

# KSRC Weekly Newsletter

May 12<sup>th</sup>, 2010 Issue 28

## Win's recorded on Home Waters & GB Medal's won in Munich



Munich medallists – James Kinsey & Sam Wilson. The Girls J15 4+ winners at Chester Regatta

### Munich Junior International Regatta

Our selection for the junior GB squad sent to Munich started back in February with the gruelling long distance trials in pairs on the featureless river in Boston, well known for being one of the most horrible rivers to row on. King's fielded four rowers in the trials and produced solid results of 3<sup>rd</sup> and 4<sup>th</sup> out of a total of 45 top junior pairs. This gave us invitations to the next set of trials, a 4 day set of punishing seat racing in an attempt to produce a ranking of the country's top athletes at the National Water Sports Centre in Nottingham. Through this James Kinsey and I were selected for the squad of 14 oarsmen to be sent to Munich with Ollie Holt and Inigo Atkin only narrowly missing out. Our trip to Munich began early on a Friday morning with a flight from Heathrow, we then went straight from the airport to the rowing lake in Munich and after a few awkward greetings we were sent immediately out to train in our previously unpractised crews in preparation for the weekend of racing. This was followed by a carbohydrate-rich meal of pasta and an early nights sleep.

Saturday morning began bright and early at 5.30 am, with James' and my first international race in a coxless four against crews such as the Germans at 1000, unfortunately the racing didn't go as planned and we produced a disappointing 5<sup>th</sup> place in the semi-final. Luckily we had the chance to redeem ourselves in the last race of the day on Saturday in the VIII, along with rowers from schools such as Eton, BMS and Radley, in a one-on-one with the Spanish, we grasped the chance and won the race by an encouraging margin on one length, producing a positive end to the day. With spirits high, we returned to the hotel to prepare for our last day of racing.

On the Sunday, I was in the bow seat of the VIII again with James in a coxless four, the four won their heat and only narrowly missed out on the overall win in a Ghent style race. In the VIII we cruised through the semi-final in 2<sup>nd</sup> place, this put us in a strong position going into the final. The final was once again the very last race of the day, after spending over 6 hours nervously waiting since the semi final, we finally boated for what would be one of the hardest races of my life. We were dropped off the start and were in last place after the first 500m, we slowly clawed the lead back throughout the race and pushed the Germans all the way to the line only losing by three quarters of a length to 1<sup>st</sup> place and achieving 3<sup>rd</sup> place, an encouraging result. The regatta was an amazing experience and a great way to start my international rowing career in which I hope to go to the Junior World Championships this summer in the Czech Republic.

*Sam Wilson – KSRC 1<sup>st</sup> VIII '10*

### Dates for the diary:

Shrewsbury Regatta 15/05  
National Schools 28/05

### Chester Regatta

Write up found at:

<http://kingsschoolrowingclub.edublogs.org>

### KSRC Gazebo at Shrewsbury

The rowing club & parents will have a gazebo base at Shrewsbury Regatta this weekend. Please feel free to join the group and support the club throughout the day. Shrewsbury Regatta will be an excellent day out, hopefully a chance for a picnic in the sun and watch all the year groups compete against local rivals.

### Rowing Club BBQ

Saturday 12<sup>th</sup> June

Please see flier for details

### Shrewsbury Regatta

Details at:

[http://www.pengwernbc.co.uk/pages.php/page/71b7aa2e-f3e9-102a-a2f5-00e08133f7d2/view\\_section.html](http://www.pengwernbc.co.uk/pages.php/page/71b7aa2e-f3e9-102a-a2f5-00e08133f7d2/view_section.html)

### Ergo Machines for sale

The club has 5 rowing machines for sale, these are concept 2 model C machines with PM2 monitors. They are priced according to age and use at £400/ £450 & £480. If you would be interested in buying or having a look at them please email [djb@kingschester.co.uk](mailto:djb@kingschester.co.uk). They will be advertised on eBay next week so please send your interest in this week.