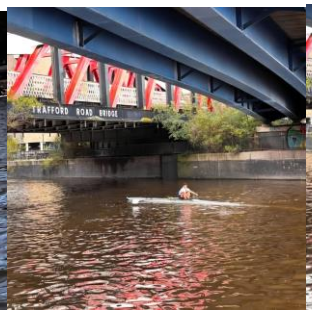
LRGSBC Newsletter Michaelmas Half Term 1

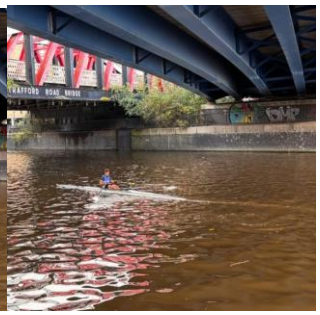
It has been a great start to the year for the club, with everyone returning from the summer ready to go. Progress among the new intake of year 9's has been strong, with many of the senior members giving up their second sessions to help develop and coach. The Focus of the Sixth form this year will be the school VIII after the success at School's Head of the River last year. In addition to the year 9's, among the cohort of new members we have a new coxswain who has taken charge of most aspects of training for the sixth form.




A huge well done to all crews from Agecroft, conditions this year were especially challenging with gusts of over 40mph, leading to a shortening of the course. Despite the altered race plans, all crews performed exceptionally well, with notable performances going to James Proctor and Wilbur Rose with James beating Wilbur by 0.4 seconds! Other notable moments include the fastest boat of the day being the J16 4x- with a 9:03.7, although unfortunately for the club no boat managed to win their band.







As we move into the winter months, the focus will be on making sure everything is on track for next year's events, with the Head of the Lune coming up as a good benchmark of form mid-November. All crews will be working towards peak performance in early spring, with the aim being for the Sixth form to once again head to London to race at School's Head of the River, hoping to improve last year's results. Wilbur Rose is in the process of entering GB trials, and we wish him all the best in the next stages of his progression and application to the GB team.

As an end of term treat, the whole club took part in a time trial the week before the half term break. Consisting of 2x 750m pieces, from the aqueduct to Control Tower and then a spin before heading back the other direction. The fastest crew was the 8+ (no surprises there) with a 5:14 total time. However using the Handicap system to factor in age, Wilbur was the fastest on the water with a 6:06, followed by Joe and Max with 5:57, the 8+, Alex Jones in 6:36 and Edward and Euan in 6:15 to round out the top 5. Well done to all rowers who took part, good performances all round gives us some real insight going forward into the winter months to tailor our training for the races in the new year.

Dates for your calendar:

Head of the Lune: Sunday 15th November

Red Rose Head (Provisional): Saturday 28th November

Christmas Pudding Races: Saturday 5th December

Time Trial Results:

NAME	BOAT CLASS	TIME	Time (s)	Handicap	Factor (Time / Handicap)	Loss (%)	To win (s)
Wilbur	J17 1x	00:06:06	366.00	281.73	1.299	0.00	-
Max/Joe	J16 2x	00:05:57	357.00	265.17	1.346	4.72	9.63
8+	J18 8+	00:05:14	314.00	230.28	1.364	6.44	11.42
Alex Jones	J16 1x	00:06:36	396.00	284.60	1.391	9.23	20.22
Edward/Euan	J17 2x	00:06:15	375.00	262.50	1.429	12.94	26.15
James/Thomas	J16 2x	00:06:20	380.00	265.17	1.433	13.39	27.33
Riley/Jacob	J15 2x	00:06:31	391.00	269.71	1.450	15.06	31.26
Jack Storey (Oli, Aaron, Oscar, Alfie)	J16 4x	00:06:10	370.00	247.50	1.495	19.58	37.30
Jack Storey (Freddy, Micah, Jordan, Ben)	J17 4x	00:06:08	368.00	245.01	1.502	20.29	38.26
Alex Wilkinson	J16 1x	00:07:10	430.00	284.60	1.511	21.18	46.40
Harrison	J16 1x	00:07:13	433.00	284.60	1.521	22.23	48.71
Shayan/Josh	J17 2x	00:06:42	402.00	262.50	1.531	23.23	46.94
Thomas/Elijah	J15 2x	00:07:04	424.00	269.71	1.572	27.29	56.66
Cameron/Leo	J15 2x	00:07:13	433.00	269.71	1.605	30.63	63.59
Reuben/Israel	J15 2x	00:07:14	434.00	269.71	1.609	31.00	64.36
James P	J18 1x	00:07:34	454.00	279.25	1.626	32.67	70.22
Leddy	J16 4x	00:06:58	418.00	247.50	1.689	38.97	74.25
Ethan/James	J16 2x	00:07:35	455.00	265.17	1.716	41.67	85.06
Lancaster Rose (Isaac, Will, Dylan, Josh cox Fletcher)	J15 4x+	00:07:47	467.00	262.65	1.778	47.89	96.83
Blake	J16 1x	00:08:31	511.00	284.60	1.796	49.64	108.75
Leddy (Joachim, Corben, Theo, Hyrum)	J15 4x	00:07:35	455.00	251.74	1.807	50.83	98.50
Russel/Joseph	J18 2x	00:08:03	483.00	260.19	1.856	55.72	111.60
Tim Lucas (Ezra, Luca, Max, Oliver, cox Vijayant)	J15 4x+	00:08:38	518.00	262.65	1.972	67.31	136.09
Leddy (Tom, Matthew, Emily, Faye)	J18 4x	00:08:40	520.00	242.85	2.141	84.21	157.42