

British Rowing Report

Northern Rowing Council
Annual General Meeting

December 2016



Northern Rowing Council AGM on 5th December 2016

British Rowing Northern Region Report;

Contributors:

James Andrews (Former Area Participation Manager),
Kerry Wardell (Education & Training Manager),
James Searle (Rowability Officer)

“Isn’t it funny how day by day nothing changes but when you look back everything is different?”
C.S. Lewis

The region has continued to show membership patterns similar to previous years. There have been a couple of differences with Lakeland RC joining from the North West and Yarm School BC moving to the Yorkshire Region. When both clubs were both part of the Northern Region, we hit an all-time membership high of 2,578 members.

The region is maintaining its 50/50 split of male to female membership. Something that should be congratulated. Not all areas are evenly split, most notably in juniors aged 15-18 and in Gold membership (18+ nonstudents). The Gold membership gap is growing from 100 more male members to 121. Whilst the Junior 15-18 category is comparable to last year with more women than men. The largest growth has been the J15-18 category (+38) with J14’s also showing a small growth (+8). All other categories have shown a small decrease, the largest fall being in registrations from 45 to 30 members.

Time will tell over the coming year the impact Rio Olympics will have on participation in the region. Clubs who prepared in good time have shown a much improved uptake in interest post-Olympics. Talkin Tarn ARC is a good example. Starting preparations for Rio in February 2016, they looked at what they could offer, how they could promote opportunities and how they would retain new starters. Advertising went out in parish newsletters and the local newspaper. The result was that they ran 5 taster sessions (3 Junior, 2 Adults) over the 3 weekends of the Olympics. This resulted in the club having 17 adults and 30 juniors attend taster sessions. 11 adults and 6 juniors continued onto the club. The club having stable boats to run these courses and allow new members to take part easily was essential to this growth.

Clubs have been encouraged to offer new types of events to grow the regions already varied offer. Events that in the past have been coordinated by British Rowing staff are now being run by teams of regional volunteers. There are further opportunities for growth with the new competition structure. Allowing clubs to offer new exciting events to those people not currently targeted by our current event offer. Ideas could include more rowing tours, new challenge events, a linked series of sprint regattas held in specific boat types, or tri/duathlons. The key is not to increase the amount of

events that our current membership takes part in but to modernize our current competitions and create new and varied events for those not currently taking part.

The St Ayles Skiff scene continues to grow with a newly launched boat and club at Craster in Northumberland, whilst funding has been secured to build a new boat at Seaham in County Durham. Clubs wishing to affiliate are offered the same assistance provided to all clubs in the region.

The British Universities & Colleges Sports (BUCS) Head of the River Race took place on the Tyne for the first time. The event showcased how Tyne's clubs could work cooperatively for the benefit of the region, showcasing the North East and the Tyne like no other event.

Focus for the current Whole Sports Plan (WSP) has been to develop rowing in Sunderland. City of Sunderland RC and the University of Sunderland RC are now in a much safer and secure position. Since the start of the WSP, the club has grown by 22 members taking its membership to 32. However, this number does not reflect the strong position the club is in. The activities it offers have widened, and its committee and volunteers have increased in number. The club can now grow without continued support from British Rowing. The university has shown increased participation and competitiveness in events such as BUCS Regatta and Head. In 2017 a total of 13 entries and 52 seats took part compared to 2 entries and 5 seats in 2013. Work done by British Rowing's SCT coaches has meant that more juniors have had more opportunity to take part in rowing, through indoor rowing sessions at schools or learn to row courses at the club. The club now has a growing junior section which is taking part in events across the region. Working with volunteers a daytime session has started and is hoping to expand over future years. This positive change for Sunderland has meant that British Rowing's focus will shift towards Durham University.

British Rowing's next Area Participation Manager will focus their work on Durham University and specifically Durham College Rowing (DCR). Areas that are currently being developed include the college competition offer and education/training for all areas of student boat clubs, including coaches, volunteers, exec and athletes. The focus will also comprise a development plan for DCR as the two Stockton colleges look to move to Durham with potentially more colleges being created in the city. The development plan will also incorporate the potential of a shared stable boat fleet, facility audits and the creation of a sabbatical post to better support college rowing.

On a personal note, this will be my last report for the Northern Rowing council. It has been a great honour working with clubs across the region for the past 6 years. So much positive change has occurred in the region during my time. Growth has only been possible through the attitude and assistance of the NRC, clubs, and volunteers to make these changes. It hasn't always been easy but I hope that the region continues to grow, develop and lead the way.

British Rowing Membership Breakdown Northern Region –

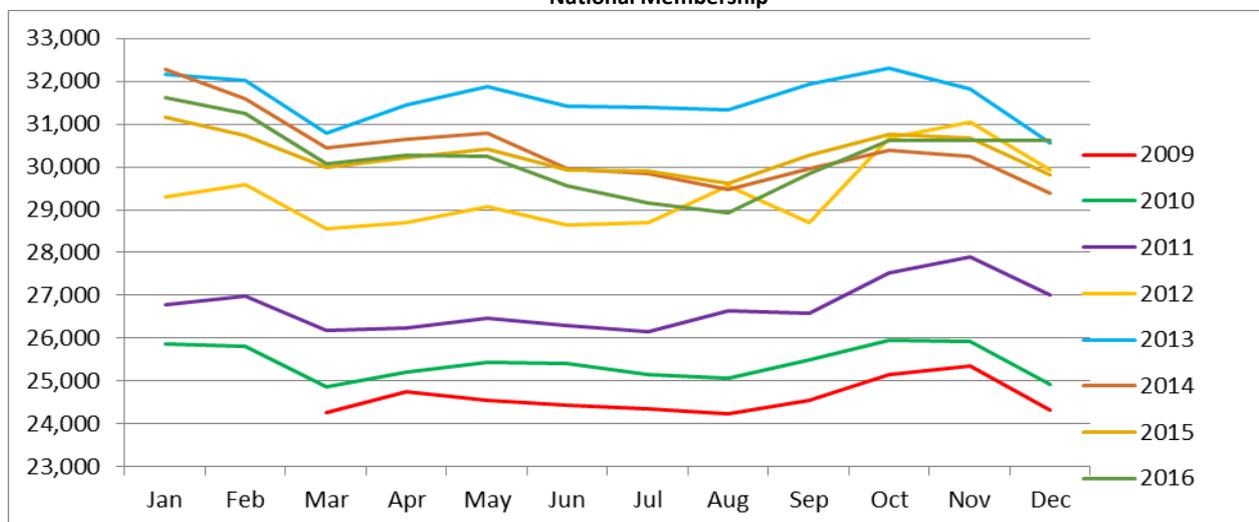
- 2191 – Sept 11 3rd Largest Region
- 2253 – Sept 12 (Increase of 62 overall) 5th Largest Region.
- 2474 – Sept 13 (Increase of 221 overall) 4th Largest Region
- 2346 – Sept 14 (decrease of 128 overall) 3rd largest Region
- 2405 – Sept 15 (Increase of 59 overall) 4th Largest Region
- 2420 – Sept 16 (Increase of 15 overall) 3rd Largest Region

Northern membership previously peaked at 2570 in May 2013. Over the past year the region hit a new high with 2578 in May 2016. This number is partially improved due to Lakeland RC joining the region, and before Yarm School BC moved to the Yorkshire region.

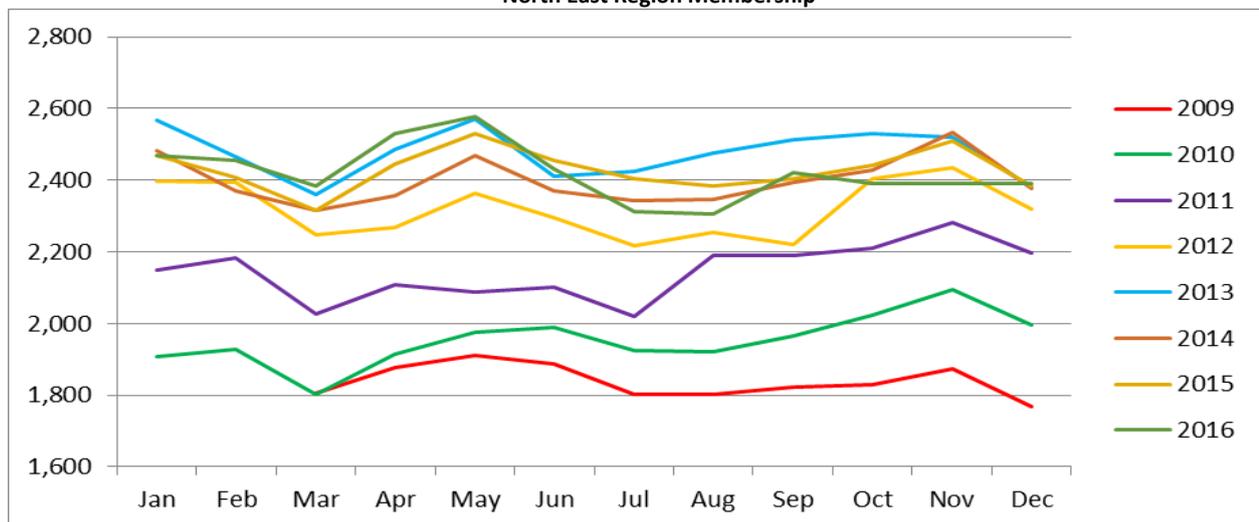
Breakdown by gender is 49.3% to 50.7% 1194 female to 1226 male members in the region.

	Female	Male	Total
Junior (14)	125	113	238
Junior (18)	246	188	434
Platinum	0	5	5
Silver	109	118	227
Gold	206	327	533
Student	487	466	953
Registration	21	9	30
Total	1194	1226	2420

National Membership



North East Region Membership



1. British Rowing

- Nationally the modernisation of British Rowing is going well with all 6 directors now in place as follows.
 - Finance & Business Services – Hazel Mosienko
 - Innovation – Helen Rowbotham
 - Membership & Rowing Community – Phil Hornsey
 - Partnerships & Communications – Kenny Baillie
 - Pathway Development – Rosie Mayglothling
 - Performance – Sir David Tanner
- Regionally the following Heads of are important to take note of.
 - Membership & Rowing Community
 - Head of Community Development – Paul Lorenzato
 - Head of Membership – Emily Carter
 - Partnerships & Communications
 - Head of Comms & Marketing – Sophie Galasinski
 - Pathway Development
 - Head of Education & Training – Sarah Harris
 - Head of Pathways – James Andrews
- Locally important contacts are as follows
 - Area Participation Manager – TBC (Continue to contact James Andrews until a replacement is in place.)
 - Education & Training Manager – Kerry Wardell
 - Rowability – James Searle
 - SCT Scholarship Coach based at Tees RC – Becky Graham
- All members of staff can be contact by e-mailing firstname.lastname@britishrowing.org

2. Sport England - Sport Future Strategy

The Government is redefining what success looks like in sport, concentrating on five key outcomes:

1. **physical well-being**
2. **mental well-being**
3. **individual development**
4. **social and community development**
5. **economic development**

All new government funding for sport and physical activity will go to organisations which can best demonstrate that they will deliver some or all of the five outcomes in this strategy. It is likely that organisations which show that they can work collaboratively and tailor their work at the local level will be best placed to access this funding.

Behavioural insights and an understanding of how to help people make better decisions themselves will be at the heart of the new approach to delivering sport and physical activity.

3. Events

- **Rowing Tours**
 - River Wear Tour Going ahead on August 13th.
 - 6 boats took part
 - River Tees Tour planned for July 23rd.
 - 7 Boats took part
 - Tynemouth, Berwick and Gateshead all considering holding tours.
- **Great Tyne Row**
 - Organising committee now running the event.
 - In 2016 26 boats took part.
- **Club Development Conference**
 - Roughly 75 people attended the 2016 conference.
 - Date of next conference is January 22nd 2017.
 - Draft agenda to be released before Christmas
- **Explore Series**
 - Series is now being managed by a team of regional volunteers.

- **Regional School Indoors**
 - 5 record broken and 1 matched.
 - 115 juniors took part (60 Girls, 55 Boys)
 - St Leonards topped the medal table with 4 Golds 2 Bronze. Queen Elizabeth HS came 2nd 2 Gold, 2 Silver and 1 Bronze. Thorpe Academy came 3rd with 2 Gold.
- **Junior Skills Days**
 - Ellie ran a Junior Skills Day at Cambois RC on May 31st which was well attended.

4. Club Matters

- **Berwick ARC:**
 - Looking to secure funding for refurbishment of the clubs balcony.
 - Ran its first Explore series event in June.
- **Cambois RC:**
 - Club is looking to secure funding to purchase stable boats to help Learn to Row demand.
 - They are also looking to secure funding to improve boating facilities at the club.
- **Chester-Le-Street ARC:**
 - Lauren Irwin represented GB Rowing in W2- at Junior Worlds.
- **Durham ARC:**
 - Received £5000 from Sport England to help flood repairs following flood damage in January.
 - The landing stage has been extended around to Clive's boathouse. This has greatly improved access to water for regatta's and head race.
 - Ex Durham ARC junior Jess Eddie was part of Team GB's silver medal winning women's eight.
 - Hope Cessford represented GB Rowing in W2- at Junior Worlds.
- **Gosforth CRC:**
 - Grace is now based at Tynemouth beach by Tynemouth RC.
- **Gateshead CRC:**
 - Club secured a 99 year lease for a plot of land at Derwentaugh in Gateshead.
 - Became a registered charity.
 - Club was successful in 2 major funding bids.
 - £44,774 from Sita Trust for a moveable changing facility as well as connecting services to the site.
 - £73,500 from Sport England to build security fencing and Boathouse.
 - Several club members have been trained up as UKCC L2 Fixed Seat coaches.
 - Club took possession of a stable 4x+/4+ purchased using Sport England Small Grants
 - Club gratefully received a fine coxed 4+ from Hollingworth Lake RC.
 - Security fencing is now up around the site at Dewentaugh and the club is waiting to hear regarding planning permission for its Boathouse and changing facilities.
 - Boathouse and changing facilities hope to be in place by early 2017.
- **Hexham RC:**
 - Ongoing issues with clubhouse. Clubs have met to discuss potential ways of moving forward.
- **Lakeland RC**
 - Club is now part of the Northern Region
 - Club is looking for a permanent base to build a boathouse near Keswick on the Derwent.
 - Lakeland RC/Winderemere RC have now successfully split with Windermere being based in the North West Region.
 - Currently based at a watersports centre at Keswick on The Derwent. The club is outgrowing it's current site with no permanent racking or land.
- **City of Sunderland RC:**
 - With the future sustainability of Sunderland now more secure, British Rowing focus will now move elsewhere.
 - Membership has increased to 32 an increase of 22 people since March 2013.
 - SCT coach was successful at getting more schools active in rowing with a peak of 70 juniors per term taking part.
 - Daytime sessions are now starting regularly at the club with coaches/volunteers have been trained to take over the sessions.
 - Club now in control of Sunderland Rowing development group.
 - Looking to secure funding for new blades to support growing junior demand. Application in with Rowing Foundation.
- **Talkin Tarn:**
 - Club had great interested around the Rio Olympics running taster sessions where 17 adults and 30 juniors attended. The club put great effort into planning starting back in February.

- **Tees RC:**
 - 3 rowers from the club were in the Overall winning crew at WEHRR with Leander RC and Reading University RC.
 - Extension to boathouse has been completed.
 - The club ran their first rowing tour rowing 25km in total to Yarm and back.
 - New SCT coach
 - Ex Tees RC member Zoe Lee was part of Team GB's silver medal winning women's eight.
- **Tynemouth RC:**
 - Successful small grants application to secure £10,000 of funding including trailer, new safety launch and oars.
 - The club has expressed interest in a St Ayles Skiff boat build project for the club.
 - Has a new safety launch based on water at a marina upstream from the club and have trained up club members in its use.
 - Club has taken ownership of a new trailer which will hopefully allow them to attend more events locally.
- **Tyne Amateur RC:**
 - Club is looking to secure funding to help with coaching.
 - Won the Medium Club Pennant at WEORR.
 - Tyne Amateur Rowing Club's new £1 million boathouse was officially opened at their Regatta on June 18th by the Duchess of Northumberland, Annamarie Phelps Chair of British Rowing, and the Mayor of Newcastle were also in attendance.
 - The club also christened 4 new boats at its opening.
 - Ex Tyne RC member James Harris coached the Team GB silver medal winning women's eight. James has also previously been Start Coach at Tees RC and junior at St Leonard's School.
- **Tyne United:**
 - Currently looking at ways to make the club more sustainable.
 - Club still wishes to look for funding to repair entrance track, extend the clubhouse and for the potential of a new boatshed.
 - Also looking to create a refurbishment and replenishment plan for boating equipment.
 - Club has advertised for coaches at the club. This will be ongoing for any coaches wishing to approach the club.

5. Academic Boat Clubs

- **BUCS Head**
 - Ran on the 20th and 21st of February by Newcastle UBC, Tyne ARC and Tyne United RC.
 - All 5 local university clubs took part.
 - 48 universities took part from all 4 home countries with clubs travelling from as far as Exeter.
- **DCR Rowing**
 - Working more closely with Durham University & Durham College Rowing to develop rowing in the University.
 - Working with DCR to
 - create a development plan/strategy
 - create a new competition structure for college competition (on water and indoor)
 - Focused education & training pathways for coaches, volunteers, rowers, exec
 - Improving Safety
- **Durham:**
 - Results at BUCS Head 2 Gold (MB4+, MLwt4x), 2 Silver (Mint 4+, MC4x) and 2 Bronze (WInt4x, WInt4+)
 - Top crew finished 22nd at WEHRR.
 - 8 medals at BUCS Regatta, 2 Golds (MB4+ & WB4+), 3 Silvers (MC4x, MInt 4x, WB8+) and 3 Bronze (MC4-, WC2- & MLwt1x)
 - Katy McDonald won Gold in the JW1x and Bronze in the JW4x at Home Countries rowing for Scotland.
 - Steve won Gold in the Lightweight 2x rowing for Wales at Home Countries.
 - Hugo Coussens won Gold in the Men's Lightweight 4x at the U23 Worlds rowing for GB Rowing.
 - Ed Gleadowe (8+) has been selected for the World University Rowing Championships.
 - Ellie Hizzett (ex Cambois RC & SCT Coach) is now freshers coach.

- **Newcastle:**
 - Results at BUCS Head 5 Gold (MB8+, Mint4+, Mint 4x, MC4-, Mint4-), 5 Silver (MB4+, WB4+, MC8+, Mint8+, WC4-) and 1 bronze (WB8+, WInt8+, Mint4x, Mint8+, WC4x, MC4+, WC8+)
 - Top crew finished 8th at WEHRR
 - Novice 8 claimed the Novice Academic pennant.
 - Won the overall Victor Ludorum at BUCS regatta for the first time.
 - 20 medals overall at BUCS Regatta. They claimed 7 Golds (MC4x, MLwt4x, WInt8+, MLwt8+, MLwt4-, WInt2- & MLwtInt1x), 4 Silvers (WC4+, MC4+, WInt4x & MB4+) and 9 Bronze (MInt4x, WB8+, MLwt2-, MB8+, MC2x, WB4+, MC8+, MInt8+ & WC4x)
 - Won Academic 8+ at Henley Women's Regatta.
 - Ollie Varley won Gold in the Men's Lightweight 4x at the U23 Worlds rowing for GB Rowing.
 - James Rudkin claimed Silver in the Men's 4- at the U23 Worlds rowing for GB Rowing.
 - Alex Haynes (2-), James Robson (2-), Oli Knight (4-), Tom Ford (4-), Tim Clarke (8+) have all been selected for the World University Rowing Championships.
 - **Northumbria**
 - Top result at BUCS Regatta was 6th in the A final of M Int 4+.
 - **Sunderland:**
 - Both Men's & Women's 8's raced for the first time at BUCS Head
 - Gained 1 Victor Ludorum point.
 - Top result at BUCS Regatta was 2nd in the D Final of W Int 4x
 - **Teesside:**
 - Top Result at BUCS 6th BUCS Regatta was in the D final of M Int 2x.
 - **Queen Elizabeth High School**
 - Lucy Ryan won Gold in the JW4+ & JW8+ at Home Countries rowing for England.
 - Milly Dickinson and Amy Bowman came 3rd in the JW2- at Home Countries rowing for England.
 - **Yarm School**
 - Now part of Yorkshire Region.
6. **Non-affiliated Rowing Clubs.**
- **Craster**
 - Some issues with club constitution, resubmitting affiliation application once they have confirmed changes at their AGM.
 - Their boat has now been officially launched.
 - **Ebchester**
 - Received funding though Inspired Facilities to rebuild their boathouse on the river. Some activity will include rowing.
 - **Seaham**
 - Funding has been put in for an activity centre at the harbor. Part of this funding is to help set up a new St Ayles Skiff club at the centre.

7. Coach Education and Training – Kerry Wardell

- Northern Coach Education Workforce
 - 3 Assessors
 - 3 Tutors
 - 2 SPC Tutors
 - 1 TTL Tutor
 - 1 Emergency Aid Tutor

COURSE	VENUE	REGION	DATE	ATTENDEES	
C00477	Club Coach Sliding Seat	Tees Rowing Club	Northern	02/01/2016	10
C00706	Regional Get Together	Durham ARC	Northern	24/01/2016	24
C00669	Regional Get Together	Durham ARC	Northern	24/01/2016	15
C00672	Regional Get Together	Durham ARC	Northern	24/01/2016	11
C00670	Regional Get Together	Durham ARC	Northern	24/01/2016	19
C00671	Regional Get Together	Durham ARC	Northern	24/01/2016	14
C00661	Skill Development Workshop	Durham ARC	Northern	04/02/2016	9
C00664	Clean Sport Workshop	Tyne Rowing Club	Northern	13/03/2016	9
C00611	Safeguarding Refresher	Tyne Rowing Club	Northern	02/04/2016	8
C00665	Capsize and Recovery Workshop	Tyne Rowing Club	Northern	24/04/2016	7
C00719	Safeguarding & Protecting Children Workshop	Tyne Rowing Club	Northern	15/05/2016	7
C00720	Emergency Aid Training	Tyne Rowing Club	Northern	15/05/2016	5
C00785	Regional Training Day	Cambois Rowing Club	Northern	31/05/2016	6
C00786	Regional Training Day	Cambois Rowing Club	Northern	31/05/2016	0
C00580	Session Coach Sliding Seat	Durham ARC	Northern	06/06/2016	8
C00797	Rowing Leader (16 - 18)	Hexham RC	Northern	09/07/2016	7
C00581	Emergency Aid Training	Durham ARC	Northern	23/08/2016	6
C00839	Rowing Leader (16 - 18)	Durham ARC	Northern	03/09/2016	7
C00583	Session Coach Sliding Seat	Durham ARC	Northern	04/10/2016	7
C00584	Safeguarding & Protecting Children Workshop	Cambois Rowing Club	Northern	04/10/2016	6
C00814	Basic Rigging	Durham ARC	Northern	10/10/2016	11
C00585	Emergency Aid Training	Cambois Rowing Club	Northern	18/10/2016	7
C00586	Capsize and Recovery Workshop	St John's School and Sixth Form College	Northern	20/11/2016	8

- Plan for courses in 2017
 - January – Club Coach Tyne
 - February- Club Coach Fixed Seat Leeds Sea Cadet club
 - June – Durham – Session Coach
 - October – Durham – Session Coach
 - November- Durham- Session to Club coach standalone course
 - Emergency Aid, Safeguarding and Protecting Children, Capsize & Recovery, Man Overboard & Recovery workshops are all going to be on Website by January 2017
 - Clean Sport for Welfare Officers & Club Officials- dates tbc from Jacqui
 - GBRT Workshop series- Safe and strong trunks- dates TBC from GBRT
- Level 2 Session Coach
 - Course Cost is £210
 - Free online modules are prerequisites
 - Two day contact course and half day internal assessment

- Level 2- Club Coach
 - Course costs is £495.00
 - Free online modules of Safety Basics and Hypothermia available online for free for all clubs and members. These are pre-requisites for the UKCC Level 2 Coaching Rowing.
 - Free online coxing workshop is available on Row How for all clubs and members
- Level 3
 - Level 2 Strength & Conditioning needed before attending a course in addition to Level2 Club coach qualification and Prerequisites
- Classifier Training
 - An review of the current Adaptive activity is taking place which will inform where Classifications will be organised for 2016, classification opportunities are yet to be announced
- Clean Sport (Anti-Doping)
 - A strategy is being developed, starting with education for the RRC. A greater emphasis is being placed on encourage regions to promote awareness of UK Anti-Doping and the resources available to support rowers. Workshops will be available for Club Officers and Welfare Officers, and where necessary workshops can also be delivered to athletes.

8. Rowability – James Searle

James Searle continues to work with clubs across the region to promote and support the development of sustainable adaptive rowing programmes. This includes support to clubs and also development of links with CSPs, rehabilitation programmes such as Help for Heroes and Phoenix Rehabilitation Centre, NHS hospital rehabilitation programmes and recently leading the Northern Region's promotion and delivery of the International Para-Rowing Party at Watersports Centre in Merseyside.

Based in North Yorkshire he covers all clubs from the Scottish Border in the North down to Leicester in the south and Boston in the east. James will be working alongside Area Participation Managers and Education Managers to help sustain current participants engaged within the Rowability/Adaptive rowing and promote greater engagement in the Northern Region's clubs

Contact information, Email: james.searle@britishrowing.org mobile: [07818 576 148](tel:07818576148))

Northern clubs currently offering adaptive rowing are:

- Gateshead Community Rowing Club
 - SCT coach support
 - 3 sessions per week
 - Participants include AS, TA and LTA
- Tees Rowing Club
 - 10+ sessions a week
 - High performance centre, participants include AS, TA and LTA
- Durham Amateur Rowing Club
 - Current activity engaging with local special school offering indoor rowing sessions on a term-time basis
 - Continuing to develop increase links with Phoenix rehabilitation (Catterick Garrison) and developing engagement with participants in a long-term programme through a range of suitable activities.

The Rowability Officer is investigating and pursuing opportunities to develop and promote new activities which could be offered throughout the region to promote engagement within disability sport at all levels. This has included supporting the successful submission of grant applications by clubs to support their acquisition of equipment to support inclusive opportunities for all their members and advising clubs on steps to consider in developing their own rowability and inclusive programmes for increased membership and for both recreational and potentially competitive development.

In continuing current programmes it would be especially useful at this point for other strategic options to be considered and fed into BR plans for the forthcoming cycle. In particular the Northern Region Council's proposals for:

- How the Regional lead for disability would suggest encouraging: increased club engagement with disabled rowers within the region's clubs.
- Sustainable recreational and competitive options for adaptive rowers (e.g. local competitions/shared club training camps/weekends
- Finally, is the NRC aware of any other clubs potentially interested in offering adaptive rowing and/or working in collaboration with clubs with existing adaptive rowing setups to promote and share good inclusive practice?