



 *concept* **2**

20th British Indoor Rowing Championship

SUNDAY 21ST NOVEMBER

BIRC.2010





Build strength and endurance with the SkiErg from Concept2.

The Concept2 SkiErg was designed to replicate the poling action used in all types of skiing, but offers much more than that. It provides brilliant core exercises and body conditioning as well as a specific training to get fit to ski.

The exercises are simple to do, can be done at very low intensity and provide a noticeable improvement very quickly.



no snow required

concept2.co.uk/skierg

WELCOME TO BIRC 2010



2010 has been a bittersweet year for us at Concept2, with the loss of two of our dear friends, Andy Holmes and Andy Ripley who were both important parts of the rowing and indoor rowing communities. We will greatly miss them both and have included a bit more information about them later in this programme. In September we were able to celebrate again though as we joined with John Hodgson to mark his 100th Birthday, with one of the most impressive cakes we have seen in a long time - if you have not seen the pictures of it on our website, then it has an icing version of John rowing on an Indoor Rower.

This year we have been pleased to be able to take the opportunity to use the BIRC to raise money for Help for Heroes. It is a charity close to our hearts, especially as many of us have visited Headley Court and seen our equipment being used by injured service men and women. It is an inspirational place and we are keen to help those people who have been injured in service of this country in their rehabilitation. Please visit the Help for Heroes shop in the exhibitor area and purchase one of their wide range of products or make a donation.

Along with the Help for Heroes shop, the exhibitor area includes some regulars including DE Photography, Science in Sport, Godfrey Sports and of course the Concept2 stand which also includes RowPro. The Concept2 stand will also include the SkiErg champs and the two prototypes of our latest machine, the Dynamic Indoor Rower. Rowing on the Dynamic Indoor Rower feels much more like rowing on the water than rowing on a traditional rowing machine - if you are a water rower, come and see what you think, and if you are an indoor rower who has never rowed on the water, come and try it to see how you would fare if you did row on the water.

Finally, if you are racing, good luck. If not why not get an entry in through the bull pen!

Ian Wilson
Managing Director, Concept2

BIRC MERCHANDISE



The Concept2 booth is located in the exhibition area and is the place to visit for your BIRC merchandise and rowing machine needs. You will be able to purchase the ever popular BIRC event t-shirts which will again be supplied by Craft. As with previous years you will also be able to have your shirt customized with your name and time or distance, or anything that you want. The Concept2 booth will also include the SkiErg championship, and will have two of our Dynamic Indoor Rowers for you to try out. These will be on sale in the new year, but we will be taking pre-orders at the BIRC.

JOHN HODGSON AT 100

Our oldest BIRC competitor this year is our friend John Hodgson who celebrated his 100th Birthday in September. He has been counting down the days to the BIRC and is looking forward to racing. His race will be at 11:55, and he will be ceremonially rowing on machine 100.

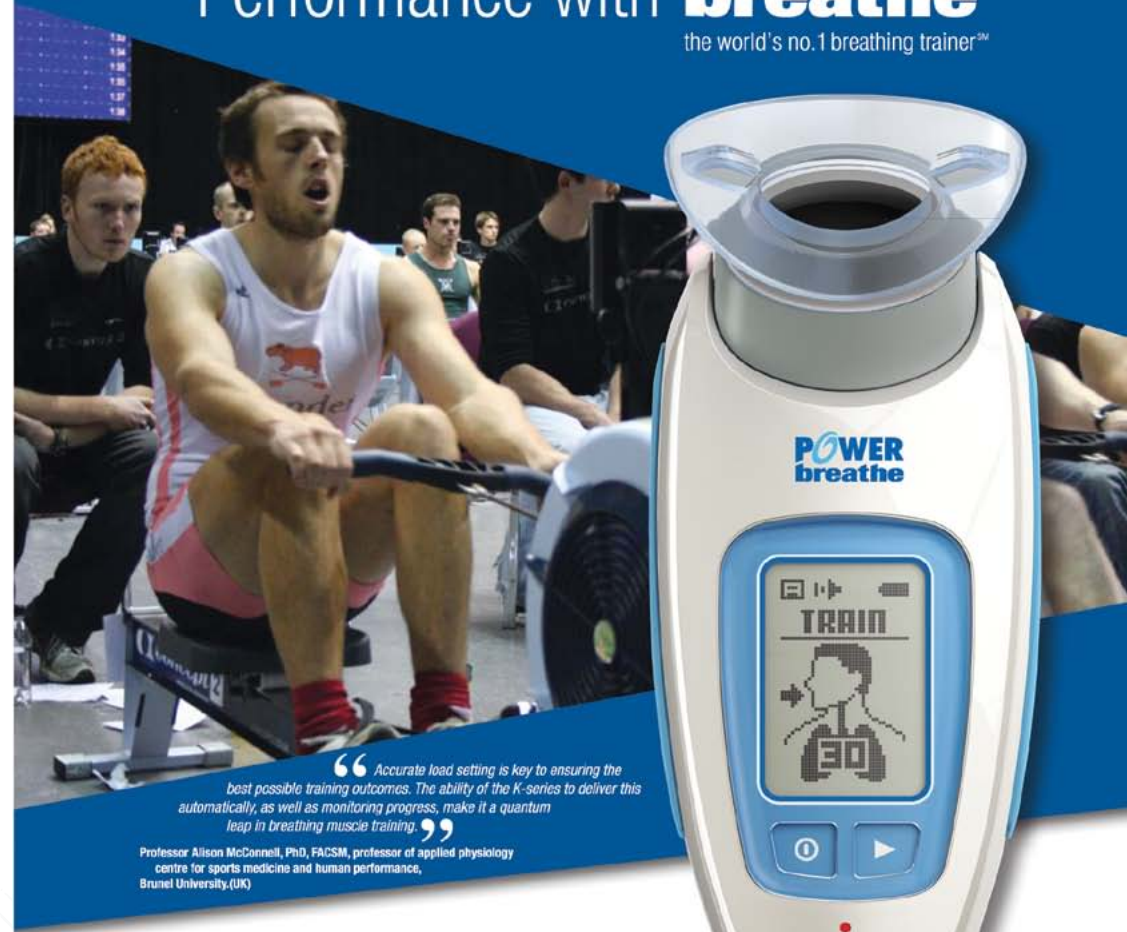
John did not take up indoor rowing until he was 90 when he could no longer run competitively. Since then he has competed at every BIRC since 2001, with the exception of 2007 and 2008 following the death of his wife Bertha. John has won seven BIRC titles and one World Title in 2004. He also holds two World Records, three British Records and two BIRC Records. He is on course to set one more of each today!



Improve Rowing Performance with

POWER[®] breathe

the world's no.1 breathing trainerSM



“ Accurate load setting is key to ensuring the best possible training outcomes. The ability of the K-series to deliver this automatically, as well as monitoring progress, make it a quantum leap in breathing muscle training. ”

Professor Alison McConnell, PhD, FACSM, professor of applied physiology centre for sports medicine and human performance, Brunel University (UK)

Rowing requires the synchronisation of breathing and movement pushing breathing to its limits. During a rowing race, breathing can reach maximal levels in excess of 250 litres per minute compared to just 12 litres at rest.

With such a high demand placed upon breathing it is easy to see why rowing induces fatigue of the breathing muscles, even in international athletes.

POWERbreathe prevents fatigue by strengthening the breathing muscles, just 30 breaths twice a day has been proven to improve breathing strength by as much as 30 – 50% increasing rowing performance by 1.9% in a 5000m race.



To learn more about how POWERbreathe can help your performance visit us at the British Indoor Rowing Championships or go to:

www.powerbreathe.com

ORDER OF THE DAY

Race	Event	Time	Distance	Race	Event	Time	Distance	Race	Event	Time	Distance
1	Women 30-34 Hwt Women 35-39 Hwt Women 40-44 Hwt Women 45-49 Hwt Women 50-54 Hwt Women 55-59 Hwt Women 60-64 Hwt Women 65-69 Hwt Women 70-74 Hwt Women 75-79 Hwt	9.15 AM	2k	8	Men J16 Men A Open Women TA Open Women A Open Men Junior LTA Women Junior LTA	11.40 AM	2k/1k	Champion of Champions, Millennium Cup and Lifetime Achievement Award Presentations			
2	Men 50-54 Hwt Men 55-59 Hwt Men 60-64 Hwt	9.40 AM	2k	9	Men J18 Hwt Men J18 Lwt Men LTA Open Women LTA Open Men 80-84 Hwt Men 90-99 Hwt Men 100+ Lwt	11.55 AM	2k				
3	Men 35-39 Hwt Men 40-44 Hwt (1) Men 45-49 Hwt (1) Men 65-69 Hwt	10.00 AM	2k	10	Women J18 Hwt Women J18 Lwt Women J16 Men 70-74 Hwt Men 75-79 Hwt	12.10 PM	2k	23	Women J14 Women J13	15.20 PM	3k Relay
4	Men 40-44 Hwt Men 45-49 Hwt	10.15 AM	2k	11	Women J12	12.40 PM	2 min	24	Men J14 Men J13	15.40 PM	3k Relay
5	Men 35-39 Lwt Men 40-44 Lwt Men 45-49 Lwt	10.30 AM	2k	12	Men J12 Men J11 Women J11	12.50 PM	2 min	25	Women J18 Women J16 Women J15	16.00 PM	4k Relay
6	Men 50-54 Lwt Men 55-59 Lwt Men 60-64 Lwt Men 65-69 Lwt Men 70-74 Lwt Men 75-79 Lwt Men 80-84 Lwt Men 85-89 Lwt Men 90-99 Lwt	10.50 AM	2k	13	Men J13 Women J13 (1)	13.00 PM	3 min	26	Men J18 Men J16 Men J15	16.25 PM	4k Relay
7	Men 30-34 Lwt Men 30-34 Hwt Women 30-34 Lwt Women 35-39 Lwt Women 40-44 Lwt Women 45-49 Lwt Women 50-54 Lwt Women 55-59 Lwt Women 60-64 Lwt Women 65-69 Lwt Women 75-79 Lwt Women 80-84 Lwt	11.15 AM	2k	14	Women J13 (2)	13.10 PM	3 min	EVENT MESSAGE			
				15	Men J14	13.20 PM	4 min				
				16	Women J14	13.30 PM	4 min	THE VOLUNTEERS			
				17	Women J15	13.40 PM	5 min				
				18	Men J15	13.50 PM	5 min				
				19	Men Student Hwt Women Student Hwt Women Student Lwt	14.00 PM	2k				
				20	Women Open Hwt Women Open Lwt Men Open Lwt Men Student Lwt	14.15 PM	2k				
				21	Men Open Hwt	14.35 PM	2k				

IMPORTANT

This race schedule was correct at time of printing. Competitors will have their correct race time printed on their registration card. Please also listen out for announcements for any ammendments.

THE START PROCEDURE

When you enter the NIA on Sunday 21st November for the BIRC you will be directed to registration where you will be given a registration card, a bottle of water and an event programme. Your registration card will have your name, event, event time (weigh in time if you are a lightweight) and the number of your race machine. Please keep this safe as it is required for you to race.

Ten minutes before your race you should go to the athletes holding area, this is shown on the floor plan. Also listen to the commentary for any updates to the schedule.

Once your race is called you will be allowed into the race arena. You should find your race machine and give your registration card to the scrutineer sitting behind your machine. From that point onwards the start procedure is as follows:

Pre-Race Checks and Warming up on your Race Machine

When you get on your race machine the monitor will be set for your race (see fig.1), however, you will need to perform a small number of checks (warning: the rower and monitor will be on the setting/s chosen by the person who has just competed before you).

Pre-race checks -

Check the Race Details -

- 1 Your 'race number' is displayed beneath 'Next Race:'
- 2 Your 'name' is displayed beneath 'Competitor:'
- 3 Your 'erg number' is displayed beneath 'Erg#:'

YOU MUST inform the scrutineer behind your machine if the Race Details on the monitor are not correct.

Fig 1

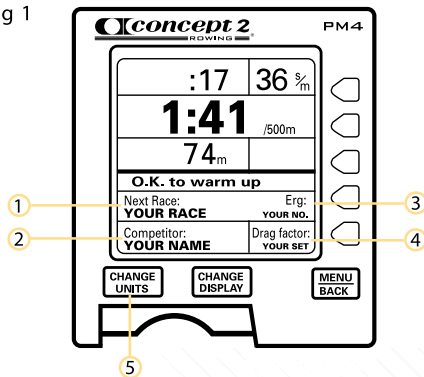
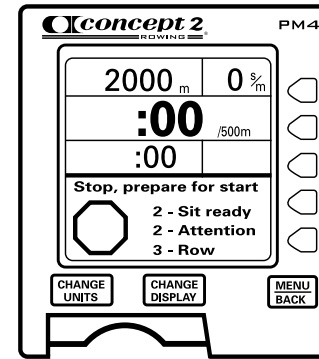


Fig 2



4 Set the 'Drag Factor' - Adjust the drag factor to the setting you wish to race on (it is displayed in the bottom right hand corner). This can be done by adjusting the damper lever on the flywheel cage between 1 to 10 and rowing 2-3 strokes.

5 Set the 'Display Units' - To choose the units you wish to see your 'pace' displayed in use the 'Change Units' button to toggle between, split time for 500m(/500m) & time elapsed, split time for 500m(ave./500m) & average split time for 500m (ave./500m), Watts (watt) and averageWatt's (ave watt), Calories per hour (cal/hr) and expended calories (cal).

Set the 'height of the feet' - This can be done by adjusting the sliding footplate. Ask a scrutineer behind your machine if you need help performing any of the checks and settings above.

If you have entered the race floor on time you will be able to continue to warm up on your race machine until instructed by the race controller (commentator) to stop rowing.

Race Start Procedure

1. Approx 2 minutes before your race will be started you will be asked to stop by the race controller. Please put the handle in the handle hook.

2. Your monitor display will change to that shown in fig 2. Once this screen appears you will not be able to change the display as the race system will control all of the monitors for the race.

Fig 3

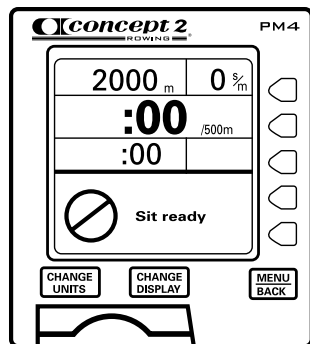


Fig 4

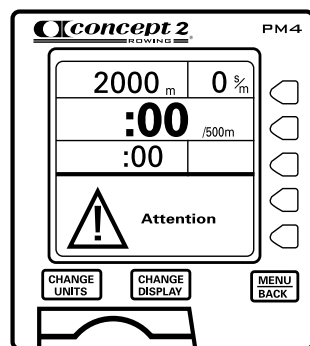
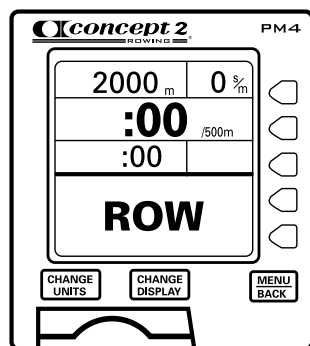


Fig 5



3. There will be 110 race machines in each race. These will be separated into three race systems two of forty machines and one of twenty machines, and ten machines not connected to a race system (the Bull Pen).

The race controller will announce which race system is going to be started and request the competitors on those machines to come forward and pick up their handles.

It will sound something like 'will competitors on machines in the red race system please come forward, pick up your handles, and prepare to start'. When you pick up the handle DO NOT pull on it as you may trigger a false start.

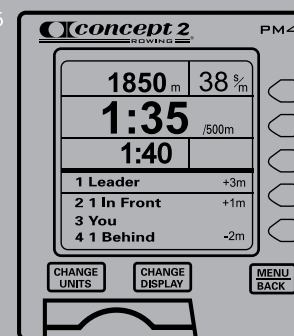
4. WATCH YOUR MONITOR! It will display 'Sit ready', 'Attention', 'ROW'. Once it displays 'ROW' start racing. (see figures 3-5)

Important:

- Ignore any distractions around you, concentrate on your monitor, once it displays 'ROW' you can start racing!!
- Please do not try and cheat the system by jumping the start - this will give you a false start and will result in the race being stopped and will delay the overall race schedule.
- The time between "Attention" and "ROW" will be different for each race to prevent people trying to predict when the start is and jump it.
- If a false start occurs the monitor will display 'False Start' and will list the lanes that have false started. Please stop rowing and put the handle back in the handle rest. Steps 2 to 4 will be repeated.

The Display on the Monitor when you Race

Fig 6



Above the thick black line:

Top left of Screen

Distance to go for a 2000m race and time to go for a timed race

Top right of Screen

Stroke Rate

Centre of Screen (large letters)

Pace/500m split

Bottom Left of Screen

Average Split /500m

Bottom Right of Screen

Section will be blank

Below the thick black line:

This section will show four lines of information:

Line 1: This will show the leader on your race system and the number of metres they are in front of you

Line 2: This will show the person immediately in front of you on your race system with the number of metres they are in front

Line 3: This will show your name

Line 4: This will show the person immediately behind you and with the number of metres they are behind you

If you are leading the race on your race system you will only see Lines 3 and 4.

Changing the Display on your Monitor

To change the display on your machine please press the change display button during warm up till the information you would like to see is displayed on your monitor. If you have any questions please ask the scrutineer sitting behind your machine.

At the End of Your Race

At the end of your race you will be asked to stay by your machine until the medallists for each category have been identified. They will then be collected from their race machines and directed to the medal ceremony.

The commentators will announce when you are free to leave the race arena.

If there is more than one heat in an event then the medal presentation will take place after the last race of that event. If you think you have posted a fast enough time from the early heats please be at the front of the arena for the medal presentation at the end of the last race in your event.

IF YOU HAVE ANY QUESTIONS PLEASE ASK THE SCRUTINEER SITTING BEHIND YOUR MACHINE

GRAHAM BENTON

Lifetime achievement award



Graham did not take up indoor rowing until he was in his late twenties, but immediately discovered a huge talent for the sport and managed to come 6th in his first two appearances in the Men's Open at BIRC, events that were won by Jamie Schroeder (US National Team) and Sir Matthew Pinsent. 2003 was to be the last year that anyone beat Graham at the BIRC, with his performance only improving, from a winning time of 5:53.5 in 2004 to a PB and BIRC record of 5:42.5 in 2007.

Graham won the Men's Open title at BIRC five times in succession from 2004-2008, and was the first British man to win the Men's Open World Championship title since Steve Redgrave in 1991, when he won in 2006. He has also won the BIRC Champion's trophy no less than four times, another record.

Since discovering Indoor Rowing, Graham was also selected to be part of British Rowing's World Class Start rowing programme, and now rows for the Tideway Scullers School.

'Graham is a phenomenal athlete with all the attributes necessary to consistently pull fast erg scores. His ability to combine a rigorous training regime with a very busy business life is testament to his ambition to achieve the very best performance he can. His mental strength carries him through the difficult sessions and race performance. It has, and continues to be a privilege to work with such a talented athlete.'

Eddie Fletcher, Graham's indoor rowing coach

concept 2
ROWING

League For Schools **Rounds**

2010/2011 ROUND DETAILS

Month/Round	Fours - Distance/Time	Eights - Distance/time	Entries Close (11pm)
September	500m 4 x 125m	1,000m 8 x 125m	8th October 2010
October	800m 4 x (2 x 100m)	1,600m 8 x (2 x 100m)	19th November 2010
November	1,000m 4 x 250m	2,000m 8 x 250m	19th December 2010
January	4 minutes 4 x (2 x 30 sec)	8 minutes 8 x (2 x 30 sec)	4th February 2011
February	6 minutes 4 x (2 x 45 sec)	12 minutes 8 x (2 x 45 sec)	11th March 2011
March	8 minutes 4 x (4 x 30 sec)	16 minutes 8 x (4 x 30 sec)	15th April 2011

BONUS ROUND

Round	Distance/Time	ENTRIES CLOSE (5pm)
Bonus	2,012m (4 x 503m)	8th July 2011



ENTER YOUR RESULTS ONLINE AT: www.concept2.co.uk/league

Andy Ripley

Andy was a great friend of many of us at Concept2. We first met him at our very first British Indoor Rowing Championship in 1991 where an unsuspecting Andy had been lured along to participate by his good friend Roger Uttley. On that occasion Roger, who it transpired had been doing a lot of training just got the better of Andy, but that was to be the last time. Andy came back for more, time and again to become the single most successful participant ever at the BIRC, winning an amazing 10 titles between 1992-2004, become world champion and in 1998 breaking the 2000m world record for Men over 50 - 6:07.7. A record that still stands to this day.



As Andy caught the bug for indoor rowing his ambitions quickly reached far beyond the confines of the gym. He had his eyes firmly fixed on transforming his natural athlete talent and potential on the rowing machine to a boat. With regular early morning sessions on the Thames in London he started to hone his technique and at the age of 49 (going on 50) he enrolled at Cambridge University. Under the watchful eye and tutelage of the world class coach Harry Mahon, Andy rapidly made progress within the Boat Race programme. Always one of the top performers on tests on the Indoor Rower Andy's main challenge was to refine that potential into a fluid technique that added real pace to the boat. But, in the pressure cooker environment and very limited schedule of the Boat Race, the three months that he had to 'make the grade' proved just too much of a leap and he just missed the final cut.

Away from the rowing machine and the water Andy was irrepressible. He lived with a joy for life and was multi-talented. He was a super sportsman, a successful businessman in various spheres, and a loving father and husband. His spirit for life was fabulous, infectious and touched so many people. He never gave up hope and although he has now sadly passed away that passion for life and all things good will remain with us all. For many his approach to life is a guiding light... an example of how the game (of life) should be played.

Keep on playing Andy...

John Wilson
Marketing Director of Concept2

Andy Holmes

"Andy's passing away is a terrible loss. We shared a huge history together and I won my first two gold medals with him. Andy played a major part in putting Great Britain back on the map in the rowing world. He stopped rowing in 1989 but in the last three years he had returned and loved being back in the sport.



I have received a huge number of calls, texts and messages from people who knew Andy, including young rowers telling me how he had inspired them. It is very sad that he probably didn't know just how many people were touched by his life and his love of rowing."

Sir Steve Redgrave
President, British Indoor Rowing Championship



9 MONTHLY CHALLENGES

The **Challenge Series** is a league, ranking and monthly challenge all rolled into one, with the emphasis on participation rather than competition.

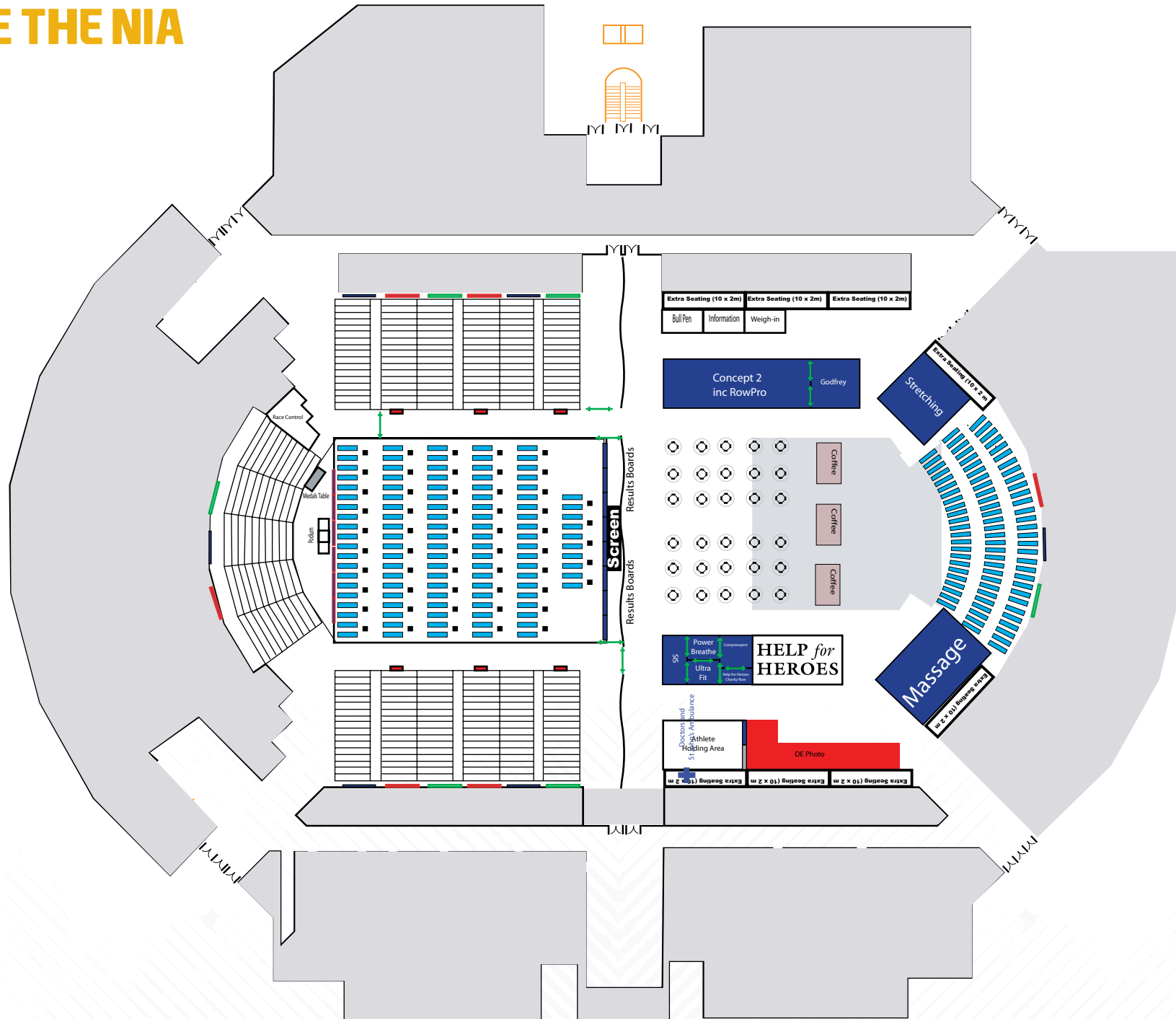
We're now into our third year of the Challenge Series with 29,758 miles rowed since it started in September 2008. This year we've extended the main season by 2 months so there are now **9 different challenges** - one each month between September and May. Once registered you can enter as many results for the challenge as you like during the month but only the last one entered before the closing date will be saved.

GET INVOLVED



Want to know more?
Simply visit concept2.co.uk/challengeseries

INSIDE THE NIA



CHAMPION OF CHAMPIONS

The Champion of Champions trophy is awarded to the Open finalist whose time is the best when compared to the existing championship record. It was donated by long-term indoor rowing supporters Harry and Jessie Welsh. Over 150 years old, the trophy was made by Jessie's grandfather, a master silversmith from Birmingham.

Last year's winner was rugby player **Garath Archer** who beat all the rowers to win in a time of **5:51.1**



2002	Lisa Schlenker	W Open Lwt	7:04.1
2003	Matthew Pinsent	M Open	5:47.9
2004	Graham Benton	M Open	5:53.5
2005	Naomi Hoogesteger	W Open Lwt	7:03.6
2006	Graham Benton	Men's Open	5:46.7
2007	Graham Benton	Men's Open	5:42.5
2008	Graham Benton	Men's Open	5:46.1
2009	Garath Archer	Men's Open	5:51.1

MILLENNIUM CUP

The Millennium Cup was established at the 2000 British IRC by Wallingford's Noel Frost, shortly after he retired from competition. An indoor rowing legend, Noel dominated the Men's 60-69 Hwt category for a number of years, winning both World and British titles.

The Cup is an attempt to recognise the strength and depth of veteran racing at the championship and is awarded to the rower over the age of 50 whose performance at the championship is the best when compared to the existing World Record.

Last year's winner was **Mavis Surridge** who won the Cup for a third time and set a new world record for the Women's 80-84 Lwt event in a time of **9:41.6**



2000	John Hodgson	M 90+ Lwt	9:36.2
2001	John Hodgson	M 90+ Lwt	9:28.1
2002	Mavis Surridge	W 70+ Lwt	9:08.6
2003	Richard Cureton	M 50-54 Lwt	6:28.0
2004	Geoffrey Knight	M 70-74 Lwt	7:13.9
2005	Mavis Surridge	W 75-79 Lwt	9:13.1
2006	Barbara Pike	W 65-69 Hwt	8:09.8
2007	Roger Bangay	M 70-74 Lwt	7:16.8
2008	David Shepherd	M 85-59 Hwt	8:55.9
2009	Mavis Surridge	W 80-84 Lwt	9:41.6

We are pleased to announce that DE Photo have been appointed as the Professional Sports and Event Photographers for this event which, by its very nature, is in the public arena. When entering for the event, the participant and their parents acknowledge this fact, which may result in the recording of his/her image.

Action photos from this event will be available for purchase throughout the day and take less than 1 minute to print! - Look out for the DE Photo display area for full details.



Your official event photographers

Photos from this event are AVAILABLE TODAY and also from our website at www.DEphoto.co.uk

ON SITE PRINTING ON SIGHT SATISFACTION

DE Photo is the UK's largest Sports & Event Photography company, with 40+ branches throughout the UK we can cover your event too! If you would like to see DE Photo at your next event please contact us on

01295 266438

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DE Photo adheres to a strict Child Protection Policy and Code of Ethics (see www.DEphoto.co.uk for full details). All staff are CRB checked.



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MAKE IT PART OF YOUR RITUAL



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BIRC HISTORY

The 2010 Concept2 British Indoor Rowing Championships will be the twentieth year of the championship and the tenth time at the National Indoor Arena in Birmingham. Although today it is firmly established as Britain's biggest mass-participation indoor sporting event, the roots of the championship stretch back over nineteen years to some very humble beginnings.

This year the British Indoor Rowing Championship will celebrate its 20th birthday by raising money for Help for Heroes. To see how you can help please visit concept2.co.uk/birc/help_for_heroes or make a donation at the Help for Heroes stand.

The sport of indoor rowing took off with the old Concept2 Model B when people found they could accurately compare their times with their friends and foes, no matter where in the world they were. Enthusiasts training on the machines in gyms and clubs wanted an outlet for their new found abilities while rowers wanted an event to reflect and benchmark the efforts they were making on the machine as part of their own off-water training programmes.

In 1991 this led to the first, somewhat hastily organised, British IRC, which took place in Henley-on-Thames. The event attracted just 200 competitors, among them Sir Steve Redgrave, who just managed to fend off his new pairs partner Matthew Pinsent to win the Men's Open HWT. Since that first race, the event has shown continual strong growth and we've passed through, and outgrown, a number of different venues before we reached Birmingham, with the longest sojourn being six years at the Rivermead Leisure Complex in Reading.

Perhaps the single biggest change from those early days (and arguably the single biggest change to popularise the sport) was back in 1995 when we reduced the distance from 2,500 metres to the Olympic regatta distance of 2,000 metres. The change was made to reflect the fact that virtually all of the world's national rowing teams were utilising the 2,000 metre distance on the Concept2 Indoor Rower as part of their team testing and selection programmes. It's probably fair to say not many people have complained about the decision...

From a school hall to the country's premier indoor sporting arena has been a long journey, and one that's been matched by the evolution of indoor rowing as a whole. Starting off with a dedicated few in a sports hall in Henley, with competitors from age 10 through to 100, and the more recently added adaptive categories we now have a genuinely inclusive sport that can claim to be the biggest mass-participation indoor sporting event in the country.



20 Years & 20 BIRC's

1991 seems both a lifetime ago and just like yesterday. The personal challenge remains the same and it never gets easier, whether that's a reference to rowing 2000m or delivering a successful BIRC. Whilst the scale of the event has grown far beyond our original expectations the one constant is the camaraderie of all the competitors. This for me, is the strongest and healthiest thread that links all the championships. Every year you see old friends and meet new faces and everyone is connected by the same challenge. Having competed at almost every BIRC my strongest recollection is the feeling of my lungs burning and every fibre in my body stretched to breaking point as I race on the limit and look at the monitor to see that I still have 1800m to go. It doesn't matter how fit I am or how old I am the feeling is the same!

John Wilson
Marketing Director of Concept2

RACE CALENDAR 10/11

The indoor rowing race season runs, roughly, from September through to March, although many races take place outside this period. Apart from the British IRC, World IRC, National IRCs and the Concept2 European Open, there are a number of races that take place up and down the country. For more information on these please visit www.concept2.co.uk/racing/calendar

21
NOV

British Indoor Rowing Championship

Venue: NIA, Birmingham
Organiser: Concept2
Telephone: 0115 945 5522
Fax: 0115 945 5533
Email: birc@concept2.co.uk
Website: www.concept2.co.uk/birc/

03
DEC

Welsh Schools Indoor Rowing Championship

Venue: Channel View Centre, Cardiff
Organiser: Mike Hnatiw
Telephone: 029 2035 3912 / 07855 795205
Email: mhnatiw@cardiff.gov.uk
Website: www.concept2.co.uk/nationals/welsh

04
DEC

Welsh Indoor Rowing Championship

Venue: Channel View Centre, Cardiff
Organiser: Mike Hnatiw
Telephone: 029 2035 3912 / 07855 795205
Email: mhnatiw@cardiff.gov.uk
Website: www.concept2.co.uk/nationals/welsh

18
DEC

Rowing Ireland Indoor Championships

Venue: Dublin City University Sports' Centre
Organiser: Lisa Hayden
Telephone: +353 (0)1 6251130
Email: indoors@iaru.ie
Website: <http://concept2.co.uk/x/5a>

22
JAN

Euro Open IRC

Venue: Paris
Website: www.concept2.co.uk/euro

23
JAN

Scottish IRC

Venue: Heriot-Watt University, Edinburgh
Organiser: Scottish Rowing
Website: www.concept2.co.uk/nationals/scottish

30
JAN

English IRC

Venue: Manchester Velodrome
Organiser: Rebecca Caygill
Telephone: 07815 788215
Email: rebecca_caygill@hotmail.com
Website: www.concept2.co.uk/nationals/english

05
FEB

Finnish IRC

Type: 2,000m
Venue: Helsinki
Organiser: Finnrowing Oy
Website: www.finnrowing.com

06
FEB

South Of England Indoor Rowing Competition

Venue: Oxford Brookes University Centre For Sport
Organiser: Tom Collins
Telephone: 01865 594 952
Email: john@hinkseysculling.org.uk
Website: www.hinkseysculling.org.uk

20
FEB

World IRC (CRASH-B Sprints)

Type: 2,000m
Venue: Agganis Arena, Boston University, Boston Massachusetts
Organiser: Crash-B
Email: info@concept2.co.uk
Website: www.concept2.co.uk/wirc

04
MAR

National Junior IRC

Venue: Lea Valley Athletics Centre
Organiser: London Youth Rowing
Website: www.londonyouthrowing.com/events/njirc/

06
FEB

Basingstoke IRC

Venue: Costello Technology College
Organiser: Dougie Lawson
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Website: rowing.dyn-o-saur.com/bstk2011

HALL OF FAME

This year we have added two new members to the BIRC Hall of Fame, international rowers James Cracknell and Debbie Flood. We have also put up a page on the website where you can vote in your own choice for the remaining two places we will fill this year. You can find the list of candidates at www.concept2.co.uk/birc/hall_of_fame/candidates

James Cracknell

2000 Men's Open HWT - Winner - 5:48
2001 Men's Open HWT - 2nd
(Beaten by Matthew Pinsent)
2003 Men's Open HWT - 2nd
(Beaten by Matthew Pinsent)



Although James has only won one BIRC title, it is for his appearance in the 2001 race with Matthew Pinsent that he warrants his place in the Hall of Fame. It was the closest race in an open final at the BIRC, and one that is still spoken of by people who saw it. James has also won two Olympic Gold Medals and six rowing world championship titles. Since retiring from competitive rowing he has turned his hand to a number of International Challenges including Rowing Across the Atlantic, and walking to the South Pole with friend Ben Fogle. James is currently recuperating after an accident during his latest challenge in the US.

Debbie Flood

2003 - Women's Open HWT - 6:43.1
2004 - Women's Open HWT - 6:47.9
2009 - Women's Open HWT - 6:51.7



Debbie first came to the BIRC as a student judo player from Reading University who just happened to have a talent at Indoor Rowing. As it turned out, she also had a talent for rowing on the water, and in 2004 won a silver medal at the Athen's Olympics in the Women's Quad. She repeated the feat in 2008 in Beijing, and after a year off she returned to form with a win at the 2009 BIRC. Debbie has just won her third World Rowing Championship title in the GB Women's Quad, and has now set her sights firmly on winning gold at London 2012.



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The Concept2 Dynamic Indoor Rower is designed to meet specific training needs of the competitive rowing athlete

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“ I have been using the dynamic erg since the prototype arrived with us in the UK and have found that it has been great at highlighting technical weaknesses, and as a result rewarding good technique. It is excellent for refining the connection at the catch and mastering the effective application of power through the drive. I think this will make it a must have training tool for rowers everywhere. ”

John Wilson, Marketing Director, Concept2
Former Head Coach OUBC, CUBC, NCRA

To find out more visit concept2.co.uk/dynamic or call 0115 945 5522