

ERRC AGM – Masters' Rowing Committee report

The Masters' Rowing Committee has representation from all 12 regions and works on initiatives specifically to meet masters' needs and to support British Rowing masters' related initiatives.

This year it has provided support and input to a number of BR proposals including:

- The proposed new BR strategy
- The proposed BR strategy document for masters
- The new BR membership proposals

It worked with BR on rolling out a series of articles focussed on Masters -specific information on topics ranging from technique, nutrition, training, injury prevention and so on. These articles can be found on British Rowing Plus.

The committee has been working on several initiatives:

Handicapping:

There has been feedback on the length of the handicap gap in Masters races, particularly in the older age groups, so the data has been revisited and proposals were made. However, the data was just for men, particularly in older age groups so further work will be done to look at separate handicaps taking on board the differences with women's bodies and the physical change that they experience.

Developing more levels of competition:

With the growth of people taking up rowing as masters, there has been discussion about creating levels of competition so that, for example, a crew of less experienced rowers doesn't find itself having to race against a crew of ex-squad members and so that novices can have better-matched races. This will continue to be a focus area for the Committee.

Master's seminars:

Work is going on to have a series of seminars focussed on master's rowing. This is following on from the very popular and successful seminar that was taken around the country a few years ago. Topics covered in the seminar will include health, physiology, training, building a successful master's squad etc. The aim is to roll out the seminars next year.

If anyone has views on any of these subjects I'd be happy to take them into the discussions.

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