

Wycliffe Small Boats Head

A fantastic day for the club! We won medals in 9 events, with 25 of the 47 athletes winning medals. It is the best day's racing we have ever had at this event. Wycliffe is only a regional event, but it gives an excellent indication of the likely competition for the Junior Inter-Regional Team trials. The regatta is held early in the Summer for W/J14 to W/J16 athletes.

I have been able to speak to almost all athletes to congratulate them personally. If I have not spoken to you, another coach will probably have done so and it does not indicate that you had a poor performance as there were NO poor performances. All crews performed in keeping with their best training and it isn't often I can say that. I have analysed the results as below. This is a very useful way of finding out if you had a very good race, but in a very strong event.

m/s - crew speed in metres/second

nc avg gold - avg speed required to win a gold medal at the National Championships

pgm nc - percentage of the nc avg gold time achieved. This shows much more accurately how fast crews/scullers were in their boat class.

(I have used the National Championships this time (I used National Schools Regatta for the Pangbourne results) because all events are over 2000 metres and there are no W/J14 singles at NSR, so FN's row could not be analysed with that data)

J18 events - these can look extremely good, but do bear in mind that the highest level of Junior have been selected for Great Britain at this time of year and do not compete at the event.

Crew	Cox	B	2	3	S	Time	m/s	Pos	nc avg gold	pgm nc
WJ18 2x		HJ	GH			10:29.7	4.0	1/10	4.02	99%
WJ18 1x		LB				11:35.7	3.6	2/8	3.64	99%
J18 4x-		GR	DH	OU	JS	08:48.6	4.7	1/2	4.90	96%
J16 2x		OU	DH			09:43.2	4.3	2/6	4.47	96%
WJ18 1x		SP				11:55.5	3.5	5/8	3.64	96%
WJ18 4x-		KI	RK	HJ	GH	10:04.1	4.1	2/6	4.34	95%
J16 4x-		JW	SH	TS	AE	09:09.8	4.5	1/3	4.78	95%
WJ18 1x		LC				12:15.4	3.4	7/8	3.64	93%
J15 4x+	BL (cox)	RP	MS	RR	ES	09:41.1	4.3	6/11	4.61	93%
WJ14 1x		FN				12:42.8	3.3	3/3	3.56	92%
WJ15 1x		ST				12:32.5	3.3	8/12	3.63	92%
WJ15 2x		ST	MB			11:33.1	3.6	3/5	3.98	91%
J14 4x+	RO (cox)	JK	LM	HK	AT	10:27.6	4.0	2/6	4.45	89%
WJ15 4x+	BL (cox)	EK	TH	MB	AG	11:25.7	3.6	3/3	4.10	89%
J15 2x		LP	SL			10:33.9	3.9	7/11	4.44	89%
WJ14 2x		AJ	HS			13:09.0	3.2	7/8	3.85	82%
J15 1x		DJ				12:17.9	3.4	14/17	4.12	82%
WJ14 4x+	RO (cox)	AF	NL	MP	BD	12:41.6	3.3	3/6	4.03	81%
J15 1x		BR				12:37.4	3.3	15/17	4.12	80%
J14 2x		GJ	JB			12:09.7	3.4	3/3	4.30	80%
J15 1x		AS				12:52.9	3.2	16/17	4.12	78%
J15 1x		TB				13:17.7	3.1	17/17	4.12	76%

Thoughts to note:

The senior athletes dominated the upper percentages. This is a reflection of the time and effort they put into their training.

The photos from the event are on the website and I will be showing the video of the crews racing at training sessions this week.

Quiz Night & Friends of MCSBC AGM - Saturday 31st January starting at 6.30pm

There are 80 places for the quiz event (no limit for the AGM), which will again be held at Monmouth Rugby Club, due to the greater venue size and the assurance it won't be affected by flooding at that time of year. The event includes dinner on a Mexican theme. Full details with ticket information will be circulated early in the New Year.

Boat naming

The formal naming of our new single sculling boat will take place on **Wednesday 17th December at 1.30pm** near the reception area of the school. Stephen Moore will be naming the boat. He is the Chairman of the Friends of MCSBC and a Governor of the school. He has been at the heart of the Friends since its inception three years ago and I am delighted to be able to recognise his contribution by naming a boat after him. All Year 9 and Year 10 rowers are expected to attend (Year 11 will be unable to do so and 6th form may also have timetable problems) and any parents who are free at this time would be very welcome. The event will be photographed for the Beacon by their photographer.

Half Marathon to Henley 2009 - Saturday 14th March

This vital fundraising event is the single largest source of support for MCSBC. **Sponsor forms will be issued at training this week.** It is expected that all members will participate, whether running, walking or a mixture of both!

Boat repair update

The safety launch is now finally full operational. The two coxless quads have gone to be repaired and are due back early in the New Year. As usual, boats out of commission are clearly marked with red/white tape, which **MUST NOT** be removed without my permission as the boat may well be unsafe to row.

And finally...rowing on the last day of term

It has become traditional to take advantage of the last day of term being a half day to have good long day time row, often in a mix of crews. This will start immediately after school finished at 12pm and it expected to run until 3pm. Everyone is welcome, but there is a limit on numbers for safety reasons, so please sign up with me by e-mail well in advance.

Regards

DC