transporting equipment safely and legally – are covered here.

## 6. Other Policies

Downloads of a variety of other bits and pieces.

[A Matter of Self Preservation - By Tom Hewitt, Board Member with responsibility for Safety](#)

If you drive a car whilst using a mobile phone without a hands-free kit you will be liable for prosecution. The distraction makes you a danger to yourself and to others on the road.

If you have a driving accident whilst conducting a phone call using a hands-free set you may also be prosecuted for "driving without due care and attention."

Driving wearing headphones or earphones is recognised as not being too clever. The music is distracting and deprives you of the audible input from your environment. Again, an accident will render you liable for prosecution.

Using phones whilst cycling is widely recognised as dangerous. You need to be able to hear what's going on around you – especially what's coming up behind you.

Joggers have had similar problems.

## Club News

### Strathclyde Park RC – from Ailie Ord

So why do some folks think it's ok to go rowing wearing headphones or earphones – with MP3 player or other device attached? Just like when you are cycling, when you are rowing you need to be able to hear what's going on around you. You need to be able to hear your cox's commands and comments – without the cox box being turned up so loud that everyone for half a mile around can hear. In a coxless boat you need to be able to hear your steersman's calls for assistance. You need to be able to hear your coach. In all boats you need to be able to hear warning shouts coming from other water users – or even from the public.

About 20 years ago equipment came on the market to provide a short range radio link between coach (usually on a bike on the bank) and the crew on the water – wearing headphones. It seemed like a great idea and was widely taken up. Until the crashes started to happen. And people were injured – some seriously. What had gone wrong? Coaches started to babble away nineteen to the dozen – because they could. Crews became far too distracted trying to listen to them and lost focus on their steering. The headphones stopped them hearing the warning shouts from oncoming boats. Result ... This kit is now banned.

Please, let's learn from the past and from parallel experience and keep the MP3s for relieving the tedium of steady-state ergo work. Leave them behind (in a safe place, of course) when you go on the water. Before someone gets hurt.

Strathclyde Park Rowing Club is flourishing at the moment. Having gone through a period of change during the last couple of years there has been an increase in our membership numbers again.

We have been very fortunate to gain the services of Jeff Roche, courtesy of Henley Stewards' Charitable Trust, who is coaching the junior section for 6 hours a week. This has been a fantastic help to the previously, somewhat over-stretched, small, junior coaching team and our youngsters are all responding to him very well.

At the time of writing the loch is frozen and we really hope that we are not in for another long period of waterless training like last year. We are, of course, very lucky to have access to the rowing tank to work on technique in the meantime.

Through our adult beginners' courses we also have had an increase in our senior ranks, ably supported by our existing members who all take part in the development programme.

We celebrated 10 years of the club's existence by holding a party recently. This was a very happy occasion enjoyed by about 70 people who had in some way been connected or involved with the club over its life. Although late to arrive, the hog roast was a great success and all there enjoyed the evening tremendously.

Many of our members were on the banks to cheer on our British National Championships medallists. Gillian Connal won gold in the Lightweight Pairs event with Alex Gemie from Aberdeen, Kelly Limond won gold in the Lightweight Singles and Natalie

Irvine won silver in the Junior Pairs event with Becky McGready from George Heriots School. We are very proud of them all!

Gillian and Natalie were selected for the Scottish Home International team which travelled to Cork and Kelly went on to represent Scotland at the Commonwealth Regatta in Canada, winning 2 bronze medals and 1 gold in the mixed eight.

With the head season now underway SPRC has sent crews to the Clydesdale, Inverness and Clyde long distance races and has had some wins across many categories. The next major outing for the juniors will be the indoor championships in January – watch this space!!



*Kelly Limond at the Commonwealth regatta in Canada*

## **Clydesdale ARC – from Karen Barton**

Clydesdale has reason to celebrate the party season early with a number of members recently being recognized for their achievements both on and off the water.

At the Sports Council for Glasgow Annual Awards Night, held on 15 November 2010, Clydesdale celebrated the successes of three award winning members.

Promising junior athlete Gavin Murty won the ‘Outstanding Individual Achievement – International Junior’ award. Gavin’s dedication to the sport resulted in a successful 2010 season both within the UK and Europe, including being selected as a member of GB crews who won gold and bronze at Coupe de la Jeunesse in Junior Quads. Chris Phillips was runner up and ‘Highly Commended’ in the ‘Coach of the Year’ category for his success in coaching Clydesdale’s junior men’s squad, which includes Gavin, in achieving excellent performances across the squad including wins at National Schools and the National Championships of Great Britain. Clubmaster Gordon Simpson was also ‘Highly Commended’ in the ‘Services to Sport’ category in recognition of Gordon’s long association with both Clydesdale and Glasgow Schools Rowing Club and his tireless efforts in keeping both clubs in running order.

The club is also celebrating the recent announcement of Tom McGuinness being awarded the Scottish region of the BBC’s Sports Personality of the Year Unsung Hero Award 2010. This is a significant achievement and worthy recognition of Tom’s contribution to Scottish rowing and to Clydesdale. Since joining in 2002 as a novice rower, Tom has become a key member of the club as a coach and committee member. He follows in the

footsteps of Gordon Simpson, who won this major accolade some years ago. Tom will join other regional winners at the 2010 Sports Personality of the Year event in Birmingham on 19 December, where an overall winner will be announced. Speaking about the club's recent award winners, new club president Karen Barton said that recognition of these members was a great way to start the 2011 season, "While I know Gavin, Chris, Gordon and Tom would be the first to say their awards were due to a team effort I am delighted that these four Clydesdale members have been singled out and recognised in this way by the wider sporting community. It's not often that we have such a wide range of winners in all areas of achievement from performance, to coaching to volunteering and it's a reflection of these individuals' talents and commitment to the sport of rowing that they have done so well. Tom's award is especially noteworthy and is due recognition of the many hours he spends coaching the Club's novices and juniors as well as carrying out many of the unseen and thankless tasks that need to be done behind the scenes to keep the Club running. I'm sure the whole of Scottish Rowing will join us in wishing him every success at the final event in Birmingham."



*Chris, Gavin and Gordon with their awards*



*Tom McGuinness with BBC's John Beattie after being awarded the Scottish region of the BBC's Sports Personality of the Year Unsung Hero Award 2010.*

## Regattas

### Hawco Inverness Sprint Regatta

A good entry was received for the HAWCO SPRINT 2010 when just under 50 races were contested by a fine representation of clubs from throughout Scotland and Bradford whose members all achieved success in the variety of events offered. Senior, veteran and particularly junior members excelled in the excellent racing conditions on Saturday 14th August on the Caledonian Canal in Inverness.

## **Boston Marathon**

A good number of Scots crews took part in this year's marathon which took place in mid September over the 31 mile course from Lincoln to Boston. Success was achieved with determined performances by many club crews with the Scots honours being shared out between crews representing George Watsons College BC, Nithsdale ARC, Castle Semple RC and Loch Lomond RC. Congratulation to all winning crews, some of whom set new records, to those other Scots who also completed, not forgetting their committed support teams and coaches.

## **World Masters Regatta – by Ailie Ord**

This year's World Masters Regatta took us across the Atlantic to Canada. It was always going to be an expensive trip – most Masters Regattas are – but this one was particularly memorable for the wrong reason really.

Few Scots travelled this year – there is so much more to organise when you can't get your own boats to the regatta. The Aberdonians did it in great style though – they rented an amazing property close to the regatta course, giving them home comforts, a barbeque and plenty of scope to host the odd party!! Thank you guys, we really enjoyed our evening with you! In contrast our expensive motel was dingy, not particularly clean, had lovely views onto the freeway, poor breakfast choices (the waffle iron was good, but even I got tired of them after a week) and you had to drive to get anywhere (apart from the eatery next door, whose staffs' congeniality drove us to distraction...!)

The venue was St Catharines, a town near to the famous Niagara Falls and pretty much on the banks of Lake Ontario. On arrival at the course (not on Lake Ontario) we were somewhat dismayed to see banana shaped lanes, white topped waves and a very obvious flow of water which was distorting the lane buoys. We were assured that the weir gates would be closed during race days and sure enough they were, leading to only a small advantage on one side of the course in the first 500 which moved to the other for the final 500m. The lanes at least on race days were straight again! The white tipped waves however stayed with us for most of the week leading up to the regatta and during it. The Scottish females who were Hazel Smith from Inverness, Eva Rankine from Loch Lomond and myself from Strathclyde Park joined in a pool of southern based athletes with whom we have rowed composite crews before on many World Masters occasions. Much thought and organisation had gone into entering crews trying to use age and experience to the best advantage. The downside was of course that on the few days leading up to the regatta there was the logistical nightmare of arranging at least one practice outing in the racing crews when people were flying in on different days, staying in different locations and sharing boats!

On the boat front one of our colleagues had struck a deal with Hudson and we had a very lovely eight and coxless four/quad at our disposal from when we arrived. The eight was to be used for B, C, D, E and F and mixed D, with the quad/4- having a similar usage which worked out at £35 per seat per race. All very well until the regatta is cancelled early on the Saturday morning eliminating you from 3 of your races, which were to be in these boats....

We also had the use of some Wintech boats which had also been arranged privately. And then there was the business of trying to find sculling blades which suited – but that’s another story....

We had hired cars at Toronto and had 3 at our disposal between the group of 11 staying at the same motel. Hazel and I were sharing with Ali – we had all arrived at the same time and although I had got a really good deal using airmiles we fell foul of the “extra driver” charges. Although we had asked the cost at the time of picking up the car– each and everyone of us had understood that \$10 each was for the week and not per day so we happily included all of us to spread the chore. The “per day” bit only came to light on return of the car – one day early but no refund offered – when my credit card was charged a lot more than expected. No amount of reasoning/arguing with the hire company did any good and the sting in the tale to that one was a bill that came in a few days ago for inadvertently wandering on to a toll road as we tried to negotiate away from the airport heading for Niagara. The toll was \$10 – not too bad until the hire company added its admin fee of a further \$15 plus the inevitable, but “never mentioned on the price tags” taxes.

As always though we had great fun in each other’s company, had some excellent practice outings, found time to visit Niagara Falls in the blistering hot sunshine plus a bit of sight seeing around the area.

Racing conditions were challenging as there was always a wind, and although it was largely a tail wind there was a fair bit of “cross” element in it making it quite like days at Strathclyde Park and tricky to row! The majority of the competitors came from North America and the standard was very varied. On the whole you would find yourself in a heat where you were the only

European crew. The entry statistics showed a massive entry with many more women competing than normal. The boat park was amazing as was the size of many of the trailers – eights were mostly transported in one piece! The trailers towed by large trucks were definitely not designed for our road system!

Racing started on Thursday afternoon and Hazel and I started our campaign in the D coxed four. We had a very close scrap for the line with two other boats but early regatta nerves had got to us a bit and we certainly didn’t row as well as we could. We redeemed ourselves later in the afternoon in the B eight – where the Hudson won the first of its 100% medal haul. On Friday we had an early race with the C8. This flew all the way down the course from start to finish giving us a satisfying win. Later on as the water got more lively I was joined by Eva, Joy and Ali in the D4x. We were on the start getting aligned when a deluge started and next thing there was a clap of thunder and the instruction to clear the lake!!! Not quite believing this could be happening we raced to the pontoon and got our boat on trestles in the shelter of one of the enormous boat bays. We then had to wait for an hour for the storm to pass before returning to the start. By this time we were quite chilly and probably not quite so fired up for the race. Despite that we had a pretty good race, finishing with two other boats in a blanket finish, but not quite having our bow ball in front. Eva also bravely raced in her single in very difficult conditions and at one point we thought she was going to win, but unfortunately that was not to be.

Spectator-wise, it was rather an odd regatta. The boat racking and launching pontoons were in the vicinity of the first 500m of the race course. Therefore you could not see what was happening at the finish. There was a grandstand there, but to get to it meant a significant trip by car! The result of that was that

there was very little “atmosphere” at the regatta, you didn’t know who had won the races and as a racer, there was little cheering or support in that final 250m! There was little commentary, that was audible, to enlighten spectators of what was going on. They had even pitched the huge marquee quite a distance from the water’s edge which meant anyone relaxing with a beer couldn’t really see what was going on. It looked as if there was a lot of wasted space closer to the action which, had it been used, would have been better siting for the marquee.

Saturday dawned with stronger winds and Eva and I had an early race in our D2x. Our Vespoli boat was finally adjusted to how we wanted it and we were really enjoying it. We set off well, taking advantage of the slightly more sheltered side in the early stages of the race, and were in the lead until we hit some more serious waves at the finish end which upset our rhythm. We then had to wait for 5 minutes for the result of the photo finish which sadly was not in our favour – the verdict 0.03sec!!

I had another 3 races to go as conditions worsened. We had boated our coxed 4 but the waves and wind were making marshalling difficult. Our own boat was fine – we were well able to cope and looking forward to racing, but as the time slipped on well past when we should have raced with still 4 or 5 races in front of us, scullers were capsizing left right and centre. I think the final straw came when a coxed four managed to get blown onto a structure and also capsized. The next thing we heard was for all crews to clear the water – again! We had our own personal race and got to the pontoon very quickly before gloom set in. I think we all knew that racing was unlikely to continue but they kept us hanging about for quite a while with further updates promised at various times. When the final announcement came along with the statement of “No Refunds” it was a race to a nice

warm drinking establishment where we commiserated with each other over what could have been!!! A few hours later, and with no sign of any abatement in the weather, we bought our cheapest tickets of the whole trip (5 cents) and had a ride on the Carousel. What a hoot! Then the Scots girls led the surfing party into a very wild Lake Ontario joined by the hardier of the London and Zagreb contingent. We had a very entertaining quarter of an hour or so playing in the waves and surf before heading back to the motel to heat up and get ready for the evening.

As the Canadians had decided to keep the official party to small numbers, and there were no tickets available on our arrival earlier in the week, we had organised to go out for a nice dinner. And nice it was with the food beautifully presented but it was very, very expensive.....by the time they had added in the wine (not much really as we were all athletes after all) and the taxes and the service charge.....Too much!

Sunday brought the mixed races and Hazel, Hilary, Joy and myself were joining up with Croatians, Darko and Vlado plus two others. The Croatians found us a couple of Americans with whom they had previously rowed and, despite the pressure, they helped us keep up our winning streak in the Mixed D eights. There was great delight and relief as we crossed the finish line after what was probably the most physically painful race of the regatta!! A few more beers then the farewells started as some of the party headed back for Toronto that afternoon.

The last race of the regatta was as always, the sprint race between the Regatta Organisers, FISA Officials, FISA Umpires and Regatta Volunteers. This was to be Peter Morrison’s last task at the regatta as retiring chairman of the FISA Masters Commission. As some of the FISA people had early flights, a

number of Scots were drafted into Peter's boat including myself, Ron Wallace and Carol Wallace. Aply coxed by Debbie (who had been our coxswain throughout the regatta) our boat anticipated the start nicely and quickly settled at a rate of 42!! Possibly a bit uncomfortable and definitely a shock to many systems in the boat we held our form long enough, just, to reach the hidden finish line first – thankfully it was a mere 500m!! So Peter, after many years at the helm of the FISA World Masters Regattas won his first medal for crossing the line first! What an exit and happy retirement Peter!!

Our Canadian trip was rounded off on the Monday with a little shopping trip, a very lovely lunch at a local winery – nice wine too - then a somewhat hectic drive back to Toronto.

Poznan next year – the preparation has already begun! Better start saving too...!!



*Composite Womens D8+ - Hazel Smith & Ailie Ord in shot*



*Womens D2X – Eva Rankin & Alie Ord in foreground*



*Mixed Eight Medallists*

## **Aberdeen Sprint Regatta**

The Aberdeen Sprint was held on the River Dee on Saturday 11<sup>th</sup> September in calm, almost windless conditions with the bulk of entries coming from Aberdeen based clubs together with a representation from other north clubs, all clubs achieving a proportional share of wins that day

## **Clydesdale Scullers Head**

A successful Clydesdale Scullers Head was blessed with favourable weather conditions and a good entry from competing clubs. In Division 1 for single scullers, Jonny Logan (Glasgow RC) was quickest down the 4km course in a time of 14 minutes 25 seconds whilst Claire McKeown (Clydesdale ARC) won the womens open event in a time of 16 minutes 18 seconds. Fastest of the junior men was Kieran Brown (Clydesdale ARC) in 14 minutes 15 seconds whilst Emma McDonald (Castle Semple RC) was quickest junior woman in 16 minutes 54 seconds

In Division 2 for double sculls, the Clydesdale ARC combination of Kieran Brown and Gavin Murty claimed top spot with a time of 13 minutes 58 seconds with the womens open event going to the Aberdeen BC/Strathclyde Park RC composite crew of Alex Gemie and Gillian Connal in a time of 15 minutes 42 seconds. The Leask brothers (Clydesdale ARC) recorded the fastest junior mens time of 14 minutes 45 seconds whilst the Glasgow RC/Castle Semple RC composite crew of Kathleen Davison and Emma McDonald were the winners of the junior womens event in a time of 16 minutes 1 second.

## **Reflections on a lake - from Lake Karapiro, New Zealand 2010 - by Peter & Frances Morrison**

Arriving in New Zealand for the 2010 World Rowing Championships was special. On leaving the plane's front door the Qantas purser asked - "Peter and Frances?", then introduced us to a uniformed Customs Officer. Mega-criminals or honoured visitors? He escorted us politely but firmly past all queues and immigration desks into a waiting area, took our passports and shortly re-appeared with suitable stamps for entry into New Zealand and a wonderful 2010 World Rowing Championships stamp on the same page. He asked if we had been to New Zealand before and when we said 10 years ago, he offered that nothing had changed. His welcoming but searching questions revealed we had no food except some mints. He told us that lots of people said this but that the sniffer dogs often found otherwise – so were we quite sure? Oh, Yes.

You may recall the old racial stereotype regarding different interpretations of our rules of racing: Americans believe that everything is permitted except that which is specifically prohibited; Germans believe everything is prohibited except that which is specifically permitted; Russians believe everything is prohibited including that which is permitted; and Italians think everything is permitted especially that which is specifically prohibited. Not at all true of course, but the world has move on and the Customs Officer then told us that a team from one of the bigger countries which used to form the USSR had arrived earlier in the week with absolutely no food on them. The consequences of this not being entirely true were pointed out to them, but they remained adamant – no foodstuffs with them. The sniffer dogs found otherwise, the prohibited food was confiscated, and the miscreants were immediately also fined \$NZ400.

FISA competitors and officials were all being processed expeditiously into New Zealand as a practice for next year's Rugby World Cup, and for once it was wonderful to be admitted to a foreign country, and rushed through customs, so quickly. We couldn't help looking smug when less fortunate "ordinary" passengers eventually emerged into the public area.

The Novotel in Hamilton was home to FISA officials as well as the GBR and GER teams and was a great hive of activity. On the way to the course, the last house in Cambridge, where the long cycle path to the course started, was inhabited by GBR journalists including Mike Haggerty, Peter Spurrier (whose splendid photos "Rowing Action" sometimes used), Karon Phillips (also of New Wave), Chris Dodd (Guardian and R&R Museum) and Rachel Quarrell (The Rowing Service and The Rowing Voice). It seems that Rachel was the only one of this group who did cycle to/from the course.

When Strathclyde won its bid to host the 1996 World Rowing Championships our main competitor was NZL. Our budget was just over £1,000,000 and we made a small surplus for Scottish Rowing. Just 14 years later the budget for this year's WRC was £8,000,000 and a loss was predicted unless the spectator ticket sales increased dramatically. As one approaches the course by road the view is spectacular. The NZL High Performance Rowing Centre is at Karapiro as well, and all NZL rowers who have been in their country's squad have trained at this beautiful site. Significant preparations had been made for these Championships and a huge grandstand built of scaffolding and wood holding 9,996 persons (an insurance limitation) dominated the area. Also there was the Don Rowlands Rowing Centre, Don having been a very prominent NZL and FISA rowing figure for many years. He was also an engineer who became head of Fisher &

Paykel, if anyone has heard of their very high quality dishwashers. The entrance to the luxurious FISA Lounge was a zig-zag tunnel through "rainforest", with the sounds of exotic birds and cascading waterfalls.

Watching the rowing was great and generally the conditions were good. On the last Friday there was great debate over the fairness of the course, and FISA's Fairness Committee worked especially hard to assess conditions at every moment. They decided that no change to the lanes used or the allocation of faster/slower crews to specific lanes was required. Of course, on that day, everyone became an expert on the conditions and decided that they were fair/unfair. There was considerable debate at the end of that day with different expert opinions still holding opposing views. All this was unsettling and unresolved, and this is why, whenever possible, FISA will delay racing until conditions improve.

Watching excellent racing is very exciting, and however partisan one is, the realisation of a brilliant race strategy and performance is a joy to behold. The Adaptive LTMi4+ race with Kate Jones of Aberdeen Boat Club rowing for GBR was a very exciting one, and gaining a silver medal at this level is a superb achievement. I managed to have a few words with her a little after the race and she was justifiably rather pleased. Of course, seeing the splendid race with Katherine Grainger and Anna Watkins was a highlight. Her webmaster Mike Haggerty was particularly pleased. Katherine had travelled back to our hotel on the same bus as us a few days earlier and she was as charming, positive and entertaining as ever. Her gold medal here delighted everyone who has ever met her.

Around the grandstand was a temporary village where the Maoris and other New Zealanders had integrated lots of stalls. The

atmosphere was always terrific and the locals and other international visitors provided a lovely atmosphere. During the course of the week we made new friends, but also encountered many weel kent folk, like Alex Gemie and Dougie Taylor, currently resident in NZL, and Niall and Maureen Young (who always assist at Aberdeen events). Frances had to hang around waiting for Peter sometimes (it was a regatta after all, so she's used to this) and at one point saw someone who looked exactly like Kenny Munro, formerly of Clydesdale ARC. She rubbed her eyes, and dismissed the hallucination, but next day along came Kenny to speak to us. He too now lives in New Zealand, and was happy to be one of the volunteers, and looking after the Brazilian team. Peter Barton was also on-site but not encountered by us.

We did however spend a bit of time with Ron & Frances Paterson, Ron being a fellow Deeside Sculler as well as rather important in British Rowing. Talking of BR, while we were on holiday on New Zealand's South Island after the Championships, we met up with Tim Foster, and later bumped into Jane Beckett, whom many of you will remember as Secretary of the National Rowing Championships of Great Britain.

Peter retires from FISA at the end of 2010, and was presented with a special pewter Swiss wine decanter and a standing ovation at his last FISA Congress on the day after the last finals. Some people say that NZL is 50 years behind GBR – if this is true then NZL is all the better for it. The food is superb, the scenery magnificent, the people fascinating, helpful, welcoming and friendly, and the fact that there is almost no tipping really gladdened our Aberdonian hearts.

(See Peter's pictures in the gallery)

## **Morrison Construction Fours & Small Boats Heads**

An excellent entry of over 190 crews was received for the Morrison Construction Fours and Small Boats Heads which took place in sunny and calm weather conditions on Saturday and Sunday, 6th and 7th November on the the Caledonian Canal in Inverness over the 4500m course from Dochgarroch to the Inverness Rowing Club boathouse.

Much excellent racing was witnessed on both days of the competition with the host club winning both Men's & Women's Veteran Fours on the Saturday and the Women Junior 16 Double Sculls & Men's Veteran Single Scull on the Sunday.

On Saturday, the fastest Men's crew of the Day were the Clydesdale quadruple coxless scull stroked by Kieran Brown in a time of 16 minutes and 17 seconds. The fastest Women's crew was a composite crew from Strathclyde Park, Clydesdale and Aberdeen Boat Club stroked by Gillian Connal in a time of 18 minutes and 18 seconds.

In the Small Boats events on the Sunday, fastest crew of the day was the Herriot Watt University Boat Club double scull stroked by James Scott which recorded a fine time of 17 minutes and 4 seconds. The fastest Women's crew was Gillian Connal's double scull from Strathclyde Park Rowing Club in a time of 19 minutes and 29 seconds.



*Mens Open 4X - Glasgow RC leading Glasgow UBC - by Ron Wallace*



*Mens Open 4X winners - Clydesdale ARC*

## **Fullers Fours Head of the River**

Two Scots athletes featured in crews which won their event categories at the Fullers Head of the River Fours raced over the 4 ¼ mile championship course from Mortlake to Putney River Thames on Sunday 14th November.

Kelly Limond from Glasgow raced in the composite Strathclyde Park RC/Mortlake Anglia & Alpha BC crew which won the Womens Elite Lightweight quadruple sculls event in a time of 20

minutes 17.76 seconds whilst Alan Sinclair from Ross-shire stroked the winning Leander Club Mens Elite quadruple sculls crew to cross the finish line in a time of 18 minutes 20.88 seconds in 2nd place overall.

Fastest time of the day was posted by the Leander Club Mens Elite Lightweight quadruple sculls crew which finished in a time of 18 minutes 18.24 seconds to claim the Headship.

Amongst the 461 crews which took part in the event, the fours crews representing Edinburgh University Boat Club raced well with the mens crews finishing in positions 184 and 253, whilst the womens crews finished in positions 391 and 416.



*Womens Elite Lwt 4X winners - Strathclyde Park RC/Mortlake Anglia & Alpha BC*



*Mens Elite 4X winners – Leander Club*

### **Clyde Three Heads**

In clear, cold conditions with light overnight snow lying on the banks of the river, the Clyde Three Heads took place on Saturday 27<sup>th</sup> November over the 3km course with Division 1 eights and single sculls.

Glasgow University BC won the mens open eights in a time of 8 minutes 25 seconds whilst Edinburgh University BC recorded the fastest womens time of the day in 9 minutes 40 seconds. Fastest mens open sculler was Gavin Murty (Clydesdale ARC) in 9 minutes 53 seconds with Clydesdale's Lynsey Walker winning the womens open sculls in a time of 11 minutes 1 second.

Fours and double sculls were included in Division 2 where Edinburgh University BC were quickest in both mens and womens categories of coxed fours winning mens open coxed fours in 9 minutes 11 seconds and womens 1 coxed fours in 10 minutes 41 seconds. Clydesdale ARC were fastest in mens and womens double sculls in 9 minutes 13 seconds and 10 minutes 17 seconds respectively.

Quad sculls, coxless pairs and single sculls completed the day in Division 3 where the Clydesdale mens junior quad recorded the fastest time of the division in 8 minutes 43 seconds, whilst their mens junior coxless pair won their event in 10 minutes 31 seconds. Glasgow University's Clarke won mens R2 sculls in 10 minutes 41 seconds.

### **A successful trip to Rutherford Head – by Shona Dunn, Glasgow RC**

A wee trip down to Newcastle to race at the Rutherford Head of the River on Saturday 27<sup>th</sup> November turned out to be slightly more dramatic than initially anticipated...

After news reports and weather forecasts about 'The Big Freeze' hitting Britain, the girls at Glasgow Rowing Club decided to brave the elements and make our way down to Newcastle as planned.

So following boat loading on the Friday night, the majority of the squad headed down the road to a cosy little B&B covered with a blanket of snow. We thought this was extremely picturesque and wondered what all the fuss was about, tucking in to a pre-race supper. Although it was only an hour or so later, when making our way to our rooms, that we noticed that the heavens had opened and the snow was falling by the inch with no signs of stopping. However, at this stage, ready for bed, the panic didn't really set in that we would be a squad member down and a boatless if the roads were blocked over night...

We woke in the morning to be greeted by a sea of white – a good five or six inches of snow. Putting on just about every piece of clothing we had, we headed to the boathouse to be told that the race would still go ahead... but not without a boat! With many a phone call throughout the morning we were told that the roads were bad, but even taking it slow and steady, we were relieved to discover that there should be enough time to get down before our division.

As predicted the boat and the entourage were down in plenty of time, the boat was rigged and ready to go with enough time for a cup of tea to warm us up before the race. We thought the drama ended there but how wrong we were...

The first division was running half an hour late due to the hold up of crews in their attempts to travel in the treacherous conditions, but despite this, we were told to keep to boating times. Doing as instructed, the eight of us and our wrapped up cox kept on as many layers as possible and took to the water. We were the first crew on the water at 12.10pm but thought it wouldn't do us any harm to have a long warm up. And a long warm up it was! According to our supporters on the bank, crews continued to boat

for another hour and a half, with the last crew on the water at 1.40pm! So by 2pm when the race started we were so relieved to get moving!

Just about frozen to the spot, the umpires called for crews to strip down to racing kit, and as if on cue, with the word 'kit' it started to snow. We hoped it would be a short shower, but as we wound up to the start line, it began to get heavier. By the time we heard 'Glasgow Rowing Club... Go!' we were in a full blown blizzard! The rest was sort of a blur. Talk about a head wind, this was a head blizzard! I think I can speak for the whole crew when I say I have never felt so cold in all my life! My fingers felt they might snap off and I would guess that my lips were probably a nice shade of blue. The crew behind us seemed close but the determination of the crew kicked in and we started to pull away from them, and suddenly they were out of sight... however, I think this may have been due to not being able to see through the snow more than anything! As instructed I tried to keep my eyes on the crew member in front which was pretty challenging as her back was gradually becoming whiter and whiter; at one point I was completely unable to see the yellow and red of her one piece, and she started to resemble a snow(wo)man. The calls from Lorna in the cox seat were faint and stuttered, but I soon realised that if our backs were covered, the snow would be coming towards her and sure enough when seeing the photos, she looked as if she had a white blanket keeping her warm! After a gruelling 5k, the whistle blew for us to unwind, and low and behold, the snow stopped! And might I add didn't start again all day! Just our luck!

With dry clothes on, something warm to eat and drink inside us, the boat back on the trailer and a shiny new tankard in hand, we

headed back up the road to Glasgow after a dramatic but highly successful trip!

### **Other Scottish Crews at English Heads**

Heriot-Watt University also braved the winter weather to attend the Rutherford Head, hosted by Tyne RC in Newcastle. Despite the cold, racing conditions were excellent for most of the day, although a major downfall at the start of the 2nd division left many of the competitors racing with a heavy dusting of snow.

The journey however proved worthwhile, with the students winning both Men's and Women's IM3 4+ events.

Further south, Glasgow Academy's Ross Urquhart and Ronan Murphy came second in coxless pairs at the Hampton Small Boats Head out of 53 pairs and were the 12th fastest boat overall out of 639 pairs, doubles, coxed quads and sculls.

### **Scullers Head in London**

And on the River Thames in London at the end of November, Jonny Logan of Glasgow RC was 4th in Elite Lwt (27th overall) Sam Scimageour (ex Glasgow RC, now Imperial College) 24th overall, 3rd in Elite Lwt, and Ellie Dorman, ex Clydesdale ARC, won Womens Intermediate 2

## **Features**

### **Should rowers use nutrition supplements? – From Dr Charlie Simpson, Oxford Brookes University**

The issue of nutrition supplements is one of the most controversial, fascinating and complex areas of sports nutrition. A 2009 survey of top Australian athletes revealed that almost half had recently consumed either vitamin or mineral supplements and about a fifth had consumed either creatine, caffeine or protein mixes. Unsurprisingly, athletes who use supplements will claim real benefits to the practice, while others will be largely dismissive, often suggesting that nutrition supplements are just expensive placebo pills. Nevertheless, there are specific instances where supplements might be beneficial to athletes. For example, multivitamin supplement use by lightweight rowers during periods of active weight loss may help preserve health and rowing performance since sustained weight loss requires adherence to a low calorie diet. Prolonged periods of food restriction can reduce the intake of important micronutrients such as vitamin C, calcium and iron, each of which has important effects on the immune system and aerobic function. On the other hand, large increases in the amount of vitamins and minerals are unlikely to benefit health or rowing performance under normal circumstances. Furthermore, there are reasons to be cautious about the overconsumption of micronutrients including concerns that vitamins and minerals may reduce endurance performance by interfering with the chemical signals in muscles that are necessary to promote training adaptations. Fortunately, most rowers can avoid the complex issues that surround supplement use by simply paying better attention to standard dietary advice. Most rowers will improve health and rowing performance by working toward the following important dietary practices:

- Reduce daily consumption of foods high in fat and/or simple sugars (e.g. chocolate, soft drinks, fried foods, crisps, processed foods and take away meals etc...)
- Increase daily consumption of complex carbohydrates (e.g. fruit, vegetables, pasta, rice and even pizza if the toppings are sensible and not cheese drizzled etc....)

The importance of dietary changes such as these are all too often downplayed by athletes, not necessarily because they are disbelieved, but because they are actually really hard changes to make. Rather than admit to a basic lack of self-control over their personal eating habits, many rowers brag about how they can eat whatever they like and still pull a great erg score. It is almost as if these rowers would need to experience the effects of poor food choices as immediately and severely as they would from drinking a pint of bleach in order to be convinced! Only in extreme dietary circumstance, such as 48-hours of fasting, are the effects of a poor diet so catastrophically obvious and undeniably detrimental to rowing performance.

One way that I try to make this problem of altering eating behaviour apparent to my students, several of whom are international rowers, is to ask them to write down a favourite food that they eat regularly. I then ask them to avoid eating this food for one week. What at first seemed like a simple and easy change, quickly becomes a seriously difficult task after only a few days. Before rowers choose to dismiss sensible advice based on the offhand comments of other rowers, it is worth considering whether such training room advice is based on fact and not

merely the difficulty that we all face when trying to make changes to our normal behaviour.

Another reason why rowers often fail to consume a healthy diet is that it may take a great deal of time before the effects of a poor diet become apparent. For example, the damage to blood vessels caused by overconsumption of fatty foods may take many years before problems of blood pressure and chest pain are obvious to the individual. It is noteworthy that doctors who performed autopsies on American soldiers killed in the Korean and Vietnam wars frequently noticed considerable amounts of plaque deposits inside the blood vessels of these soldiers, many of whom were only in their late teens and early twenties. Despite the very active lifestyles of these soldiers, their diets had consisted of large amounts of saturated fat from frequent consumption of fried foods and red meats. Since these early observations, a great deal of research has confirmed the link between poor dietary habits and the development of cardiovascular disease, despite otherwise high levels of physical activity. The public health recommendations that encourage us to reduce our daily intake of saturated fat remain one of the best ways that rowers can reduce the risk of ill health.

Once rowers have made genuine efforts to improve their basic diet then there may be added benefits to the use of selected nutritional supplements, both in terms of health and performance. Clearly, there is a huge range of supplements available to choose from and many of which will be no better than a placebo pill. Worse still, a surprisingly large proportion of the nutrition supplements currently available in UK shops or purchased via the internet can cause an athlete to fail a random drugs test when taken in the recommended dosage. However, there is also strong evidence that a small number of products can provide a legal

increase in 2000-m rowing performance, usually by around 1% to 3% faster. Indeed, a recent publication from researchers at Gent University suggests that small improvements in the ergometer performance of trained rowers are possible following regular intake of a particular type of protein. The interest of rowers in using nutrition supplements is not surprising given the range of potential benefits and marketing claims. Nevertheless, most club rowers in Scotland are better advised to first address the more difficult task of achieving a healthy daily diet. Once the basics of good nutrition and good training been properly addressed, it might then be worthwhile taking the discussion of nutrition supplement use further.

### **Rowing in very cold conditions - by Clive Killick, National Water Safety Adviser**

Just a reminder of a few things to consider when deciding whether to row during this very cold snap.

- **Ice** is an important indicator of extreme cold. It is a risk on land, - slipping and dropping the boat, and on the water - floating sheets of ice will damage boats.
- **Cold water immersion** is a high risk, particularly for juniors and masters. All clubs should read the RowSafe guidance ([Section 1.8](#)) and be aware of the effects of cold shock and hypothermia. In cold weather you need to be absolutely certain you have assessed all the risks and you can react effectively to an incident. The most important thing is to reduce the likelihood of a capsize. You could restrict outings to more stable boats, experienced crews and increase the level of launch supervision that will help prevent incidents and also alert rescue services immediately.

All crews need to be reminded to wear appropriate clothing, use suitable equipment and the imperative of getting out of the water as quickly as possible in the event of a capsize. You may need to carry more safety equipment in the boat/launch and you will definitely need an enhanced emergency plan to identify when an incident has happened and recover people as quickly as possible. The risk assessment and recovery plan will need to be specific for your location but in very cold weather, there should be a much higher priority given to assessment, preparation and communication.

### **High Performance Co-ordinator Update – Winter 2010**

Normally in the Christmas update I would be reporting on the start of the season, but given that the Senior World Rowing Championships was not held until the end of October / early November, I have the opportunity to report on some excellent successes by Scots competing as part of Britain's record breaking squad.

2010 has seen world-level medals won by Scottish athletes at each level of the pathway – junior, under 23 and senior. A remarkable result by our athletes but only possible due to a strong 'team effort' – which includes their coaches, support staff and families.

We are now fast approaching the festive period and with the weather working against us up here, we need to make sure that we get the best out of a bad situation. Volume training may prove difficult, but whatever you are doing make sure that you are focussing on the quality of the work done. Whether you are pounding out an ergo in your local gym or have set up a home circuit session, try and maintain strong posture throughout.

In this update:

1. GB Results / Trials Update
2. Scottish Rowing Welcomes Sean Leyland
3. Scottish Rowing Junior Development Camp 2011
4. Scottish Rowing Performance Programme Update

### **1. GB Results / Trials Update**

Scotland's Katherine Grainger added a fifth world title to her collection at Lake Karapiro in New Zealand in early November when, along with partner Anna Watkins, she dominated the final of the women's double sculls at the World Rowing Championships.

Grainger and Watkins destroyed the field to take gold by an incredible six seconds ahead of silver medallist Australia, and ten seconds up on defending champions Poland, who came in third.

Scottish Rowing's Honorary President will be hoping that this is a sign that she can better her three previous Olympic silvers with the London 2012 Olympic Games less than 2 years away.

On top of Grainger's success, Heather Stanning from Lossiemouth, along with her partner Helen Glover, took silver behind New Zealand in the women's coxless pair, while Aberdeen Boat Club's Kate Jones stroked Britain's adaptive four to silver behind Canada. Edinburgh's Lindsay Maguire finished fourth in the eights final.

Before the World Championships had even started, prospective GB rowers for 2011 were looking to make a good impression at the first GB Rowing Team trial in Boston on the weekend of the 23<sup>rd</sup> / 24<sup>th</sup> October. Following a gruelling 2k ergo on the Saturday, 11 Scots qualified for Sunday's 5k water assessment.

Top finishing heavyweight male was Leander Club's Alan Sinclair (14<sup>th</sup> overall), whilst Clydesdale's Claire McKeown finished 17<sup>th</sup> in the corresponding women's event. Sam Scrimgeour (12<sup>th</sup>) finished just ahead of his former clubmate from Glasgow Rowing Club, Jonny Logan, who finished in 16<sup>th</sup> position in the men's lightweight category. No lightweight women competed.

A small group of Scottish juniors ventured to the first junior assessment, also held in Boston in November. Clydesdale's Kieran Brown finished in an impressive 13<sup>th</sup> position in the boy's category whilst Emily Colley (George Watson's College) was the top finishing Scottish girl in 32<sup>nd</sup> place.

After the cancellation of the December trial for seniors and under 23's (due to the weather), the next assessment is to be held at Dorney Lake in February, whilst the juniors get a second visit to Boston in Lincolnshire later the same month.

### **2. Scottish Rowing Welcome Sean Leyland**

Mid-November saw Sean Leyland take up post in the exciting new jointly funded role between the University of Edinburgh and Scottish Rowing. Further details on the post can be found in the official Press Release on the Scottish Rowing website.

I am delighted to welcome Sean to Scottish Rowing and I am sure that he will be a great asset to the team as well as to the Scottish Rowing community.

Sean had the following to say following his arrival from Canada:

Thank you to everyone whom I've met so far. You've all made me feel welcome and my transition across the pond quite easy. I'm looking forward to meeting more of you in the New Year.

With the team we have in place at Scottish Rowing I'm excited about the prospect of expanding our level of assistance on all levels of development. Introducing our sport to more people (bums on seats) is an important part of raising the level of rowing around the country and in addition to that we'll also be helping athletes achieve their potential while representing Scotland and GB at the highest levels of our sport. I'm looking forward to chatting with people on all subjects pertaining to our great sport.

Feel free to introduce yourself anytime. I'm looking forward to working with you all.

Sean - Email - [sean.leyland@scottish-rowing.org.uk](mailto:sean.leyland@scottish-rowing.org.uk)  
Mobile - 07598 788733

### **3. Scottish Rowing Junior Development Camp 2011**

The 2011 Scottish Rowing Junior Development Camp will be taking place on Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> January 2011.

Given the dreadful weather that we have all had over the past few weeks, the camp will be an excellent opportunity to guarantee getting a full weekend's worth of training in, whilst receiving

coaching from our experienced coaching panel that includes our new coach Sean Leyland.

Further details are available on the Scottish Rowing website (under the news item on the 1<sup>st</sup> December). Applications should be received by Tuesday 21<sup>st</sup> December to guarantee a space on the camp. Places are limited to the first 30 applicants.

### **4. Scottish Rowing Performance Programme Update**

Following a meeting of the Scottish Rowing High Performance Group, I am pleased to announce that Kelly Limond and Gavin Murty have been selected to join the Scottish Rowing Performance Programme supported by the **sportscotland** institute of sport. Kelly and Gavin join Chris Rae and Jack Leask who have been retained on the programme following the 2009/10 season.

The programme works in partnership with the athlete's club coach to deliver individually tailored support services to help improve performance.

For more information on the Scottish Rowing Performance Programme please contact Sean Leyland.

Wishing all of our athletes, coaches, club volunteers, officials and your families a wonderful festive break. Although for the high performance athletes, try not and enjoy it too much!

See you in 2011!

Lee  
Lee Boucher, Scottish Rowing High Performance Co-Ordinator

## Book Review

Your editor has been invited by Rebecca Caroe of Rowperfect to provide a review of the following publication

The Mind's Eye – by Jimmy Joy  
The evolution of the Athletes' Skills and Consciousness

A fascinating book which may be considered a significant tool to assist both coaches and athletes.

It is not only scullers who could benefit from reading Jimmy Joy's excellent book and recognise the importance of integrating mental training methods in programmes to enhance their physical abilities in the quest for improved performance and greater enjoyment of their chosen sports.

Should you be interested in obtaining a copy of this book, contact Rowperfect at [www.rowperfect.co.uk](http://www.rowperfect.co.uk)

## Gallery

### Peter Morrison's pictures from the Worlds



*Aberdeen Folk*



*Busy grandstand area*



*FISA Lounge facilities*



*Frances + Kiwi*



*Frances and Peter testing new Umpires Launch*



*GB 4- ??*



GB 8+ ??



Jiri Klemes (one time Scottish Umpire)



Happy Mike Haggerty



Safety launch with stretcher



Katherine Grainger with square buoy



Grainger/ Watkins – Gold Medallists



Really square lane buoys



Peter waiting to get home

### Morrison Construction Inverness Heads



LTA Mix 4+ presentation – GB Silver with Kate Jones (Aberdeen BC)



Clydesdale W R2 4+



Snapper Ron – snapped



*AUBC & SUBC W Nov 4+*



*IRC/SABC/NRC M Vet 4+*



*GRC W R2 4+*



*SPRC Mix 4X*



*Part of Catering team*



*SABC W 2X*

### **Clyde Three Heads**



*Clearing steps at GRC*



*Suns up*



*Umpires in Conference*



*GUBC M O 8+*



*GUBC W R2 8+*



*CARC W R2 8+*



*Crews on course*



*EUBC M O 4+*



*EUBC M O 4+*



*George Heriots School M Nov 4+*



*GUBC M O 2X*



*CARC/CSRC Mix 2X*



*CSRC Vet 2X*



SPRC W O 4X



CARC M J18 4X

### Postscript

That's it for Issue No 7 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, just chase up your secretary or Club Scribe to consider submitting an article for the next issue and let's get your club news in the next newsletter 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](mailto:roy.sinclair8@btinternet.com) and I'll do what I can to oblige.

And only the other day, just heard the happy news that SR Webmaster Jo Wherrett recently gave birth to son Finlay. Hearty congratulations to Jo and husband Rob with very best wishes from us all at Scottish Rowing.

Finally - best wishes to you all for a very Happy Christmas and a Guid New Year - both on and off the water.

**Please note the deadline for submissions for the Newsletter Issue No 8 is Monday 4<sup>th</sup> April**

### Forthcoming regattas and events

January 23 <sup>rd</sup>	Scottish Rowing Indoor Champs
January 29 <sup>th</sup>	Western Eights Head
February 5 <sup>th</sup>	Aberdeen Eights Head
February 12 <sup>th</sup>	SUBC Small Boats Head
February 12 <sup>th</sup> /13 <sup>th</sup>	GB Senior Trials – Dorney
February 19 <sup>th</sup> /20 <sup>th</sup>	GB Junior Trials - Boston
February 19 <sup>th</sup>	Inverness Eights & Small Boats Head
February 26 <sup>th</sup>	Clydesdale Fours & Eights Head
March 5 <sup>th</sup>	Scottish Schools Head
March 19 <sup>th</sup>	Womens Head - Tideway
March 26 <sup>th</sup>	Universities Boat Race – Tideway
April 2 <sup>nd</sup>	Head of the River Race – Tideway
April 3 <sup>rd</sup>	Vesta Veterans Head - Tideway
April 16 <sup>th</sup> – 18 <sup>th</sup>	GB Senior Trials – Dorney
April 24 <sup>th</sup>	GB Junior Trials – Dorney
April 23 <sup>rd</sup> /24 <sup>th</sup>	Strathclyde Park Regatta/Scottish Universities Championships

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