

## **Para-Rowing Report: NRC January 2016**

- In December two athletes from Gateshead Rowing Club attending the British Indoor Rowing Championships. A gold medal was won in the Rowability open category and a Bronze medal in the AS Fixed Seat category
- Gateshead continues to grow as a club; they have an agreement to train with Percy Hedley and have 7 ergs there including 3 adapted ones and run a weekly circuit session. They have now sourced land in Derwenthaugh and have a temporary compound with an ISO container and are in the process of moving all of their boats into this.
- Tees RC athletes successfully completed a full squad capsize drill
- I am currently checking with all local athletes whether there are any individuals who would like to go through the classification process

Gillian Lathan