

# KSRC Weekly Newsletter

April 21<sup>st</sup>, 2010

Issue 25

## Inter-Regional's & GB Trials

### Monmouth 2010

Thirty two J14 athletes trained well and with commitment whilst in Monmouth during the Easter break. Despite the weather the crews enjoyed themselves, with three outings a day, runs up the local mountain and ergo training! All the athletes were a credit to the club and built on an already strong set of performances from the Lent term. Hopes are now high for the summers racing!



### Weekend Arrangements

#### SATURDAY

#### Training on the Dee:

	Time
Girls Senior Squad	0800
Boys Senior Squad (as advised by NSO)	
Boys J15 VIII's, A & B	0830
Girls J15 Squad	1100
J14 Development Squad	0830

#### SUNDAY

GB Trials, Dorney Lake

Inter-Regional's, Nottingham



### Ghent 2010

60 pupils and 8 coaches headed for Ghent, Belgium in preparation for the summer regatta season. After four days of training and preparation on the lake, the crews were ready to take on their European counterparts in the Ghent International Spring Regatta. The event, held over two days is a 5 lane, 2000 metre race against opposition and the clock. Over 20 crews competed on both days from the King's School Rowing Club.

On the boy's side, the 1<sup>st</sup> VIII won the junior men's VIII's on both days, crowning them as champions as well as winning the Belgium National Championships. The senior squad continued to show strong form, winning the coxless fours event on both days and picking up silver medals in the coxless pairs event. The J16 squad shone in the coxed fours event on Saturday, winning the event and beating opposition, which were up to two years older than them in the 21 crew event.

On the girl's side, the 1<sup>st</sup> VIII came third on both days in the women's open VIII's event and competed well in the coxless fours event. The J15 squad also showed some quality on both days, with the girls J15 VIII producing a season best row on the Saturday, the boys "A" J15 VIII produced their best effort in the last race of the weekend, coming fourth overall in the under 18 VIII's event.

In total the club returned with 5 gold, 1 silver and 4 bronze medals from the weekend.

### Dates for the diary:

GB Dorney Trials	25/04
Inter-Regional's	25/04
Wallingford Regatta	02/05
Chester Regatta	08/05