



WAGS NEWS



Welcome - To the April edition of the WAGS NEWS.

This newsletter is aimed at anyone with an interest in rowing throughout the WAGS Region. It aims to keep you up to date with activities and events going on within both the region and nationally that affect your local club. Providing you with important and general information, coaching tips, race results etc. It will also bring you the latest information on Coach Education and Training opportunities available within the region.

Remember this is your region's newsletter therefore to make the most of it and promote the activities in your club e-mail them to the editor. (rachael.wooldridge@ara-rowing.org)



Bath University Boat Club raised hundreds of pounds for charity in the pouring rain and set an official British Universities Small Mixed Group record in the process at Bath's Christmas Market in December.

Ten rowers, 6 men and 4 women, rotated every 15 strokes and completed a gruelling 100km relay row on the ergos in 4 hours 59 minutes and 14 seconds to set the official record. Whilst a further group of 25 rowers completed the same distance at a more leisurely pace and completed it in just over 6 hours.

CrewBath were participating in Siemens' Stroke for Stroke campaign, an initiative designed to increase the awareness of The Stroke Association.

CrewBath's efforts have seen us raise to date £730 for this worthwhile cause.*

Please see the following press release for further information:**
Siemens**

<http://www.siemens.dmg.co.uk/strokeforstroke/>
Bath Chronicle**

<http://www.thisisbath.co.uk/displayNode.jsp?nodeId=163061&command=displayContent&sourceNode=163044&contentPK=19169978&moduleName=InternalSearch&formname=sidebarsearch>

<http://www.thisisbath.co.uk/displayNode.jsp?nodeId=163061&command=displayContent&sourceNode=163044&contentPK=19169978&moduleName=InternalSearch&formname=sidebarsearch>

Justgiving

<http://justgiving.com/crewbath>

and to show we are one of the top 10 fundraisers for Siemens' (our page is registered to Jonathon Slincy)

<http://justgiving.com/siemensstrokeforstroke>



From the 26th -28th March, Jonny Garrow and Rachael Wooldridge along with help from C2 ran a taster indoor rowing competition at the Bristol Festival of school sport.

The 3 day event attracted up to 1,200 pupils from 16 schools, with the aim of celebrating participation and achievement in sport at all levels.

The event was to give the pupils a positive experience of sport and to encourage them to try new activities.

Row was one of an number of taster sports other including: Cycling, ultimate Frisbee, Golf Xtreme and many more.

It is hoped that a few of these pupils might now venture down to a rowing club to try rowing on the water in the near future.

WAGS Affiliated clubs/schools/universities: Avon & Somerset Police RC, Avon County RC, Bradford on Avon RC, Bristol Ariel RC, City of Bristol RC, Cotswold RC, Fuzzy Duck BC, Gloucester RC, Meles BC, Minerva Bath RC, Severn River Rowing Ass, Swindon RC, Bath University, Bristol University, Defence Academy RC, Gloucester University, West of England university, Cheltenham College BC, Cheltenham Ladies College BC, Clifton College BC, Monkton Bluefriars BC, Monkton Combe School BC, Wycliffe College Boat Club



WAGS NEWS



Fancy having ago at Recreational Rowing join the tour.

This year's A.R.A. Tour is a great chance for W.A.G.S. people to join in. It starts at Stourport on Fri. Aug.29th. rowing to Worcester. Next day is to Tewkesbury and then to Gloucester as the finale. W.A.G.S. are already involved ,in that Cheltenham are hosting the boats overnight and Gloucester R C. are helping with the tricky Docks section and the final disembarkation. De and I will be on the Tour and also organizing a Programme for the non-Rowers ,of Walks along the Severn Path, a River Cruise ,and Visits.

On offer this Year is the chance to join in on a daily basis for £10 (including Lunch) You can row in any boat you wish ,or just come and walk with my group . A good day might be the Sunday from Tewkesbury to Mythe, say ,and return to your trailer at Tewkesbury.

For further detail e-mail: deandsteve@talktalk.net

De & Steve Oxlade

Picture below form The River Great Ouse tour 06: Bedford to Ely



Womens head

Wags Region results

Finish Order ,Start Order, Club, Status, Awards, Time

- 7 173 Bath University/Latymer Upper/Minerva
- Bath/Mortlake/RMA Sandhurst Elite 19:50.58
- 65 60 City of Bristol RC A S 2 Prov Club 21:07.66
- 77 48 University of the West of England RC A S 4
- University 21:16.93
- 90 155 City of Bristol RC B S 3 Prov Club 21:29.22
- 106 55 University of Bristol BC A S 3 University 21:44.91
- 113 124 University of Bristol BC B S 4 21:48.39
- 129 85 Bristol Ariel RC S 3 Prov Club 21:55.33
- 154 137 Gloucester RC S 4 Prov Club 22:17.96
- 160 195 Bradford on Avon RC S 3 Prov Club 22:33.17
- 163 232 City of Bristol RC C Nov Club Prov Club
- 22:38.11
- 171 205 Avon County RC A S 4 Prov Club 22:45.22
- 230 222 Avon County RC B S 4 Prov Club 24:57.51



WAGS NEWS



HEAD OF THE RIVER RACE 2008

This year's Head Of River Race went off smoothly and without incident and from the results looked like a great day of racing.

A huge congratulation to all crew that took part from the 6 clubs within the region.

Bristol University crews had a fantastic set of results coming 8th in the Novice category, 8th in S4 and 3rd in the Senior 2 Category, making it the fastest crew in the region to complete the course.

City of Bristol's Elite VIII came 19 out of 63 crews including many international entries and the S3 crew finished a great 7th out of 97.

All the result of the regions results can be seen below

Start	Finish	Time	sec	Cat	Club
70	69	19	2.06	E	City of Bristol II
27	31	18	32.49	S2	University of Bristol I
65	30	18	58.4	S2	UWE I
92	173	19	13.02	S2	Gloucester
62	157	18	54.69	S3	City of Bristol I
94	85	19	14.58	S3	Bath University I
314	368	20	59.84	S3	Bristol Ariel
100	103	19	17.58	S4	University of Bristol II
185	168	19	52.63	S4	Bath University II
257	102	20	25.85	S4	UWE II
197	234	19	54.90	Nov	Bristol University III
385	401	22	13.81	Nov	Bath University III
404	416	22	46.95	Nov	University of Bristol VI



Picture above Bath uni 8 courtesy of Joanne Jarrett, BUBC Secretary



**Scholarship opportunities
Stewards Trust Scholarships
2008 - WAGS and other regions**

Are you considering going back to University or are you currently a student who wishes to continue coaching after University?

Are you interested in spending two years studying for a part-time postgraduate qualification in coaching, sports development, or the health/social related benefits of sport?

Do you have experience of coaching young people? The ARA is delighted to be working in partnership with the Henley Stewards Charitable Trust to deliver this highly successful Scholarship Programme.

We are seeking Scholarship Coaches for Autumn 2008 to coach part-time with a cluster of Project Oarsome and Clubmark clubs delivering the ARA Young people's Programme, whilst studying for a part-time postgraduate qualification.

A package of support is available to the right applicants of any age or background who wish to take the first step onto the professional ladder.

There are a number of vacancies in regions which include the following: Scotland, Yorkshire, WAGS, South West.

Further details, scholarship specification and application forms are available from Liz O'Flaherty, email: info@ara-rowing.org

Letters of application, together with completed application forms should be marked 'Private & Confidential' and sent to Liz O'Flaherty, either by email (as above) or to ARA, 6 Lower Mall, London W6 9DJ.

The successful candidate will be required to complete a Criminal Records Bureau (CRB) Disclosure application.

The ARA is an equal opportunities employer.

**AMATEUR ROWING ASSOCIATION | 6 Lower Mall,
London, W6 9DJ | Tel:020 8237 6700 | www.ara-rowing.org**



WAGS NEWS



BAR Bristol Avon Regatta at Saltford

Saturday 17 May 2008

1000m straight course downstream from a stakeboat start, on the River Avon at Saltford (between Bath and Bristol)

Entries close at 4pm Sunday 11 May or when 165 paid entries received if earlier

£9 a seat (excl cones) (£1 a seat supplement if payment not received by 14 May). Entries may be made through OARA or by ARA form by e-mail to philippa@haringtonglass.co.uk or post to P Sondheimer, 4 Lyncombe Hill, Bath BA2 4PG. Payment may be made by credit/debit card through OARA or by cheque to "Bristol Avon Regatta Committee" (please note crews on back) to the above address. Enquiries by e-mail or to H: 01225 471661 W: 01225 443223 M: 07 889 750545.

The Regatta will be run in two sessions. Doubling or boat sharing will not be possible within a session

OPEN & WOMENS' EVENTS ARE OFFERED IN THE FOLLOWING CATEGORIES

	S1	S3	S4	N	J	J16	J15	J14	Vet B/C	Vet D/E
Morning session										
8o		X		X		X				
4+	X		X		X		X			X
4x-					X					
4x+							X	X		
2x					X		X			

	S1	S3	S4	N	J	J16	J15	J14	Vet B/C	Vet D/E
Afternoon session										
8o	X		X		X		X			
4+		X		X		X			X	
4x-					X					
4x+										
2x		X		X		X		X		



The Henley of the West

This Regatta is a revival of the historic Saltford regatta, known as "The Henley of the West" and last held in the 1970s.

In this first year of its revival, the size of the regatta will need to be limited and we regret that 1x cannot be offered. This will be reviewed for 2009.



View down course from start

The Regatta is held under the Rules of the ARA and the ARA Rules of Racing will apply. Stern-on start.

Organized by Avon County RC

www.baregatta.org.uk

BAR Bristol Avon Regatta at Saltford

GREAT WESTERN SPRINT

At Keynes Country Park (in Cotswold Country Park)

On Sunday 20th April 2008

A new event organised by WAGS Region and run in conjunction with the BUSA Championship Sprints 2008

ARA Events Offered

- For men and women at novice, Senior 3 and Senior 2:
 - o Eights
 - o Coxed fours
 - o Doubles
 - o Single sculls
- For veteran men and women (including Vet Novice)
 - o Coxed fours
 - o Doubles
 - o Single sculls

Entries

- Via OARA or email – see below
- Vets please enter using the Vet B events set up on OARA and use the notes to add your veteran category. We will do our best to arrange appropriate races.
- Payment on line or by cheque payable to WAGS and sent to Philippa Sondheimer, 4 Lyncombe Hill, Bath BA2 4PG
- Entries Close at 11:00 am on Monday 14th April
- Contact 07889 750 545 or philippa@haringtonglass.co.uk

www.GreatWesternSprint.co.uk

BUSA Sprints Regatta 2008 – 20th April 2008

WAGS is hosting the BUSA Sprints Regatta at Keynes Country Park. This is the first time that it has been apart from the main BUSA regatta, which is being held in Strathclyde.

Over 20 universities and 200 crews are taking part with racing from 9am until 6pm.

If you would like to help with this exciting event, please contact Philippa on 07889 750 545.

More details are available at <http://www.greatwesternsprint.co.uk>



WAGS NEWS



Training Opportunities – coach and club workshops

ARA Coaching courses:

As you may be aware the ARA have adopted the New UKCC.



WAGS LEVEL 2

A LEVEL 2 COACHING AWARD IS TO BE HELD IN THE WAGS REGION (AVON AREA) IN JULY

Dates,

Mon 7th July: 9am – 5.00pm

Tues 8th July 10.30am – 9 pm

Thurs 10th July: 9am – 5.00pm

Fri 11th July: 9am – 4.30 pm

Cost: £250 ARA members, £271 Non ARA members

Deadline for Application is 9th June 08.

The course will be filled on a first come first served basis.

Please send completed ARA applications forms with cheques (made payable to WAGS Regional Rowing Council), to:
Applications forms and cheques should be sent to:
Penny Senior, Solo Cottage, Stockwood Vale, Keynsham, Bristol, BS31 2AW

Numbers are limited to 8 min. – 12 max. candidates.
For any further information or queries please contact:
Penny Senior, email: juniors@avoncountyrowingclub.org.uk
or phone: 0117 9867934

Funding Tip – from Bath Uni

The following may be of interest to local clubs. Crewbath, due to a lack of sponsors is dependent on members, friends and family helping out, so we can keep the club running on a day to day basis.

In July, Bath University Boat Club joined an online fund-raising website, through it our supporters can join and choose BUBC as their designated cause. Everytime they shop online, choosing from over 400 UK retailers, up to 15% from every purchase they make is donated back to the club. To date we have raised just over £75 at no cost to our supporters.

The site we use to generate income is:

<http://www.easyfundraising.org.uk/referral/4074>

and any rowing clubs can join and generate some income in this manner.

Easy search has been developed by easy fundraising and by changing our supporters search habits we are generating about £5 on a weekly basis. Easy search is a search engine powered by Yahoo and works just like Google except through using it it generates money for BUBC.

The Bath University Boat Club unique easy search web address is: - <http://bubc.easysearch.org.uk/>

WAGS Regional Rowing Council

Chairman: Phil Clements
Deputy Chairman: Julian Bewick
Secretary: Philippa Sondheimer
Water Safety Adviser : Clive Pendry
Treasurer: Robin Leach
Coaching Commission: Vacant
Junior Commission: Penny Senior
Veteran Commission: Deirdre Squire
Recreational Rowing: Stephen Oxlade
Webmaster :

chair@wagsrrc.co.uk
deputychair@wagsrrc.co.uk
sec@wagsrrc.co.uk
safety@wagsrrc.co.uk
treasurer@wagsrrc.co.uk

junior@wagsrrc.co.uk
veteran@wagsrrc.co.uk
recreational@wagsrrc.co.uk
web@wagsrrc.co.uk

divrep@wagsrrc.co.uk

Divisional Representative – Philippa Sondheimer

ARA Coaching and Development Officer: Rachael Wooldridge rachael.wooldridge@ara-rowing.org