



2010 Review



**Lancaster John O' Gaunt
Rowing Club**

and

**Lancaster Schools' Rowing
Association**

2010 Review





2010 Brief Review

1. Increased Participants through Local Partnerships

- 125 people were members of either the Club or the Association
- Lancaster Schools' Rowing Association became British Rowing affiliated
- Club based activities rose for the 4th consecutive year to the highest recorded since 1987
- Members racing at events increased by 66%
- Lancaster and Morecambe College was designated as the Northwest's focus college for rowing
- Recruitment drive at the University of Cumbria was unsuccessful
- The Club continued to provide an alternative for rowers from Lancaster University
- Lancaster Royal Grammar School decided to remain independent of the Association
- Lancaster Royal Grammar School will exit the premises by the 1st April 2011
- Lancaster Canoe Club will move on site in 2011
- 12 people enrolled on the 2011 Adult Learn to Row Programme

2. Development of Paths through to Excellence

- One member competed in the GB U23 Squad
- Three members competed at HRR
- Three members held Elite Status

3. Improved Management and Staff Training

- A wider base of volunteers contributed to the development of the Club
- Representation on the NWRRC and other local bodies was maintained
- British Rowing allocated a second HSCT coach (Sarah Forshaw) to work in Lancaster
- Lancaster and Morecambe College released their coach for a second year to work with the Association
- Development of the Student Captain's role to strengthen recruitment at both local universities
- Two members (Dan Reeve and Jane Reid) successfully completed a L2 coaching pathway

4. Improved Competitions

- A re-established and improved Red Rose Sprint combining existing matches between Lancaster clubs
- Lancaster City Regatta failed to run

5. Improved Facilities and Equipment

- Mason Gillibrand Architects expanded the remit of the plans - renewable energy and canoeing
- £ 10,000 grant for a fleet of new singles
- £ 1,550 grant from Lancaster District Local Strategic Partnership for 4 new sets of blades
- £ 1,500 grant from Lancaster City Council to replace dilapidated landing stage
- Increased works by the Council on the Riverside Gardens
- Lancaster and Morecambe College successfully bid for two indoor rowing machines
- Lancaster Girls' Grammar School built a fitness suit including indoor rowing machines

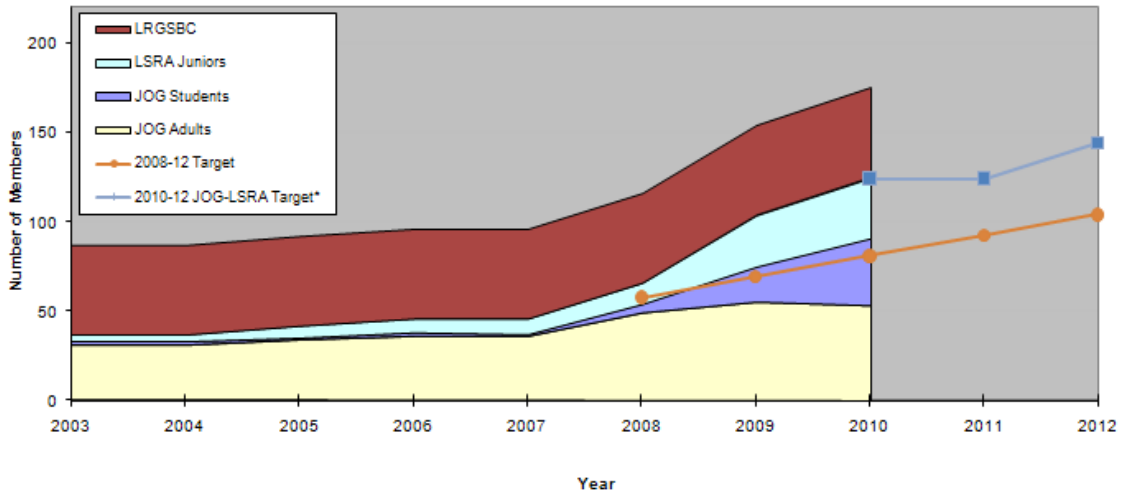


2010 Detailed Review

1. Increased Participants through Local Partnerships

Membership increased from 104 in 2009 to 125 in 2010.

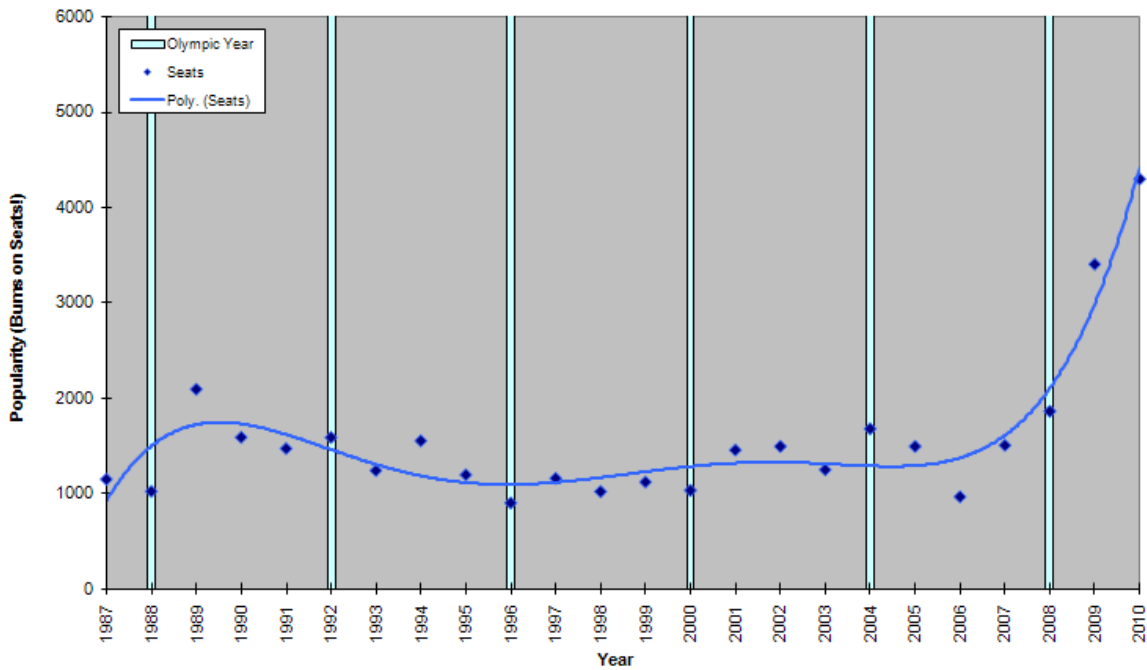
Lancaster John O' Gaunt Rowing Club and Lancaster Schools' Rowing Association Projected Membership



* 2010 JOG-Lancaster Schools' Rowing Association Partnership.

The amount of Club based activities increased from 3410 in 2009 to 4308 in 2010.

Activity to the end of 2010





2010 Review

Junior Membership increased to 34; up from 29 in 2009.

Most members joined via Ripley St. Thomas High School; followed by Lancaster Royal Grammar School, Lancaster Girls' Grammar School and Central High School. Other juniors joined from other schools outside of the Lancaster district.

Not as much progress was made in developing this section as was promised at the beginning of the year; the early departure of the Henley Stewards' coach (Amy Ward) in February meant that the scheduled recruitment drive through our major partner schools did not materialise. Fortunately the arrival of a new coach (Sarah Forshaw) in October will turn this around during our 2011 and 2012 recruitment windows.

Student Membership increased to 38; up from 20 in 2009.

Most members in this section joined through Lancaster University as some students continue to choose an alternative club to Lancaster University Boat Club. A reduced section from the University of Cumbria continued to row throughout the year.

Midway through the year the Club decided to increase the fees for the student section; unfortunately the new fee structure was ill conceived as the recruitment drive at the University of Cumbria flopped due to excessive fees at the point of entry. A late adjustment of the fee structure to accommodate student recruitment came too late to alter the failed recruitment in 2010; hopefully the new fee structure will work better in future years.

In the future the size of this section is expected to reduce to numbers more in line with our 2009 numbers.

Senior Membership reduced from 55 to 53.

The 2010 Learn to Row was much more successful than previous years with 12 people signing up; a follow up package of 4 months at a reduced rate of £30 encouraged 10 to continue.

This section will increase in 2011 as we look to develop an explore rowing section.

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

Competitive Members raced during 2010 recording the following wins:

Elite 1x	Warrington Head (Head of the River)
Elite 1x	Trafford Head (Head of the River)
Elite 1x	Runcorn Head (Head of the River)
Elite 1x	Northwich Head
Im2 4x-	Northwich Regatta
W Im2 4x-	Northwich Head
W Im3 4x-	Durham Regatta
W Im3 2x	Merseyside Regatta
Vet E 2x	Northwich Head
N 4x	Merseyside Regatta
N 2x	Merseyside Regatta
Women's N2x	Northwich Regatta
N 1x	Merseyside Regatta
W J14 2x	Northwich Head
W J13B 1x	Talkin Tarn Regatta

Total wins during the season were down on the previous season; this was not completely unexpected as the batch of experienced students that had previously returned to the Club moved on to pastures new.





2. Development of Paths through to Excellence

Scott Durant (Student)

- Competed at the U23 World Championships in the GB 8+ winning a Bronze
- Crew finished 5th at the Head of the River Race winning the Senior Pennant and the Bernard Trophy
- Competed at the World University Championships in the GB 8+
- Season blighted by injury

Mason Durant (Student)

- Competed in the Prince of Wales Challenge Cup at Henley Royal Regatta
- Crew finished 22nd at the Head of the River Race winning the Im2 Pennant and the Halladay Trophy
- Won one Gold, two Silvers and a Bronze at BUCS Championships
- Competed at the World University Championships in the GB 2x

Steven Sullivan (Senior)

- Won four Elite events at domestic level

Chloe Peach (Student)

- Crew finished 17th at the Women's Head of the River Race to take the Im3 Pennant
- Won a Gold at BUCS Championships

Danny Bellion (Student)

- Competed in the Temple Challenge Cup at Henley Royal Regatta
- Crew finished 16th at the Head of the River Race winning the Im1 Pennant
- Won a Gold at BUCS Championships



3. Improved Management and Staff Training

The Club's Clubmark application neared completion as documentation was revamped to meet minimal operating standards. At the end of the year the only part of the application that remained outstanding was CRB clearance for most of the coaches.

Amy Ward (Henley Stewards' Coach) left her post in February to be replaced by Sarah Forshaw in October. Again, the work of the paid coach was greatly aided by the voluntary work of Andy Peach, Lorna Sullivan, Phil Bell, Dan Reeve, Jane Reid and Iain Taylor. For the second successive season Lancaster and Morecambe College released Steven Sullivan for two hours a week to assist in progressing the Club's junior programme. At the tail end of the season the Lancaster Schools' Indoor Rowing Association was registered with British Rowing.

Jane Reid and Dan Reeve completed the L2 coaching pathway (partially funded by the Club and The University of Cumbria). Although a number of members expressed an interest in coaching we were unable to get anyone on the 2010 Level 2 Award as there were limited places in the region.

Unfortunately the 2010 Lancaster Regatta failed to materialise - the Club withdrew its support of the 2010 event due to a lack of clarity over management. At the end of 2010 it is unclear what will happen with the event in 2011.

The Club decided to raise the fees for students (£120 - 18/08/2010) and juniors (£90 - 01/01/2011) to reflect the use that both of these sections get out of the Club. Later in the season the student fees were further adjusted to termly instalments to encourage new students to join.

Steven Holmes, Laura Griffiths, Aaron Sims and Ian Davidson joined the committee. Jane Reid, Andy Peach and Angela Park moved from the committee - many thanks go to them for the hard work that they all put into their roles. Volunteer Coordinator, Publicity Officer, Equipment Officer and Vice Equipment Officer were added to roles of the committee. Steven Sullivan maintained a Lancaster presence at NWRRC's during 2010; this will not be maintained into 2011 - we will seek representation again in 2012.

Again, the end of year safety audit identified a large number of areas of weakness - the only improvement from the previous year's audit was the creation of a range of risk assessments.



4. Improved Competitions

Lancaster based events

Lancaster Regatta

For the third year running Lancaster Regatta failed to run. At a meeting of the Club's committee it was decided to cancel the event prior to British Rowing Online going live. The grounds for the cancellation were lack of clarity regarding the running of the event, and the committee's concern that the event would not be managed safely.

International Rowing Festival 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 JOG, LUBC and LSRA - no LRGsBC involvement.

Red Rose Sprint Two successful sprint events (56 people competed across two events).

Francis Russell Trophy Won by JOG as part of the Red Rose Sprint event.

Ralph Cup Won by JOG as part of the Red Rose Sprint event - LRGsBC DNS.

Easter Training Camp A very successful camp including junior and student members.

Summer Training Camp Less busy than the Easter Camp as many juniors and students were on holiday.

Supporting non-Lancaster based events

In 2010 members competed at the following events:

	2010	2009	2008
Northwich Head (Spring)	19	11	04
Northwich Head (Autumn)	19	09	04
Merseyside Regatta	16	14	--
Head of the Float	16	--	09
Durham Main Regatta	14	10	02
Durham Main Regatta	14	04	01
Warrington Head	13	02	--
Talkin Tarn Regatta	12	09	06
Northwich Regatta	12	--	--
Runcorn Head	10	01	01
Hollingworth Lake Sprint	09	19	19
Junior Inter-Regional Trials	09	--	--
York Small Boats Head	03	--	--
Metropolitan Regatta	03	--	--
Metropolitan Regatta	02	--	--
Trafford Head	01	09	--
Peterborough Summer Regatta	--	08	05
Peterborough Summer Regatta	--	10	05
Tees Long Distance Sculls	--	--	01
Chester Long Distance Sculls	--	01	--
Henley Royal Regatta	--	01	--
National Championships	--	01	01
Boston Marathon	--	04	--
Lancaster Regatta	--	--	--
	172	113	58



5. Improved Facilities and Equipment

Mason Gillibrand Architects continued to develop the plans for the Club, expanding the remit of the programme to cover renewable energy and canoeing. Towards the end of the season Lancaster Canoe Club approached the Club requesting a move onto the Club's site; this is seen as a positive step forward in the development of a water sports centre. Lancaster Royal Grammar School will come to the end of their 25 year lease in March 2011; they have opted to move off site to maintain their independence from the Lancaster Schools' Rowing Association.

Glenn Stevens continued to raise funds for the Club: £10,000 (Sports for All) for a new fleet of sculling boats. Neil Wigglesworth gained £1,500 from Lancashire County Council for the replacement of the old landing stage above the Club. Iain Taylor accessed £1,550 from the Lancaster District Local Strategic Partnership for new blades. Aaron Sims organised a sponsored row in town raising £360 for a batch of second-hand blades. Ordinary income increased by a further £3,000 above the previous years.

With a rise in new novice members there was an increase in damage to equipment attributed to inexperience. Two of the Club's singles were damaged - one at a race and the other during a capsized drill. One of the quads was involved in a crash with a crew from a second club - the cost of the damage was kept to a minimum as the boat was fixed at the Club. Two of the Club's doubles were damaged in a collision between two of the Club's crews - one boat had to be sent away for the repair, the second was fixed at the Club. Thanks go to the hard work of Iain Taylor during this period.

Andy Peach installed the bollard, built a small wall near the entrance, fixed the landing stage, rendered walls and built a new sculling blades rack. A larger group of members spent time improving the appearance of the site by maintaining the grounds - grounds maintenance is something that we will look to continue long into the future. The Council improved the Riverside Gardens. The ceiling work remained incomplete.

Lancaster and Morecambe College successfully bid for two indoor rowing machines and Lancaster Girls' Grammar School built a fitness suit - this will reduce the number of educational establishments that need to use the Club's stock of machines.



The Focus for 2011

1. Increase Participants through Local Partnerships

- Membership to stay at 125 as we look to sustain existing recruitment models
- Support the work of the fledgling Lancaster Schools' Rowing Association
- Further develop links with The University of Cumbria and Lancaster University
- Further develop Lancaster and Morecambe College's rowing focus status
- Offer at least 1 Adult Learn to Row Programme during the summer
- Develop an Explore Rowing package
- Welcome Lancaster Canoe Club onto site

2. Develop Paths through to Excellence

- Henley Stewards' Coach, Junior Coordinator, and Student Coordinator to recruit high potential athletes
- Continue to support existing high performance members

3. Improve Management and Staff Training

- Encourage the Regatta Committee to organise an event (regatta or otherwise)
- Gaps in Water Safety to be addressed
- Clubmark application to be completed once all coaches are CRB checked
- Encourage the Welfare Officer to hold the Club for All certificate
- Request that coaches maintain their minimal operating standards (First Aid and Child Protection courses)
- Encourage members to gain a L2 coaching award - encourage at least one member to gain a L3 qualification
- Seek NWRRC representation in 2012
- Further develop 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 (Sarah Forshaw's position to expire in 2012)
- Further support the work of the Equipment Officers

4. Improve Competitions

- Home:
 - Encourage the Regatta Committee to organise an event (British Rowing event or otherwise)
 - 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:
 - Continue to support Region: Warrington, Liverpool, Hollingworth, Trafford, Northwich and Runcorn
 - Continue to encourage members to compete at regional and national events (where appropriate)

5. Improve Facilities and Equipment

- Building Committee to seek out grants for the development of the building
- In 2011 the Club will hope to purchase two quads to alleviate increased use of this equipment type
- Club may need to purchase a large number of second hand boats in support of the LSRA
- Minor works to continue under the guidance of the newly appointed Equipment Officers



2010 Review

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
Total Cost	£ 403,609.38

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
Operational float 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*
Total Income	£ 409,300.00

*Updated in light of the new plans

2010 Update (approximate)**Major Outgoings 2008-10 (excluding normal operating costs)**

Major development of the building	£ 2,750.00
Improvement and expansion of the fleet	£ 34,310.00
Expansion of land based training	£ 5,235.00
Total Cost	£ 40,745.00

Major Income 2008-10 (excluding normal operating income)

Learn to Row Programme	£ 2,520.00
Increase in membership above 2007 figures	£ 8,770.00
Increased fees	£ 0,000.00
Operational float	£ 4,200.00
Racking fee increase	£ 0,000.00
Small donations	£ 31,452.00
Large capital grant	£ 0,000.00
Total Income	£ 39,049.00



Major Sponsors, Donors and Contributors

2009-10	Hugh Clay and Kim Robinson	Loan of Concept II Rowers
2008-10	Henley Stewards' Charitable Trust	Coaches (Amy Ward > Sarah Forshaw)
2009-10	Lancaster and Morecambe College	Coach (Steven Sullivan)
2009-10	Steven Sullivan and Angela Park	Club use of Private Singles
2009-10	Community Fund for Lancaster	£ 3,232.00
2009-10	http://www.pcoms.com/	Cheap Hosting of Website
2009-10	Awards for All	£ 18,000.00
2010	Lancashire County Council	£ 1,500.00
2010	Lancaster District Local Strategic Partnership	£ 1,550.00
2010	Sponsored Row - Juniors and Students	£ 360.00
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

