

Pangbourne Sculls Results

I have done an analysis of the results from Pangbourne Sculls to help decide the crews for Wycliffe, which I would like to make available for everyone to see:

Event	Name/s	Time	m/s	nsr avg gold	pgm nsr	Pos
MJ15 2x	James/Thomas	11:42.1	4.0	4.75	84%	8/14
MJ15 4x+	Bradley/Sidgreaves/Sims/Sti	11:47.6	4.0	4.54	87%	12/15
MJ16 1x	Usher	12:19.4	3.8	4.28	89%	27/53
MJ16 4x-	Warmington/Scrivens/Eldridg	10:37.5	4.4	4.83	91%	2/3
MJ17 1x	Stitt	12:21.7	3.8	4.25	89%	27/36
MJ17 1x	Riddell	12:30.0	3.7	4.25	88%	30/36
WJ15 2x	Newsome/Haines	12:36.2	3.7	4.29	86%	7/12
WJ15 4x+	Greenstreet/Stockton/Brett/Morgan	12:12.4	3.8	4.03	95%	6/16
WJ16 1x	Hancock	12:21.2	3.8	3.74	101%	1/16
WJ16 2x	Jones/Hancock	11:41.0	4.0	3.98	100%	2/5
WJ18 1x	Klymchuk	13:28.2	3.5	3.92	88%	12/14
WJ18 2x	Clarke/Price	11:39.8	4.0	4.20	95%	4/8
WJ18 4x-	Rigby/Ing/James/Bowdler	10:49.4	4.3	4.37	99%	3/5

m/s is metres per second showing boat speed

nsr avg gold is the avg speed needed for a gold medal at the National Schools Regatta in the summer.

Pgm nsr is the percentage of this gold medal speed that the crew achieved. This race was on a stream which exaggerated the percentage, but it gives a very good comparison between our crews to show who went better, despite being different ages, genders and boat types.

Pos is the position the crew/sculler came in their own event

I do this analysis for most events to get a better picture of which crews went well.

Points to note from the results:

- Well done to Georgia for her second win of the season in the single (this time in the new single sculling boat) and also to Hana who rowed with her in WJ16 2x for a very good result.
- I was pleased that although the WJ18 4x didn't go as well as we wanted it to, the percentage was rather high. When we get it right, this squad could be rather special!
- The WJ15 4x+ worked hard for a decent result.
- If you want to know more come and see me to ask!

Damaged boats due to wear and tear

Four single sculls are out of action this week as I am repairing some wear and tear damage and they must be kept dry. As usual, the equipment which must not be used is marked by red/white hazard tape.

Blade designs

I have received several of these so far. They are really nice, but too complicated for all the blades which we have, so I am still looking for a simple distinctive design. You do not need any artistic skills, a simple sketch would be great.

Wycliffe Head

Provisional crews for this event are on the website. This is an earlier announcement than usual (one month ahead), but there are only very few outings left before the event, so I wanted everyone to know who is racing and in what crews. All entries are subject to being accepted by the event.

Unusually for us, I will be entering quite a few athletes into two divisions. The reason for this is to gain as much information as possible about the singles and double sculls as there are no events for these boat types until mid March after this event.

Many of the W/J14 athletes are racing in the total of 46 athletes! Those who are not should not be discouraged, but keep working hard and they will be selected to row for the school when the coaching team believe they are ready and enough equipment is available.

Easter 2009 Training Camp to Belgium

Thank you for the 2nd deposit cheque of £100 received from many of you already. Could I please have the remaining £100 cheques payable to "MCSBC" this week please.

Training changes due to poor light - reminder

Please see "Rowing Update 4" on www.mcsbc.co.uk for the changes which take effect this week.

Regards

DC