



West Region Schools Indoor Rowing Competition Programme 2009-10

What is it?

The Amateur Rowing Association Schools Indoor Rowing Competition Programme, 'Go Race Indoors', is designed to encourage youngsters into rowing and getting fit and healthy at a series of local indoor rowing competitions around the country. The events target school pupils between the ages of 11 and 18 years.

How to get involved?

The programme in the West Region comprises of a progressive series of events across Cornwall, Devon and Somerset.

The 09-10 competition programme will be run over three stages;

- **Nov 09 – Jan 10 – School Sport Partnership Events**

Events will be run by individual SSPs, open to competitors from secondary schools from within that SSP.

- **Jan 10 – Feb 10 – County/City Events**

County and city events will be open to competitors from secondary and special schools from within that area. Ideally competitors should have taken part in the SSP event prior to the county/city competition.

- **Mar 2010 – Regional and National Championships**

A West Region Championships will be held in Plymouth in early March, followed by the National Junior Indoor Rowing Championships held in London in late March. The regional championships is a team event, open to competitors from secondary and special schools from within Cornwall, Devon and Somerset. Ideally competitors should have taken part in their SSP and county/city event prior to the Regional Competition.

The competition programme outlined above is aimed at competitors from schools or clubs delivering a recognised ARA indoor rowing programme through a qualified coach.

How Far Will You Race?

All events will be run using the following ARA recognised race distances;

YEAR GROUP	ROWING TIME	BOYS GOLD MEDAL TARGET	GIRLS GOLD MEDAL TARGET
7	2 Mins	510m	490m
8	3 Mins	810m	750m
9	4 Mins	1125m	1020m
10	5 Mins	1430	1275m
11	6 Mins	1720	1540
12/13	2000m	07:00.0	07:45.0



2009/10 Events Calendar

School Sports Partnership Events – Nov 09 – Jan 10

Sir John Hunt SSP

Event Date: November 30th

Event Contact: Lance Chatfield - lancechatfield@yahoo.co.uk

Plymstock SSP

Event Dates: Events will be held at individual schools within the Plymstock partnership. Dates tbc.

Event Contact: Kevin Sellar - KSellar@plymstockschool.org.uk

Penryn SSP

Event Date: December 1st

Event Contact: Martin Salome - MSalome@penryn-college.cornwall.sch.uk

Poltair SSP

Event Date: December 2nd

Event Contact: Rob Francis - sportscompetitionmanager@hotmail.co.uk

Penwith SSP

Event Date: December 9th

Event Contact: Martin Salome - MSalome@penryn-college.cornwall.sch.uk

Callington SSP

Event Date: December 10th

Event Contact: Rob Francis - sportscompetitionmanager@hotmail.co.uk

Tone SSP

Event Date: November 17th, December 8th

Event Contact: Lucy Mowlam - LMowlam@educ.somerset.gov.uk

County/City Events – Jan/Feb 2010

Somerset County Championships

Event Date - January 12th

Event Contact: Lucy Mowlam - LMowlam@educ.somerset.gov.uk

Cornwall County Championships

Event Date - January 27th

Event Contact: Gemma Wilson - cornwallscm@yahoo.co.uk

Plymouth City Championships

Event Date - February 3rd

Event Contact: Kevin Sellar - KSellar@plymstockschool.org.uk



Regional/National Events – March 2010

Regional Championships – March 3rd 2010 (provisional)

The regional series culminates with the West Regional Schools Championships, which takes place at the College of St Mark and John (Marjons) in Plymouth. Please note that as of this year the regional event will be a team based rather than an individual event. Schools will be required to enter teams made up one from each year group 7-11. There will also be an open event for years 12-13.

National Junior Indoor Rowing Championships – March 2010, London

The NJIRC takes place in London in March 2010 (date tbc). At this event competitors can take part against other juniors from schools and clubs from across the country.

Other Events

British Indoor Rowing Championships – November 22nd 2009, Birmingham

BIRC takes place in Birmingham on November 22nd 2009. This is the opening event of the Indoor Rowing calendar, and competitors can take part against other juniors from schools and clubs from across the country.

Concept 2 Schools League – September 09-March 10

The Concept 2 School League is a national virtual competition. The competition is free to enter, and allows schools to compete against other schools from across the country over the internet, without any requirement to travel! Further entry details can be found at - www.concept2.co.uk/league/index.php?lyr

Devon Youth Ability Games – July 7th 2010

Indoor Rowing will once again form part of the Devon Youth Ability Games, held on July 7th 2010. This event will offer adaptive indoor rowing competition for pupils with disabilities. In addition, a number of the other competitions listed above will be fully inclusive, offering adaptive categories, enabling special schools and pupils with disabilities to be integrated into these events.

If you require any further details regarding the above programme please contact;
Tom Pattichis – ARA South West Team Leader
Office: 01626 333020 Mobile: 07879070873
tom.pattichis@ara-rowing.org