

Rutland 420 Training Camp 26th - 30th October 2011

During October half term the 420 class open training 5 day camp was held at Rutland with coaches Tom Mapplebeck, Rosie Sibthorp and Christian Birrell. A good number of boats were there with varying abilities; for some it was their first time in the boat and for others it was an important time on the water in preparation for the End of Seasons, selections for Transitional Training or the Youth squad review!

The main focus was boat handling so we spent lots of time tacking and gybing up and down the lake but we also worked on starting and some tactics. The weather was warm all week and we had a good mix of wind strengths to practice in; however there was probably the same number of capsizes in the pumping races in the light winds as in the heavier winds!

We got away without any early morning runs, but made up for it by playing rugby, hide and seek and doing long chains of leapfrog in the lunch breaks. No injuries came about from these, but unfortunately Ffion had to go to hospital after breaking his thumb on the water-returning with his entire wrist in plaster!

Over the 5 days a mini series re-named 'The Curradinghy cup' was held; the final results were: 1st Annabel Cattermole and Bryony Bennett-Lloyd, 2nd Matt and Ben Lulham-Robinson and 3rd Meia and Elin Harnett. Unfortunately the promised prize of a new boat from Curradinghy never appeared and was replaced by a Satsuma and some sweets!

Thanks to the coaches, Rutland SC and Graham Dibb for making the camp possible.

Bryony Bennett-Lloyd