

Lowestoft Coastal Sculling Academy



The headlines - equipment

BR have loaned 6 GlideTide boats plus blades & trolleys for use by the CSA & EAYR, BR have recently bought a storage rack for the boats

The Sally Lawrence bequest to the ERRC was used to purchase 7 Filipi coastal sculling lifejackets



The headlines - on the water

We ran three taster days in August and September 2024

A total of 36 river rowers of all ages had the opportunity to try beach/coastal skills on Oulton Broad.

A number of them went on to race at the Last Light Regatta



Lowestoft to LA

We hosted the inaugural Lowestoft Last Light Beach Sprint regatta in October

There were 32 entries, making it one of the biggest BS events in the UK .

The first club beach sprint event run through BROE

10 ERRC umpires also gained experience of the format.



Lowestoft to LA BIG Thank you to



- Charles Cousins
- Jerry Owen
- Swift Racing
- John & Royal Norfolk & Suffolk Yacht Club for providing safety cover and boat
- Lowestoft RC volunteers
- Umpires
- ERRC
- British Rowing
- Everyone who came to support us

Lowestoft to LA publicity

Great publicity raising the profile of beach sprint rowing and LCSA through social media along with an article in the East Anglian Times

[inaugural beach sprint regatta hits south beach in Lowestoft | East Anglian Daily Times](#)





Next steps - squad development

From our events we have identified a core group of 4 athletes for whom we have high hopes in the selection process over the next few years.

We have a development group of another 8 athletes who are pushing these four.

Both groups have been given some training suggestions, especially in S&C to (try to) prepare for the asymmetry of rowing on the waves

These athletes have been invited to training sessions at Oulton Broad to work on sprinting and skills prior to the next event we are hosting

Lowestoft Beach Sprint Triathlon Sunday 6th April

Where: Clarendon Pier South Beach Lowestoft

Rationale: The sea will still be cold, so we are separating out the component parts. The sea row happens last so people can get warm & dry!

Open to everyone in the region including those rowers yet to try this format

Those thinking of competing at the England Championships and beyond are strongly advised to enter.

This is part of a regional series of events held before the National events (which are selection events)

Entries aim to be open at the beginning on March on BROE

Lowestoft Beach Sprint Triathlon Event Format

250m ergo

40m timed sprint on the sand;

One Sea Course Timed out & back
approx **150m** from the start line

Open to rowers J15's and upwards,
including Masters.

EAYR local indoor rowing schools will
be given the opportunity to enter the
sprint & the erg components.



And beyond

Lowestoft RC have sadly decided that we are too big to fit comfortably within their small recreational club, so we expect to be part of another BR affiliated club very shortly.

The boats will be still based at Oulton Broad thanks to support from East Suffolk Council.



And beyond

We will be offering more coastal skills taster sessions as well as sessions on the sea from Easter onward. They will be for juniors and adults individuals and clubs

Look out for the dates costs and booking information on social media or please get in touch!

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