



# Lancaster John O' Gaunt Rowing Club Development

## 2009 Review





## 2009 Brief Review

### 1. Increased Participants through Local Partnerships

- 104 people were members of the Club
- Club based activities increased to the highest recorded since 1987
- 34 members competed at an increased range of local, regional and national events
- Establishment of the Lancaster Schools' Rowing Association (yet to be British Rowing affiliated)
- Development of partnerships with The University of Cumbria, Lancaster and Morecambe College, Ripley St. Thomas High School, Lancaster Girls' Grammar School, Central High School, and the Loynes School
- Commenced discussions with LRGS regarding the lease (expires on the 30<sup>th</sup> of September 2010)

### 2. Development of Paths through to Excellence

- Two members competed in the GB U23 Squad
- Five members competed at HRR (One win in the Student Fours - OBUBC colours)
- One member made it to a Semi-Final at Henley Women's Regatta (OBUBC colours)
- Three members held Elite Status
- Four domestic Elite victories
- Three crews were North of England Sprint Champions

### 3. Improved Management and Staff Training

- A strong core of volunteers
- Ongoing work of Amy Ward (Henley Stewards' coach) in partnership with local schools
- Appointment of a second paid coach - Steven Sullivan (funded by Lancaster and Morecambe College)
- Appointment of a Student Captain (Dan Reeve) linking to The University of Cumbria
- Two members (Dan Reeve and Jane Reid) started a L2 coaching pathway

### 4. Improved Competitions

- Formation of a Regatta Committee
- Re-established Red Rose Sprint

### 5. Improved Facilities and Equipment

- Mason Gillibrand Architects' Building Plans
- A new Lightweight 4x- funded by Sports for All
- 5 new Indoor Rowing Machines funded by Community Fund for Lancaster
- A new second-hand Heavyweight 4x-
- Grant application for a small fleet of new singles

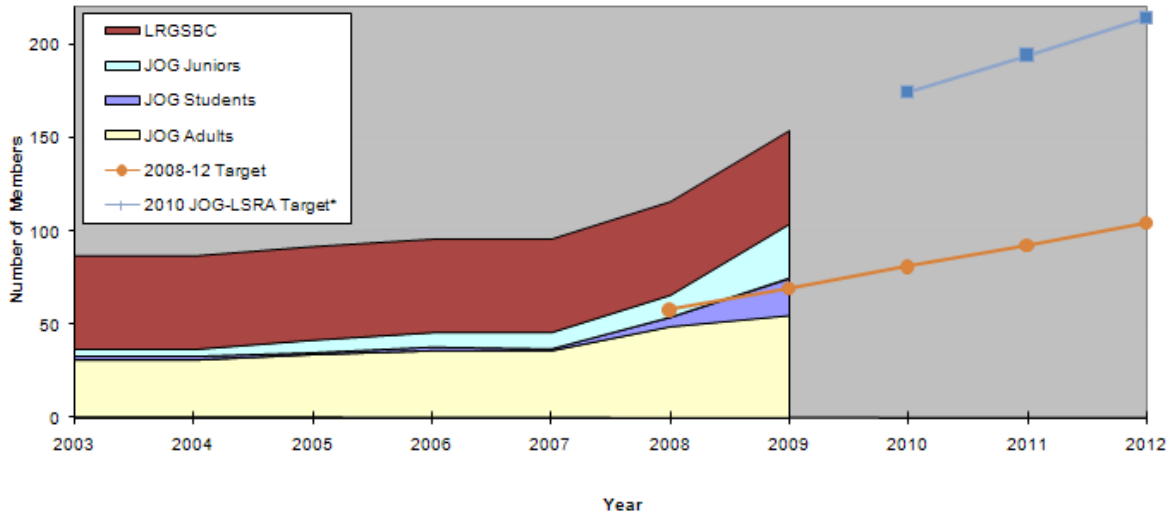


## 2009 Detailed Review

### 1. Increased Participants through Local Partnerships

Membership increased from 66 in 2008 to 104 in 2009.

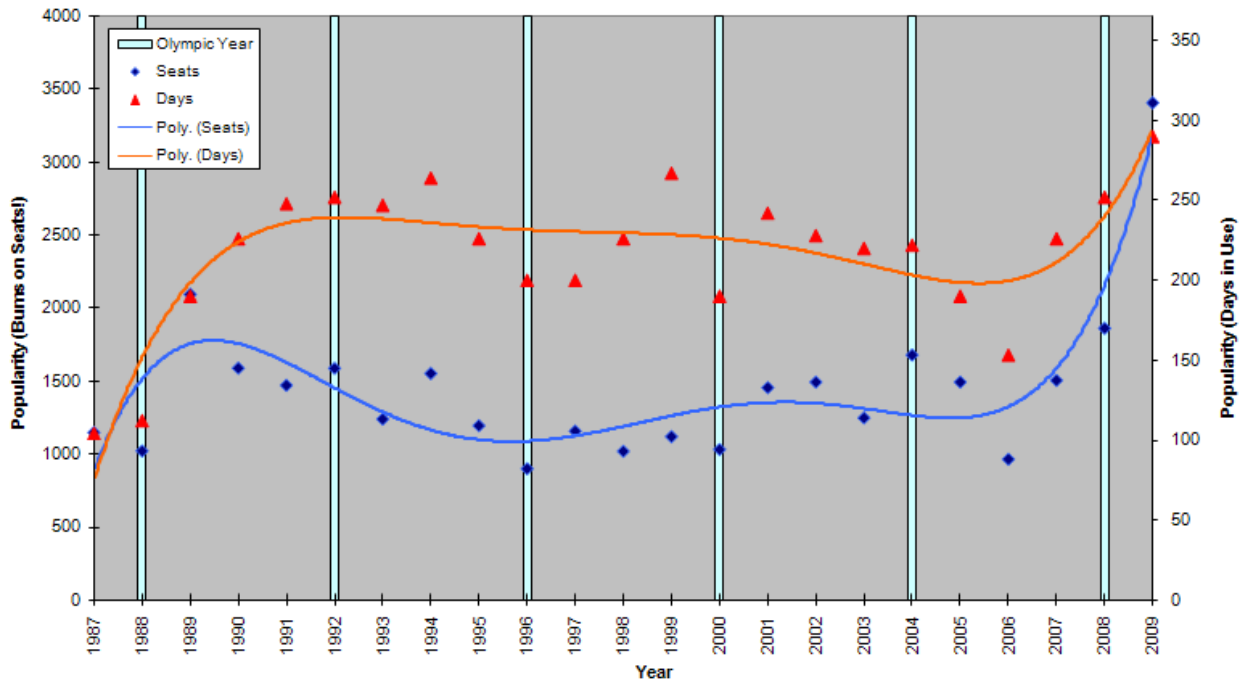
Lancaster John O' Gaunt Rowing Club Projected Membership



\* 2010 JOG-Lancaster Schools' Rowing Association Partnership.

The amount of Club based activities increased from 1861 in 2008 to 3410 in 2009.

Activity to the end of 2009





**Junior Membership** increased to 29; up from 12 in 2008.

New members joined via:

- Partnership - Ripley St. Thomas High School (10)
- Partnership - Lancaster Girls' Grammar School (4)
- Lancaster Royal Grammar School (4)
- Other (3)

Members in this category:

Chloe Watson	03 (joined 2009 - Ripley)
Shona Barnish	03 (joined 2009 - Ripley)
Kieran Bell	03
Jess Pearson	02 (joined 2009 - Ripley)
Bethany Hay	02 (joined 2009 - Ripley)
Amy Nicholls	02 (joined 2009 - Ripley)
Laura Parkinson	02 (joined 2009 - LGGs)
Robin Elley	01 (joined 2009 - LRGS)
Benjamin Clegg	01
Helen Winstanley	00 (joined 2009 - Ripley)
Adam Baldwin	00 (joined 2009 - Ripley)
Emma Peill	00 (joined 2009 - Ripley)
Francesca Macari	00 (joined 2009 - Ripley)
Rhianne Bell	00 (joined 2009 - Ripley)
Kate Morris	00 (joined 2009 - LGGs)
Evie Picton	00 (joined 2009 - LGGs)
Holly Marriott	00 (joined 2009 - LGGs)
Josh Powlesland	00 (joined 2009 - LRGS)
Nathan Andrews	00 (joined 2009 - LRGS)
Caidan Whittaker	00 (joined 2009 - primary)
Gower Campbell	00 (joined 2009 - primary)
Luke Hodgson	00
Charles Manklow	00
Andrew Stevens	00
Thomas Wood	00
George Highly	00 (Honorary - cox)
Thomas Manklow	00 (expired 2009)
Hugh Rowlands	00 (joined and expired 2009)
Hayden Wong	00 (joined and expired 2009 - LRGS)

**Student Membership** increased to 20; up from 5 in 2008.

During the year 10 students left LUBC to join the Club; the main reason for the switch was the wider breadth of activity available at the Club. A recruitment drive at The University of Cumbria succeeded in recruiting 12 new students on an extended Student Learn to Row Programme.

New members joined via:

- Lancaster University (10)
- Northumbria University (2)
- The University of Cumbria (1)
- Other (2)

Members in this category:

Tom Bibby	05 (Lancaster University - joined 2009)
Joelle Hartley	04 (Lancaster University - joined 2009)
Rebecca Doney	02 (Lancaster University - joined 2009)





Karl Mulcahy	02 (Lancaster University - joined 2009)
David Abel	02 (Lancaster University - joined 2009)
Adam Gilbert	02 (Lancaster University - joined 2009)
Christopher Booth	02 (Northumbria University - joined 2009)
Tom Southworth	02 (Northumbria University - joined 2009)
Mason Durant	01 (Newcastle University - Honorary - GB U23 - IA Coach)
Scott Durant	01 (Oxford Brookes University - Honorary - GB U23 - IA Coach)
Daniel Bellion	01 (Imperial College)
Amy Ward	00 (Honorary - Henley Stewards' L2 Coach)
Jonathon Morris	00 (Lancaster University - joined 2009)
David Preston	00 (Lancaster University - joined 2009)
Matthew Tancock	00 (Lancaster University - joined 2009 and expired 2009)
Matthew Bush	00 (Gap Year - re-joined 2009)
Jane Reid	00 (University of Cumbria - joined 2009)
Chloe Peach	00 (Oxford Brookes University)
Sophie Wetherell	00 (Kingston University)
James Yule	00 (unknown)

**Recreational Membership** remained roughly the same.

In terms of recruitment the 2009 Senior Learn to Row Programmes was much less successful than the 2008 Programme. Not many of the 2008 Learn to Row Seniors went on to become active members throughout 2009.

Members in this category:

Doug Melvin	00 (President - Honorary)
Neil Wigglesworth	00 (Chairman)
Iain Taylor	00 (Safety and Junior Coach (relinquished) - Honorary - Bronze Coach)
Declan Murray	00 (Umpire)
Roger Heise	00 (Umpire)
Nicky Beet	00 (IA Coach)
Hugh Clay	00 (IA Coach)
John Holmes	00
Paul Manklow	00
Colin McDermid	00
Keith Taylor	00
Simon Wetherell	00
Richard Smith	00
Michael Pugh	00
Caroline Cotgrove	00
H Harrison	00
Kim Robinson	00
Mike Salter	00
Mark Salter	00
James Eddington	00
Lina Duhs	00
Tom Birchall	00
James Collier	00
Ollie Cunningham	00 (joined 2009)
Ciro Prisco	00 (joined 2009)
Martin Gray	00 (joined 2009)
Mark Brittain	00 (joined 2009 - Learn to Row)
Adrian Lees	00 (re-joined 2009)
Keith Strackan	00 (re-joined 2009)
Russell Sharp	00 (Women's Captain - expired 2009)
Kevin Nicholls	00 (joined 2009 - Learn to Row and expired 2009)
Andrew Kidd	00 (joined and expired 2009)
Adam Murfitt	00 (expired 2009)
Dave Paton	00 (expired 2009)



Helene Turner	00 (expired 2009)
Clive Bradley	00 (expired 2009)
Ryszard Wisniewski	00 (expired 2009)
Kate Vaughen-Jones	00 (expired 2009)
Colin Hodgson	00 (expired 2009)
SK Wood	00 (expired 2009)

34 **Competitive Members** raced during 2009 recording the following wins:

Elite 2-	Peterborough Summer
Elite 1x	Hollingworth Lake (North of England Sprint Champion)
Elite 1x	Peterborough Summer
Elite Lwt 1x	Durham Main
Elite 1x	Runcorn Head (Head of the River)
Senior 1 1x	Trafford Head (Head of the River)
Senior 1 1x	Northwich Spring Head (time only)
IM1 4x	Peterborough Summer
IM1 4+	Hollingworth Lake (North of England Sprint Champions)
IM2 4+	Hollingworth Lake
Women's Senior 3 4x	Northwich Spring Head (time only)
Senior 3 4x+	Trafford Head
IM3 4+	Durham Main
IM3 4+	Merseyside
Women's IM3 4x	Hollingworth Lake (North of England Sprint Champions)
Women's IM3 1x	Talkin Tarn
Veteran D 2x	Merseyside
Novice 4x	Merseyside
Women's Novice 4x	Merseyside
Novice 2x	Merseyside
Novice 1x	Durham Main
Women's Novice 1x	Warrington Head

Members in this category (not including juniors and students listed elsewhere):

Steven Sullivan	12 (Men's Captain and acting Safety Advisor - Bronze Coach)
Lorna Sullivan	08 (IA Coach)
Phil Bell	06
Dan Reeve	04 (Student Captain)
Phil Payne	04
Glenn Stevens	03 (Treasurer)
Angela Park	03 (Assistant Secretary)
Anna Southall	03
Corinne Whitty	02
Rachel Crawford	02
Tom Wharfe	02 (expired 2009)
Sue Palmer	02 (Secretary)
Andy Peach	01 (Club Captain and acting Junior Co-ordinator - IA Coach)
David Dunk	01

**Adaptive Membership** was investigated through the Loyne School. Loyne School will be a member of the Lancaster Schools' Rowing Association.



## 2. Development of Paths through to Excellence

### Scott Durant (Student)

- Competed at the U23 World Championships in the GB Four placing 5<sup>th</sup> in the B Final
- Competed at Essen International Regatta in the GB U23 Four (Silver)
- Won the Prince Albert Challenge Cup at Henley Royal Regatta
- Crew finished 6<sup>th</sup> at the Head of the River Race
- Won a Gold and Silver at BUCS Championships
- Won Elite Pairs at Peterborough Regatta in Club Colours

### Mason Durant (Student)

- Narrowly missed out on a place in the GB U23 Squad for the U23 World Championships
- Competed at Essen International Regatta in the GB U23 Eight (Gold)
- Competed in the Visitors' Challenge Cup at Henley Royal Regatta
- Crew finished 37<sup>th</sup> at the Head of the River Race
- Won two Silvers and a Bronze at BUCS Championships
- Competed at the European University Championships
- Won Elite Pairs at Peterborough Regatta in Club Colours

### Steven Sullivan (Senior)

- Competed in the Diamond Sculls at Henley Royal Regatta
- Won three Elite events at domestic level
- North of England Sprint Champion
- Promoted to Elite Sculling Status

### Chloe Peach (Student)

- Competed in the Remenham Challenge Cup at Henley Royal Regatta making it into the second round
- Competed in the Intermediate Student 4+ at Henley Women's Regatta making it to the semi-final
- Crew finished 43<sup>rd</sup> at the Women's Head of the River Race
- Won a Gold at BUCS Championships

### Danny Bellion (Student)

- Competed in the Temple Challenge Cup at Henley Royal Regatta making it into the second round
- Crew finished 12<sup>th</sup> at the Head of the River Race
- Won a Gold at BUCS Championships
- Posted a time of 6:19 at the first GB Trials for 2010

### Other Club Members

- Student 4+: North of England Sprint Champions (Tom B, Tom S, Dan R, Chris B and Joelle H)
- Women's 4x-: North of England Sprint Champions (Lorna S, Joelle H, Rachel C and Angela P)

## 3. Improved Management and Staff Training

In many areas the development of the Club exceeded those outlined in the Development Plan (2008-12).

Amy Ward (Henley Stewards' Coach) continued with her work on the junior side of the club. Most of her work would not have been possible without the assistance of ordinary club members; Lorna Sullivan, Phil Bell, Joelle Hartley, Dan Reeve and Jane Reid. In late September Lancaster and Morecambe College released Steven Sullivan for two hours a week to assist in progressing the Club's junior programme. Work to set up a Lancaster Schools' Indoor Rowing Association started.



Jane Reid and Dan Reeve started the L2 coaching pathway (both partially funded by the Club and The University of Cumbria). Steven Sullivan and Lorna Sullivan attended a number of Minimum Operating Standard courses to update their coaching status. All coaches involved with junior coaching were CRB checked. Andy Peach continued to coach across all areas of the Club.

It was unfortunate that Iain Taylor had to withdraw from the committee; he relinquished his post as junior co-ordinator and safety advisor. The work that he started in developing junior recruitment and fundraising is recognised by the Club; his L3 Coaching Development was put on hold.

In 2009 an Events Group; to include members of the Club, LUBC and LRGsBC; was formed to co-ordinate Lune based events. By the summer the group was disbanded as it failed to action change. A Regatta Committee (Declan Murray, Colin McDermid, Roger Heise, Neil Wigglesworth and Michael Pugh) was formed taking on the mantle of organising Lancaster Regatta.

A Building Committee (Neil Wigglesworth, Mike Pugh, Colin McDermid and Lee Donner - Mason Gillibrand Architects) was established to manage the development of the building.

Extensive information about the Club was hosted on the new website - [www.lancasterrowing.co.uk](http://www.lancasterrowing.co.uk). A new email account was set up for the club - [lancasterrowing@hotmail.co.uk](mailto:lancasterrowing@hotmail.co.uk).

The background work of Glenn Stevens (Treasurer), Sue Palmer (Secretary) and Angela Park (Assistant Secretary and Social Secretary) continued to aid the progress of the Club.

Andy Peach and Steven Sullivan attended the 2009 NWRRC's AGM; Steven was voted on to the committee as a committee member.

#### 4. Improved Competitions

##### Lancaster based events

###### Lancaster Regatta

For the second year running Lancaster Regatta failed to run. Feedback indicated a lack of presence on the internet (including OARA), failure for posters to arrive and the date clashed with other events (Berwick, York, Marlow and Women's Henley).

The formation of a Regatta Committee will hopefully galvanise the event by organising interested volunteers and publicise the event. Already, the date has been moved to the weekend before Durham Regatta.

###### International Rowing Festival

It was unfortunate that on the year of the Club's return to the International Youth Games the City Council withdrew support from the event. An attempt to salvage a rowing element (International Rowing Festival) by the Club and LRGsBC was to no avail as the visiting rowing clubs withdrew their support.

In late 2009 Almere invited a team from Lancaster to compete in 2010; LRGsBC took the available rowing slots.

###### Lancaster Head

Lancaster Regatta remains a priority

###### Red Rose Heads

Four events supported by the Club and LUBC - no LRGsBC involvement

###### Red Rose Sprint

There was a disappointing turn out - 15 Club, 9 LUBC and 0 LRGsBC

###### Francis Russell Trophy

Won by LUBC by a distance of two feet over the Club's Student 4+

###### Ralph Cup

LRGsBC failed to attend so rowed over by the Club

###### Barbeque Row

LRGsBC event - no information (Club held a Christmas Regatta)







### **Supporting non-Lancaster based events**

In 2009 34 members competed at the following events:

	2009	2008
Hollingworth Lake Sprint	19	19
Merseyside Regatta	14	00
Northwich Head	11	04
Durham Main Regatta	10	02
Peterborough Summer Regatta	10	05
Talkin Tarn Regatta	09	06
Northwich Head	09	04
Trafford Head	09	00
Peterborough Summer Regatta	08	05
Durham Main Regatta	04	01
Boston Marathon	04	00
Warrington Head	02	00
National Championships	01	01
Henley Royal Regatta	01	00
Chester Long Distance Sculls	01	00
Runcorn Head	01	01
Head of the Float	00	09
Lancaster Regatta	00 (cancelled)	00 (cancelled)
Tees Long Distance Sculls	00	01
	<b>113</b>	<b>58</b>

Glenn Stevens, John Holmes, Sue Palmer and Corinne Whitty raised £1,623 for CancerCare by competing in the Boston Marathon.

### **5. Improved Facilities and Equipment**

The proposed Water Sports Centre amounted to nothing in light of the Credit Crunch.

The Club appointed Mason Gillibrand Architects to draw up plans for the future development of the building (plans available at <http://www.lancasterrowing.co.uk/other.html>).

Glenn continued to raise funds for the Club: £8,000 (Sports for All) for a new junior 4x- and £3,232 (Community Fund for Lancaster) for five indoor rowing machines. A grant application was submitted towards the end of the year for a new fleet of singles. Ordinary income increased by about £5,000 which was largely due to an increase in student and junior members. The Club invested in a second-hand 4x-.

Three boats were sent for repairs - medium weight single damaged due to flooding, old double damaged by LUBC, and the second-hand quad needed repairs at the point of purchase.

Andy Peach built some additional racking which accommodated two split Fours. Maintenance work stalled during 2009 - the bollard was not installed, the landing stage was not maintained, and work on the ceiling started but was not completed. It was agreed that works that could not be completed by the Club's volunteers would be passed on to Andy Peach who would do the work at the going rate.



## The Focus for 2010

### 1. Increase Participants through Local Partnerships

- Membership in 2010 to top 107
- Support the work of the fledgling Lancaster Schools' Rowing Association
- Encourage LRGS to join the new Association prior to the termination of the existing lease
- Further develop links with The University of Cumbria
- Maintain links with LUBC to encourage members to join the Club both during and post LUBC
- Offer 1 Adult Learn to Row Programme during the summer
- Competitive members to support local events

### 2. Develop Paths through to Excellence

- Amy Ward and Steven Sullivan (juniors), and Dan Reeve (students) to recruit high potential athletes where possible
- Continue to support existing high performance members

### 3. Improve Management and Staff Training

- Support the Regatta Committee
- Safety Code for the Club to be monitored, to implement changes where necessary
- Clubmark application to commence once other documents and qualifications are in place
  - Encourage all active coaches to hold a Safeguarding and Protecting Children certificate
  - Encourage coaches to hold an Equity in Coaching/Sport certificate
  - Most coaches to hold a First Aid for Sport certificate
  - Designated Welfare Officer to hold the Club for All certificate
  - Code of Conduct, Equal Opportunities and Young People to be addressed
  - Monitor members on L2 pathway - encourage at least one member to gain a L3 qualification
- Maintain representation on the NWRRC and other local bodies
- Increase ethos of volunteering within the Club
- Continue to expand the range of grants accessed by the Club
- Make monies available for a paid junior coach position (Amy Ward's position to expire in 2010)
- Make monies available for a paid maintenance position (work remains outstanding under present system)

### 4. Improve Competitions

- Home:
  - Regatta to be revitalised (support the Regatta Committee)
  - At least 4 Annual Red Rose Heads to continue (end of season prizes to be awarded)
  - Red Rose Sprint to continue (prizes to be awarded)
  - Rowing in the Lakes in partnership with Lakeland Rowing Club
  - Boston Marathon type event
  - In House Junior competition (prizes to be awarded)
- Away:
  - Support Region: Warrington, Liverpool, Hollingworth, Trafford, Northwich and Runcorn
  - Continue to encourage members to compete at regional and national events

### 5. Improve Facilities and Equipment

- Building Committee to seek out grants for the development of the building
- In 2010 the Club will purchase a number of single sculls to add to a small fleet of existing singles
- Club may need to purchase a large number of second hand boats in support of the LSRA
- Minor work to be addressed (landing stage, ceiling, bollard and small jobs on boats)



## 2008-12 Financial Forecasting

### Major Outgoings 2008-2012 (excluding normal operating costs)

Major development of the building	£ 350,000.00*
Improvement and expansion of the fleet	£ 49,149.38
Expansion of land based training	£ 4,460.00
<b>Total Cost</b>	<b>£ 403,609.38</b>

### Major Income 2008-2012 (excluding normal operating income)

10 Learn to Row Programmes	£ 6,000.00
Forecasted increase in membership	£ 18,900.00
Increased fees from 2010	£ 4,400.00
Surplus based on 2007 accounts	£ 7,000.00
Racking fee increase	£ 3,000.00
Small donations based on donations during 2006-2007	£ 30,000.00
Large capital grant (allowing for inflationary rises in costs)	£ 343,000.00*
<b>Total Income</b>	<b>£ 409,300.00</b>

\*Updated in light of the new plans

### 2009 Update (approximate)

### Major Outgoings 2008-09 (excluding normal operating costs)

Major development of the building	£ 1,200.00
Improvement and expansion of the fleet	£ 21,510.00
Expansion of land based training	£ 5,235.00
<b>Total Cost</b>	<b>£ 27,945.00</b>

### Major Income 2008-09 (excluding normal operating income)

Learn to Row Programme	£ 1,800.00
Increase in membership above 2007 figures	£ 4,660.00
Increased fees	£ 0,000.00
Surplus	£ 2,800.00
Racking fee increase	£ 0,000.00
Small donations	£ 18,002.00
Large capital grant	£ 0,000.00
<b>Total Income</b>	<b>£ 27,262.00</b>



## Major Sponsors, Donors and Contributors

2009	Hugh Clay	Loan of Concept II Rower
2009	Lancaster and Morecambe College	Coach (Steven Sullivan)
2009	Community Fund for Lancaster	£ 3,232.00
2009	Angela Park	Club use of Private Single
2009	Steven Sullivan	Club use of Private Single
2009	Henley Stewards' Charitable Trust	Coach (Amy Ward)
2009	Awards for All	£ 8,000.00
2009	<a href="http://www.pcoms.com/">http://www.pcoms.com/</a>	Cheap Hosting of Website
2009	Kim Robinson	Loan of Concept II Rower
2008	Henley Stewards' Charitable Trust	Coach (Amy Ward)
2008	Sponsored Cross Bay Row	£ 170.00
2008	Lancaster Round Table	£ 1,000.00
2008	Rowing Foundation	£ 1,200.00
2008	Richard Wilson Fund	£ 3,000.00
2008	Galbraith Trust	£ 1,000.00
2008	Lancaster City Council	£ 400.00
2007	Local Network Fund	£ 7,000.00
2006	Local Network Fund	£ 4,895.00
2006	Lancaster Regatta	£ 650.00
2004	Graham Brownsmith	Unsalariated Boathouse repairs