



Friday 17<sup>th</sup> January saw the Cornish Indoor Rowing Championships for Secondary Schools, which was one of the first events to run as part of the 2014 Cornwall School Games. This was the biggest event yet with 222 participants in school years 7-13 competed using the 'Go Race Indoors' framework. This is an increase of almost 40 participants from last years event. The event was run by British Rowing staff & Cornwall Sports Partnership, with Newquay Tretherras School / Newquay Sports Centre once again providing the venue.

The event saw a category for year 12/13 pupils, with 15 rowers taking part from 6<sup>th</sup> forms and colleges. The year 7-11 categories also saw some strong performances, with 11 rowers scoring 100% or more of the British Rowing 'Gold Medal Target'.

The year ten competition saw particularly strong performances from Hettie Bawden (Penair) and Hugo Culverhouse (Wadebridge) scoring 103% & 104% respectively.

The competition saw entries from 22 secondary schools, with a large contingent from Liskeard school, newcomers to Indoor Rowing Competition who have recently been working in partnership with Looe Gig Club. Several more of these schools have strong partnerships with local rowing clubs, offering water based sessions as well as Indoor Rowing – linking to Sport Englands 'Satellite Clubs' programme run by Kev Sellar.

A huge thanks to the following who made this event possible: British Rowing staff for running the day; Cornwall Sport Partnership; Newquay Sports Centre and Tretherras School for the venue, equipment and sports leaders and Newquay Treviglas & Caradon Gig Club for their machines.

The next Indoor Competition in the West Region is the Plymouth City Championships on the 5<sup>th</sup> February organised by coach Kevin Sellar. Following that is the UCP Marjon West Regional Schools Competition on the 4<sup>th</sup> March, which this year will incorporate the Devon School Games. It is also expected that several West Regional schools will attend the National Championships in London (NJIRC) on the 21<sup>st</sup> of March.

On June 25<sup>th</sup>, Gig Rowing will feature once again as part of the Cornwall School Games watersports event for the second year running. Schools are being encouraged to partner with local community clubs and form teams to enter in four different categories. It is hoped that forming these links will create a legacy from the games and allow more young people to access sport through community clubs.

For more information on Rowing in the West Region contact [rhiannon.halliday@britishrowing.org](mailto:rhiannon.halliday@britishrowing.org).

	Female	Male
<b>Year 12/13 2000m</b>	Chloe White (Truro School) 7mins 53 secs – 98%	Tom Worden (Helston CC) 6 mins 44 secs – 103%
<b>Year 7 2 min</b>	Abi Kay (Wadebridge) 493m – 100%	Otto Norris (Mullion) 508m – 99%
<b>Year 8 3 min</b>	Megan Trewern – (Redruth) 776m – 103%	George Stables (Fowey CC) 807m – 99%
<b>Year 9 4 min</b>	Maddy Burley - (Penryn) 1067m – 104%	Alex Ricard (Newquay Treviglas) 1092m – 97%
<b>Year 10 5 min</b>	Hettie Bawden – (Penair) 1317m – 103%	Hugo Culverhouse (Wadebridge) 1495m (104%)
<b>Year 11 6 min</b>	Maria Norman (Fowey CC) 1511m – 98%	David Scoles (Callington) 1720m – 100%