

Coastal Rowing report 2019

Coastal rowing has continued to grow this year and has become an important activity of the club. We held regular Come and Try sessions which have been popular. As a result we've welcomed several keen new members who have quickly established themselves in regular rowing crews and the wider club, by also volunteering for safety boat and maintenance duties.

Rowers enjoyed a number of whole club activities such as the Cold Turkey, Open Day, Grenville's Sail and the Midsummer event. We hope to increase the number of joint activities in the coming year including some mini passage events (with picnics and barbeques).

In order to increase seamanship and coxing skills, and enable more rowers to lead sessions, Richard Jenner and Steve Bramwell devised and ran a two day coxing course in March. Seven club members completed the course along with members from Cromarty and Strathpeffer Coastal Rowing clubs. Special mention to Richard J who was the MOB several times! We hope to run the course again in 2020.

A highlight of the year was participation in the 13 mile Castle to Crane passage race from Dumbarton to the Finniestone Crane in Glasgow. We took both boats and had one Chanonry crew and one mixed crew, with rowers from Strathpeffer and Strath Carron clubs. The sun shone and the crews did well coming around mid-fleet (of over 70 boats) in a stiff headwind.

We also attend Strathpeffer's first regatta which was well organised and great fun despite the pouring rain. Catering by the Storehouse kept everyone going throughout.

Anyone can get involved in rowing, regardless of physical or mental disability, sensory or learning impairment. There are many benefits to being involved in rowing; the sense of freedom in the outdoors, making life-long friends, and learning new skills whilst keeping fit and healthy. So, looking forward, we are keen to make coastal rowing at the club more inclusive. We have made a grant application to provide us with Disability Inclusion Training and an adaptive rowing seat, which if successful, will be implemented next year. We have also organised a rowing session with a group of Syrian refugees for May 2020.

We look forward to further growing rowing at the club in the next year.

Sandra Hogg

Rowing Secretary