

# KSRC Weekly Newsletter

March 24<sup>th</sup>, 2010 Issue 23

## North Of England Head success for the Girls Squad!



### Holiday Training Planner

A copy of training times for all crews over the Easter break is available online and on the rowing section of the website. Training outside of these times at the club must be cleared with your year group coach before the session.

## King's stand square with England's best

### Rowing

The King's School, Chester, cemented their place among the top rowing schools in England at the national head races.

Over two days at Dorney Lake, 200 and the midway course from Jalswick to Putney along the Thames, schools battled it out – including 11 eights teams from The King's School.

The boys' first VIII led the way on day one, finishing fifth overall out of 19 to set the tone for the two days.

The J16 VIII came fourth in the senior 16 event and the J15 VIII were the second quickest 12s of the day, finishing out on the victory to a crew from Hampton School. The J15 second VIII also performed well, securing third place in their group.

The girls' VIII's also performed well. The first crew finished an encouraging ninth out of 19 while the J15s fought hard for an eighth place finish in their respective event.

The following day, at the Oarsport Ramor Sculling Head, it was the turn of the J14 crews.

The J14 boys' first VIII sculled well and eventually came second out of the 39 J14 crews, an excellent result in their first national level race.

The J14 second VIII came third in the B Octuple event, the thirds finished fourth in the C event.

In the girls' event the J14s managed an impressive fourth place out of 15 crews.

Overall out of 11 eights racing over the two days, eight of the King's crews finished in the top five of their category in what was an excellent marker for the rest of the year.

The crews now have two months to prepare for the National Schools Regatta at the end of May before the club heads off on training camps to Monmouth in South Wales and Ghent in Belgium, which will be essential in the preparation period.



**GREAT PERFORMANCE:** The King's School's J14 crew finished second in the Oarsport Junior Sculling Head, their first national level race.

### National challenge for school crews



**CLASS ACTS:** Rowers from Queen's Park High School took part in the National Junior Sculling Championships.

TWO crews from Queen's Park High School Rowing Club lined up alongside the best junior rowers in the country.

The Chester school sent two quads to Dorney Lake, near Slough, for the National Junior Sculling Championships. The J18 crew, with Ozzy Ghobadi, Chris Thomas, Scott Wallace and Tom Young, faced stiff competition and failed to make the first three positions.

The J14 boat, featuring Yousef Khalifa, Joel Langford, Struan Tomkins, James McChermott and cox Rachel Tomkins rowed like machines on a two-lap course and finished third out of 26 crews.

## North Of England Head

A successful weekend of racing for the school rowing club. Competing on home waters against strong opposition, crews from the club continued with the improvements made over the last term. The 1st VIII narrowly missed out on the senior eights event, losing to the Shrewsbury 1st VIII by 13 seconds. The J16 VIII, competing above their age group bracket only missed out on the Novice pennant by 7 seconds to a crew from Durham University. The boys J15 squad boated three VIII's, with the A and B crew picked in matched boats. Both crews competed well, winning the pennant and encouragingly posting a time good enough to win the J16 VIII's event. Three coxed quads from the boys J14 squad competed, finishing 2nd, 4th and 7th, just missing out on the win by seven seconds this time to Queens Park High School.

The girl's crews put in some strong performances with three wins from the four crews. The Girls 1st VIII won the women's Novice pennant, 26 seconds quicker than their nearest rivals from Manchester University. The girls J14 Octuple produced an excellent row to win their event, followed by the J14 girl's coxed quad which not only won the J14 event but posted a time quick enough to win the J15 event to.

In total, 12 crews competed for the school, winning 4 of the 8 categories they were entered for.

*Winning medals from the North of England Head & silver medals from the Schools Head, plus a recent press release on King's rowing successes*

## Boathouse Pub

### Parking

Please be aware that parking at the boathouse pub is in agreement with the boathouse pub. Please make an effort to use the pub where possible to ensure goodwill.

### Quote of the Week:

"It was a good race apart from the point where we hit the bank..."

### Dates for the diary:

30 <sup>th</sup> March – 3 <sup>rd</sup> April	Monmouth
6 <sup>th</sup> April- 11 <sup>th</sup> April	Ghent
25 <sup>th</sup> April	Inter-Regional's
2 <sup>nd</sup> May	Wallingford
8 <sup>th</sup> May	Chester
8 <sup>th</sup> May	K.S.R.C.-BBQ
15 <sup>th</sup> May	Shrewsbury

### K.S.R.C. Kit

Please see the attached document showing the available kit as of March 2010. If you would like to purchase an item of kit for your son/daughter please email [djb@kingschester.co.uk](mailto:djb@kingschester.co.uk), the item cost will be placed on the end of term bill.