

Training

Training restarts as normal on Tuesday this week as follows:

Tues pm: W/J16 (water) and above & Junior Club

Wed am: W/J15 (water)

Wed pm: W/J15 & W/J14 (both on the water if our launch is back), W/J16 and above - 2k ergo assessments

Thurs pm: W/J16 and above (weights) & Junior Club

Fri pm: W/J16 and above (water), rest in the Gym, loading as necessary for Birmingham Regatta.

Sat: Birmingham Regatta (Andrew WILL be taking a training session for those W/J14s not racing. If you are not racing and are keen to train please contact DC as an extra session may well be possible on this morning)

Regatta Entries

Full details for Birmingham next weekend are now on the website.

Junior Inter-Regional Regatta

Representing Wales and West of England, our J16 quad had a first race against strong opposition finding it tricky to cope with the very strong tailwind conditions. They recovered to win the B final with ease.

Our WJ16 single sculler, Georgia Hancock, won her heat with ease and in a tough final against the best scullers in the country won a bronze medal, missing out on silver by just 0.01 sec. A superb result.

Half Marathon 2009

Please remember to hand in all sponsor money this week. Money remaining to collect is listed on the website.

Regards

DC