

Lent 1 LRGSBC Newsletter

This half term seems to have flown by, but there were still some good highlights, namely Junior Head North, Saturday training and two double capsizes! It has been great to see the Y9s regularly turning up for training on a Saturday, and the commitment of the other students to help coach them in crew boats.

We had lots of crews racing at Junior Head North in Runcorn, including the J18 4x- and the J18 8+ racing in the 6k morning division. Unfortunately, the crews came 3rd and 5th in their bands, finishing with times of 21:17 and 21:22. The afternoon division was more successful with 5 crews racing in this division: 2 J16 coxless quads, a J18 mixed quad and 2 J15 coxed quads, however due to some excellent competition, we were unable to secure a medal.



It has been excellent to start training with video footage for the older years, giving us a chance to analyse our technique from outside the boat. The 8+ and the J18 4x- have been training hard to be ready for Schools Head next half term, meaning great improvement but also 5k tests. Well done to all those who managed to complete one of these, keep up the training!



The J18 8+ also had the chance to do a piece with Lancaster Uni to help one of their novice crews experience being chased by a faster crew, many thanks to them for providing the opportunity for the LRGS 8+ to row against another 8+.

We had a double capsize on a Wednesday games session, Joe and Russel (L6) managed to self-rescue and row to shore before changing into warm and dry kit and being awarded a rubber duck. Joe Birkbeck and Tom Walkerdine (Y10) also capsized on a Thursday afternoon and were rescued by Mr Hamilton and rushed to shore.

There has been lots of good stuff this half term, which will hopefully continue into the next half term and the summer terms. Hopefully the weather will improve a bit as well!

Below are some screenshots of the video training footage.

