



Coastal Rowing Report for AGM – 1 October 2021 to 31 September 2022

This year has been a very successful one for coastal rowing at the club with a large increase in participation and activity. Both boats have been out on most sessions which makes rowing even more social. We've also been able to travel out and about to regattas and events enjoying the opportunity to come together with fellow rowers.

Activity in the year:

- To increase participation in rowing we added an extra Sunday and evening open rowing session to the programme. This gave a total of six open rowing sessions per week in the summer. We also encouraged coxes to schedule their own sessions, and this resulted in several extra rows, especially in the evenings prior to regattas. Both boats went out on most of the sessions.
- We had more people rowing regularly and more than doubled the number of rowing signups to 1336 (636 in 2021).
- This year we offered tasters at the club Sunday Fun Days instead of Come and Try sessions. We also welcomed interested rowers to try rowing on our scheduled rows. 42 people tried rowing at the club for the first time and 12 of them joined the club. We will reconsider Come and Try sessions for next year
- We provided a cox training course to increase the number of coxes available to lead rowing sessions. Eight more rowers completed their courses in November 2021. We also encouraged existing coxes to refresh their skills. We now have 24 approved coxes.
- The club has an increasing number of members interested in racing and we attended regattas at Avoch, Strathpeffer and Cromarty as well as attending the Freshwater Sprints at Loch Tummel. We had a lovely time taking part in the Loch Awe Adventure weekend (social rows and a long-distance race) and the Five Miles from Home challenge. Thanks to coaching from Anatole Beams, Emma Dowman and George Murdoch our rowing is improving, and we picked up a bronze in the over 50 mixed race (Anatole, Emma, Craig Woods and Teresa Duncan, cox George Murdoch) at Strathpeffer Regatta.
- We had a great trip over to Lochcarron to row with the club there and enjoy tea and cake on the beach. We loved the adventure of setting off from the harbour in the dark to support a sunrise swim at Rosemarkie, protesting about sewage in the sea.
- We didn't hold a rowing event at the club this year but hope to offer one next year, perhaps repeating our social UnRegatta.

- The increased activity has put strain on the boats and oars, but they have been kept on water thanks to the maintenance team. This year was Silver Darling turn to get some TLC. Many thanks to Steve Bramwell and Donnie McLeod and the team for getting her looking spruce again. Richard Cherry and Steve have also been working on a new, longer set of oars and Anatole has made some modifications to footrests
- With encouragement from the Active Schools Co-ordinator, we are considering how we might deliver youth rowing next year. Several rowers have offered to support this.

Coastal rowing in numbers:

	2020/21*	2021/22
Number of rowing sessions scheduled**	126	260
Number of rowers taking part	69	83
Number of individual rowing signups**	636	1336
Number of people trying rowing at the club for the first time	24	42
Number of new members	16	12
Number of cox courses delivered	1	1
Number of new coxes trained	5	8
Number of external events attended	6	7
Number of external events delivered	1	0

*no rowing from January to May due to COVID restrictions

**includes sessions subsequently cancelled due to weather or insufficient numbers

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