

## NOTTINGHAM ROWING CLUB HIGH-PERFORMANCE GIRLS' SUCCESS AT MONMOUTH REGATTA

Written by Administrator

Tuesday, 31 May 2016 11:52 - Last Updated Tuesday, 31 May 2016 12:04

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Nottingham Rowing Club has the only all-women High Performance Programme in the country, and is recognised as such by GB Rowing; Dez Atkins and Nikki Spencer are its main coaches. On the 28th and 29th May, while the club's Juniors were busy at the National Schools' Regatta, they went to row on the River Wye at Monmouth Regatta, a traditional side-by-side knockout event so there's plenty of racing and great practice for Henley Women's Regatta in June.

On Saturday, over a 1500 m course Kristina Townsend and Joanna Johnson won Women's Novice Double Sculls. Sammy Dartnall won both Women's Novice and Women's Intermediate 3 sculls. Kate Parsons, Annie Campbell-Orde, Fleur Tavare and Georgina Grainger won Women's Intermediate 3 Quads. Rosie Wilkins won both Women's Intermediate 1 and Women's Elite sculls. Six wins in all, followed by a night's camping and then sprint races over 750 m.

Sunday produced yet another set of victories. Annie and Fleur won Women's Intermediate 3 doubles. Rosie Taylor and Kat Aguilar-Agon were Intermediate 2 doubles winners. Kate Parsons and Georgina Grainger won Women's Intermediate 1 Doubles. Kate, Annie, Fleur and Georgina took the Women's Intermediate 2 Quad title. Rosie Wilkins won both Women's Intermediate 1 and Women's Elite sculls.

The girls then competed in the Alec Woods Plate Invitation Eights and, coxed by Vicky Atkins, Rosie Wilkins, Georgina Grainger, Kerryn Meston, Annie Campbell -Orde, Kate Parsons, Fleur Tavare, Rosie Taylor and Kat Aguilar-Agon duly won the event. They beat City of Swansea in the first race and Staines Rowing Club in the final. Staines had won Intermediate 1 Eights earlier in the day. The total weekend haul was 13 trophies; coaches and athletes were clearly delighted.

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Below: the athletes with their trophies from the weekend.

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