

Masters Report for NRC Meeting on September 18, 2017

- It was noted that there is little information for coaching and training of masters rowers, specific to them being masters and not younger rowers. A document has been written and is being edited, and will soon be available online. Some of the content is reflected by these topics headings:
 - Changes associated with ageing:
 - Cardiovascular
 - Oxygen uptake – VO2max
 - Heart stroke rate
 - Respiratory
 - Musculoskeletal
 - Strength/power
 - Mobility/flexibility
- One of the masters committee did a rigging survey at Henley Masters – the results are not published yet.
- There is less support being given by British Rowing
- There was discussion about whether to comply with UK Sport guidance since this means that several of the highest BR officers have had to stand down, but failure to comply means drastic reduction in funding so this will be followed.
- Henley Masters initially would not allow any doubling up of events but relaxed the rules towards the event only for a few events which were relatively undersubscribed. Feedback regarding the event included comments: The food standard and choice was very poor (especially for a sporting event!).
- Nat Masters at Holme Pierrepont:
 - The lanes could be marked more clearly, especially at the 1000m start.
 - It was felt that the call for a quick start was not always followed correctly.
 - Some felt that it was very unfair to allow composite crews especially from bigger clubs where the club should be able to put out a crew from its own club.
- Competition Review: BR data is not up to date... so it is unlikely that masters events will be run using PRI. The data should be monitored to make sure it is up to date.
- Clean sport: Jacqui Johnston will organise a workshop for clean sport, anti-doping.
- This is going to be on Thursday September 21st , one session repeated on two time slots, at Durham School, enrolment on British Rowing website.

There was a request for any interesting stories for the Masters Facebook page, to go to Karon Philips at

karon@newwaveuk.co.uk

Gabrielle Moore DARC