

Port Soy June 2013

A small but enthusiastic team made the trip up north to Port Soy for the regatta held as part of the Traditional Boat Festival. What a great event! A beautiful place and a very good regatta.

A report on SCRA page is here:

<http://scottishcoastalrowing.org/>

and the full results are here:

https://docs.google.com/file/d/1kob19GG6eI4juPxvoYA8C16D_m2Do3i4c0r087rLrxZTIZZ4YnH6P9oz_4ct/edit

(or click the link in SCRA article.)

Race conditions were good all day, with the head wind for the last leg slightly increasing during the day. Great to get some race experience to remind ourselves how hard racing is! As predicted, I would say that the standards are higher this year - including our own.

We had a couple of great results. 2nd in the mixed over 35s was possibly our best result ever really as we were up against some good opposition and held off a charge by Ullapool (who had a splintered oar for much of the race.)

The women over 35s crew had a particularly gutsy performance in the most competitive event of the day - being in second place for most of the first half. They rowed very well - great timing and very smooth and were just out gunned in the end by fitter crews. Leading Ullapool to the first buoy was very exciting and something that we would never have considered this time last year! Great effort and great fun for me to steer the boat. Ullapool rowed through and away from everybody and won by a good margin. 10 seconds separated 2nd to 5th - sadly we were 5th!

Looking at some videos of the races, and comparing with other crews, we need to work on length of stroke in the water - by reaching forward more at the start of the stroke and keeping the blades well buried at the finish of the stroke. Oh... and fitness! Oh... and not getting up at 5 am for the 3 hour drive!

Well done everyone and thanks to those who put so much time in preparing the boat for the journey and towing it to Port Soy and back.

Mens Open - Ian Ben David J David F 15.04, 4th, 30 secs behind winner

Mixed 35 + Heather, Sarah, Ian Ben 15.12, 2nd, 15 secs behind winner

Men 35 + David F, Nick, Sandy, David J 15.58, 6th, 90 secs behind winner (over 50s crew competing against various composite crews of various ages!)

Women 35 + Heather, Jude, Catherine, Sarah 15.53, 5th, 38 secs behind winner.