
North West Regional Rowing Council Development Plan

2010-2014

Final Version



Contents

Introduction – About Us	4
Breakdown of the region.....	5
Section 1-How the North West council will contribute to the British Rowing Whole Sport Plan	7
Section 2 – Clubs and Facilities	9
Section 3 – Coaching Commission	10
Section 4- Junior Commission	11
Section 5- University Commission	12
Section 6- Recreational Commission	13
Section 7- Safety Commission	14
Section 8- Umpires Commission.....	15
Section 9- RRC Governance.....	16
Appendix 1-North West affiliated Clubs.....	17
Appendix 2-index of Mass Deprivation 2004.....	19
Appendix 3- Popucation of NW region.....	22
Appendix 4-NW clubs with UKCC coaches	24
Appendix 5-NW region British Rowing membership.....	26

Introduction – About Us

The North West Regional Rowing Council represents the clubs in the British Rowing North West Region to external bodies partners within the North West, and at national level within British Rowing. The Regional rowing Council executive is elected annually by the clubs.

Regional responsibilities include

- Planning and running the regional competition program
- Training the regional network of umpires
- Planning the regional coach education program
- Running Regional training days for participants
- Selection and administration of the junior team for the inter regional championships
- Supporting the administration of club affiliation and annual safety audits

This plan is aimed at the period 2009-2013, and runs on from the previous plan of 2004-2009. It is split into sections which reflect the activities of the regional commissions- with each commission having an action plan and a set of targets which contribute to the outcomes of British Rowing's whole Sport Plan.

This plan is deemed a 'live plan' and so new targets and opportunities will be added during the life of the plan.

As with the last plan 2005-2009, the new plan will still be aiming to develop the sport at junior level upwards, and as well as promoting competition will support, the continued development of health and well being through non competitive rowing environments..

Facility development is still an important area for the region's clubs for both expansion of participation and to provide modern environments for existing participants.

Outline of the North West regional rowing council development plan 2009-2014

As with the last plan (2005-2009) the vision for this plan is :

- **More participants through new activities**
- **Rowing for life through clubs with excellent facilities and well supported volunteers**
- **Inspiration through success on the world stage and at London 2012.**

Values and Principles:

The North West regional rowing council understands that in order to fully develop rowing as a high quality sport attractive to more people activities need to be underpinned with the following;

- That rowing development comes from the membership of affiliated British Rowing clubs
- That the sport has a welcoming environment supportive of participants at any level
- That developments in Rowing can also help develop the wider community
- That the sport needs to take an active role in maintaining the outdoor environment in which it takes place.
- That everyone should be given an equal opportunity to take part in rowing.
- That the development and encouragement of Safety within the sport is paramount. This extends to the welfare of young people and vulnerable adult.
- That the regional rowing council needs to be a transparent and accountable organisation.

The North West Regional Rowing Council welcomes support from external partners including Sport England, County Sports Partnerships, Local Authorities, Primary Care Trusts, and School Sports Partnerships to develop and promote the opportunities we are making available to local communities.

Breakdown of the region

The North West regional rowing council covers 5 counties:

- Cheshire (4 Open Clubs, 2 School Club, 1 University Boat Club)
 - Merseyside (4 Open Clubs, 1 School, 1 University Boat Club)
 - Greater Manchester (3 Open Clubs, 2 University Boat Clubs)
 - Lancashire – (1 Open Club, 1 School Boat Club, 1 University Club)
 - Part of Cumbria (1 Open Club)
 - Part of Staffordshire – 2 Open Clubs
- See appendix 1 for a full list of clubs.

The British Rowing North West Region does not cover all of Cumbria, or Staffordshire. Other clubs in these counties are included in the Northern, the West and East Midlands British Rowing Regional plans. However all data in this section relates to the Sport England defined North West region (which exclude Staffordshire and includes all of Cumbria).

The North West Region (as defined by Sport England), is home to approximately 14% of the total Adult population in England (estimated at 6.7 million people).

In terms of the active rowing population the region currently holds about 8% of the national total, taken from Active people's Survey 1 of 2006/07.

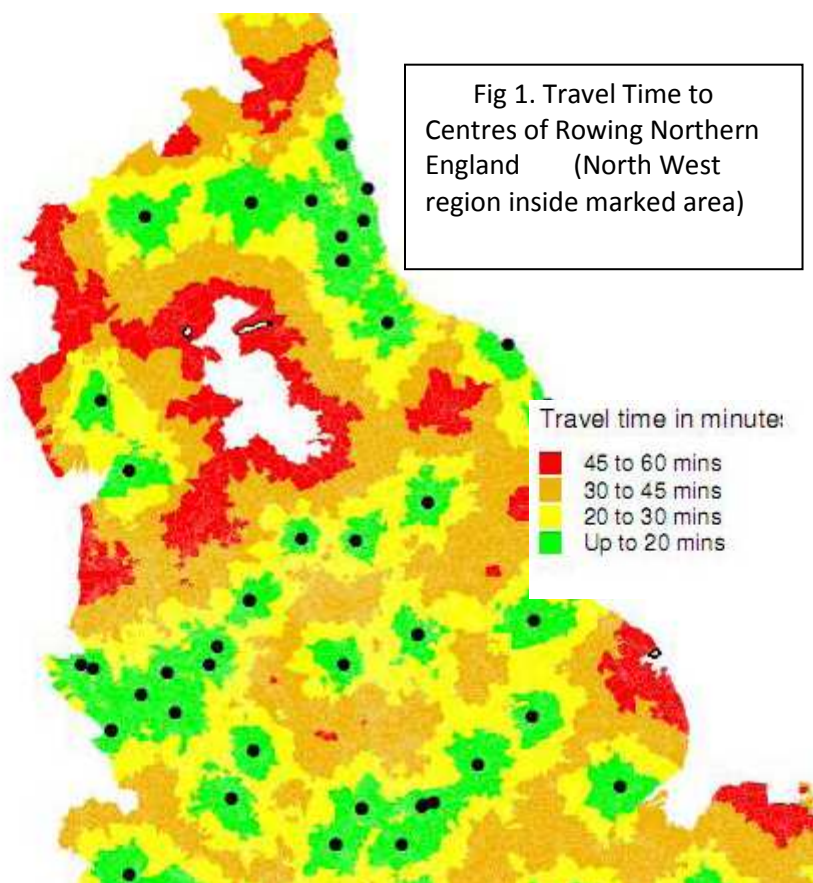
The combination of these two pieces of information against the national average indicates that the North West has the lowest participation rates of all British rowing regions - at 0.11% of the population or 6,200 people.

The region has the highest number of Super Output Areas (SOA's) in the top 10% of areas of deprivation (at 33%), with severe deprivation around a wide area of urban locations in Merseyside and Greater Manchester.

Based on the trends from other regions, it demonstrates that there is more potential demand in the North West, for people to take up rowing than in other parts of the country. Nationally the majority of rowing activity is from March to August, which would fit with the main part of the regatta session, and of course the best weather to be out on the river! This period also has the rowing population at its peak for

doing at least 3 sessions of 30 minutes or more, - 22% in August and the lowest point of 18% in December

. The spread of clubs in the region is heavily concentrated over a central band of the West side of Greater Manchester, Cheshire and Merseyside. the region then has outlying clubs in Staffordshire, the northern sections of Lancashire, and a very thin covering in Cumbria.



The highest concentration of clubs is in Cheshire (see fig. 1) with most of these clubs within 30 minutes travel time. The region then has a gap in coverage from Cheshire up to Lancashire and also in Cumbria. The south of the region also has a more limited coverage between Staffordshire and Cheshire.

Areas that are over 30 minutes from a rowing club include large parts of Lancashire.

The region currently has 9 Clubmark clubs, from this 7 are from the ARA's Project Oarsome scheme, and 2 are from either Project Oarsome extra/CCDP funding take up, or from the club wanting to do the accreditation without any direct funding from the ARA/ British Rowing.

The region also has 4 universities working towards the University accreditation scheme, and will have explore rowing clubs (potentially 7 in the region) developing the new accreditation for the scheme.

Accreditation schemes are designed to show that clubs are running and are managed to a high quality and so shows that the North West region as a whole delivers high quality environments for the sport of rowing through its clubs with potentially 14 out of its xx clubs with some form of quality mark.

To date, the number of coaches in the region is unknown, however since the intervention of the change to UKCC qualifications, the region now holds 44 new Level 2 coaches, with 66% of clubs in the region gaining qualified coaches since 2006.

To conclude as a summary from the above, the North West region holds a potential growth market for rowing, however this will be harder to tap into in some to areas of deprivation, and the location of clubs in nearby areas, that don't fully cover all of the Region, as with the national trend.

Coaching resources are developing and the region has a continue stream of level 2 coaches over a good spread of the clubs this will need to develop to cope with demand a growth over this plan.

Section 1-How the North West council will contribute to the British Rowing Whole Sport Plan

Most direct funding for programs for rowing clubs in the North West comes directly from British Rowing interventions, as part of the Whole sport Plan's from 46 National Governing Bodies from which Sport England is aiming for 1 million more people to be taking part in sport by 2013.

British Rowing Whole Sport Plan Interventions include the following programs;

-The Explore Rowing program, aimed at increasing and opening out the sport to more adults whom don't wish to follow the traditional path of the sport in completion. British Rowing will be looking to develop 50 centres in the country.

The funding of some Community sports coaches, through PYSSEP funding via the Youth sport trust for 11-14 year olds, currently the North West region has two supported CSC roles with this funding.

The part funding of facility developments, or new developments for clubs to expand, this is seen by many rowing clubs in the region as a vital fund in order for clubs to expand and attract more people into the sport.

Nationally British Rowing as been tasked with the following targets as a result of its new Whole Sport Plan funding for the period of 2009-2013. These have been defined within the three targets areas as set by Sport England;

Grow;

Increase the number of young people (11-19 year olds) by 10,000.

Sustain;

Increase satisfaction in the sport from the baseline of 79.7 to 84.7

Excel

Increase the talent pool with at least 635 members increasing their points status each year (from Intermediate 3 to Elite).

All results of these targets are to be taken from the Sport England Active people's survey. With supporting evidence from British Rowing.

Each of the 12 regions that make up British Rowing form a part of these targets, so in order to develop and meet these targets the North West will be aiming for the following;

Aim	National target (2009-2013)	North West Target	How
GROW	Increase the number of new participants by 10000	800 new participants in the North West	See Sections 2-6, 8 and 9.
	300 per year new Junior rowing leaders	42 per year; new junior rowing leaders	See section 4.
	3500 per year more 11-19yrs old involved in rowing	300 per year 11-19yr olds involved in rowing	See Section 4.
SUSTAIN	Increase the active people's satisfaction survey by 5 points	n/a	See sections 2-8.
	Develop explore rowing		See section 6.
EXCEL	Increase the talent pool increasing 635 points status per year	55 status point changes per year (IM3 to Elite)	See Sections 2-6, 8 and 9.

Section 2 – Clubs and Facilities

This section has been developed as a result of direct input to the regional rowing council from club plans, which include facility development.

Clubs listed below have identified that as part of their development facility development is needed to grow and retain membership.

The North West regional rowing council fully supports this, as is seen as an essential area for the sports development within the North West Region.

Clubs looking to develop new, or update facilities.

These clubs have identified the need for facility development, due to either reaching capacity, or from the need to update the standards of facility;

Northwich Rowing Club- looking to build a new boathouse to replace its aging clubhouse/boat store.

Agecroft Rowing Club - (New facility, due to reaching capacity, looking for a two story development to include new changing and total facility and more boat storage. Site developed along side with Manchester University and Salford University for all three to expand and develop)

Runcorn Rowing Club (Have successfully developed CCDP build program, but now already at capacity), looking to replace the old clubhouse, with a new development

Royal Chester Rowing Club- Looking to build a new boathouse to replace the ageing structure.

Lancaster John O Gaunt Rowing Club- Looking to develop a new build, on the current site of the boathouse.

Trafford Rowing Club- looking at either moving to a new site, expanding on current site (if possible), or upgrade of facility (new roofing)

Warrington Rowing Club- looking to develop current site with a extension/new boathouse

Lakeland Rowing Club- looking to develop its site at Cunsey Mill, into a boat store with changing facilities

Mersey Rowing Club- Are looking to either expand on a local site, or move to a new site.

Trentham Boat Club- looking to develop within a CCDP build to add a second story internally to the building.

Section 3 – Coaching Commission

Where Are We Now?

The North West Regional rowing Council has been successfully running UKCC L2 Rowing since 2006. A total of 88 candidates have attended the award with a 70% completion rate. 66% of North West clubs now have at least one UKCC qualified coach.

Appendix 2 of this plan shows the profile of current UKCC level 2 coaches deployed in the region.

The region benefits from having an active coach educator group comprising of 8 qualified tutors, including one SPC tutor, 4 qualified assessors, and one internal verifier.

The region also has active Level 3 Tutors, and Level 2 Strength and conditioning coaches, which forms part of the Level 3 award

Coaching commission plans 2010-2014

Aims		Targets	How	Resources
Develop Coaching	New Coaches	To Run at least 2 UKCC level 2 courses per year	Develop an annual program by Nov/Dec each year for courses	Regional rowing council funding scheme in place (till Nov 10)
	CPD for current coaches	To Run at between 2/4 coaching workshops per year		GB rowing workshops
Maintain a regional coach education team (UKCC)	Tutors	To maintain at least 6 number of tutors in the region	Insure current tutors remain up skilled, run recruitment when needed	
	Assessors	To maintain at least 4 number of assessors in the region	Insure current team remain up skilled, recruit when need	
	Internal Verification	To Maintain access to one IV for the region.	IV to complete qualification, work nationally to maintain role	
Other qualifications	UKCC indoor rowing qualifications	To Develop at least one tutor/assessor team		
	SPC workshop	To maintain at least one SPC tutor in the region possibly expanding to 2 if demand for courses increases	Insure that dates of national SPC courses are aware in the region, develop interest from existing Tutor base.	

Section 4- Junior Commission

Where Are We Now?

Junior Rowing Development was at the forefront of the 2005 – 2009 plan. As a result, the North West region boasts seven Project Oarsome Clubs, two Project Oarsome Extra Clubs (see Appendix 3), and nine Clubmark clubs

Junior competition has steadily developed, along with an improved quality of rowing, demonstrated by the improved results at the inter-regional junior championships, where the region finished second in 2008, 1st in 2009 and again in 2010.

Junior commission plans 2010-2014

Aims		Targets	How	Resources
Maintain an National leading regional team	Development of high performance team	To finish in the top 3 places at in the next four inter regional championships	Maintain an up to date selection policy for the event	
	Fully take part in the inter regional championships and develop event prestige	Ensure a full team is selected and entered to the interregional championships insure that team get recognised for its achievements	Coaches and clubs supporting region trials, team managers	
Develop links for clubs with low numbers of juniors	Help form composite crews	To support clubs with only 1 or 2 juniors in any age band form crews	Communication streams, development through Junior Commission meetings	
Up skill Junior coaches and regional juniors	Regional training days	To offer all clubs with junior sections one or more camps per year with places for at least 25 juniors and 8-10 level 2 coaches	Regionally set dates, posters and awareness made to clubs. Inviting high level coaches along for the day/weekend	Regional funding available
Help maintain good junior management	Clubmark	For all open clubs with junior sections to have accreditation by the end of this plan	Encouragement/incentives for clubs with Clubmark status	External grant sources for completing courses.
Help develop Juniors on National pathways	National camps and	To fill the North west quota of the J16 camp, to aid and support where known juniors on the national/ international pathway	Run selections at the regional camp for J16's and develop links with local funding sources for international level juniors	
Increase the number of young people in the sport	Sharing of ideas from club to club	Run at least 2 junior meetings per year	Through Junior Coaching commission meetings, linking case studies from clubs for ideas	
	Junior rowing Leader awards (Volunteering)	Run at least one course in each county per year (to support county indoor events)	Work with County Sports Partnerships, School sports partnerships linked via RDO.	

Section 5- University Commission

The North West region has 5 universities with boat clubs (out of 14 universities sited in the region).

University clubs have seen a change in event structure with the merger of BUSA (British University Sports Association and UCS (university college sport), to form one body for all sports at FE level under the banner of BUCS (British University college Sport).

University Commission plans 2010-2014

Aim		Targets	How?	Resources
Represent the views of the University clubs to the region		Attend xx number of regional rowing council meetings	Maintain a university Rep position on the RRC	
Develop a university network system for communication		Develop email commutation, build annual committee handovers the details of the new captains to regional rowing council		
Look for and help with access to funding opportunities for universities		Share any information that clubs have tapped into		
Help new clubs develop club standards	Committee Mentoring network			
	Develop regional training days/camps for North West universities			
	Support working toward university accreditation	At least 3 uni's accredited by the end of the plan		
Increase club development				
Develop BUCS endorsed university events for North West universities		For the North West region to have at least 2 annual events aimed exclusively for university clubs	Development of NW university indoor rowing champs. Development of novice event in the region	Regional rowing council support for water based events. Resources to develop indoor events

Section 6- Recreational Commission

Where Are We Now

The North West has a small but active recreational section, mainly based in Chester, but with some outlying club activity.

The recreational development within the North West will be driven over the lifetime of this plan by the development of the British Rowing Explore Rowing program, which will aim to increase participation in the 16+ age range.

7 potential centres have been identified as wishing to become Explore Rowing Clubs. At this point in time the North West Region has 2 accredited Explore Rowing Clubs.

The scheme is open to any affiliated British Rowing club including water sports Centres.

Recreational commission plans 2010-2014

Aim		Target	How	Resources
To expand Explore Rowing Clubs	New explore rowing centres (primary and secondary)	To have at least 10 centres in the region by the end of this plan	Work to promote recreational rowing, using new explore clubs to show benefits	
	Develop regional co-ordination of club events for explore rowing (tours etc)	To have at least xx events/tours in the region per year	Link into national system for Explore Rowing booking	
To increase awareness other options to rowing	Develop regional river/tour guide booklet for recreational rowing	To have a booklet of all accessible rivers that rowers can access by year 3 of this plan	Work with clubs in Explore program to develop information on each location	

Section 7- Safety Commission

Where Are We Now?

Safety Commission Plans 2010-2014

Aim		Target	How	Resources
Club annual Safety Audits		100% completion by all clubs	Done as part of affiliation to British Rowing	
Increase awareness of safety issues	Advice to clubs	To insure that clubs follow British Rowing guidelines for safety	Use returns from annual safety audits to give feedback	
	Help raise awareness to general club membership			
	Safety Seminars	1 per year	Invite all safety advisors to annual meeting for updates, help with annual audits	

Section 8- *Umpires Commission*

Where are We Now?

The North West region currently maintains xx umpires with all but xx clubs within the region with at least one active umpire.

Over the cycle of the last plan we have found that event committees that have the input of a local umpire develop a better event, both in terms of for the competitors and volunteer event officials.

The region runs 19 British Rowing events, annually which include 11 head races and 8 regatta's.

Other events in the region include the English Indoor Rowing Championships run by Hollingworth Lake Rowing Club, and the North West Universities Indoor Championships run by Chester University Boat Club.

Umpire Commission Plans 2010-2014;

Aim		Target	How	Resources
Maintain a high Quality competition program	Annual events calendar with good distribution of event	Maintain at least 19 events, increase if more than 10 events become oversubscribed in timescale	Deadlines for submission to national events calendar set, local agreements made where issues arise	
	Annual events seminar	At least one seminar per year	Date set a year in advance, all events invited to attend	
Ensure a high level of support to run events	Local Umpires	Region to maintain a team of 50 umpires	Marketing role with posters, each club to help develop potential.	
	Multi Lane Umpires			
	Development of future Umpires via Junior Officials program		Work to Identify where junior officials could help out with umpire roles. Look into national scheme (as developed for Rowing World Cup)	
Support to new events	Help universities develop British Rowing or BUCS endorsed events	See section 5 (2 events)	Give advice to clubs when requested; Ensure university clubs are aware of roles of umpires.	
	Develop new events	Process new events in within a year to be added into program	Work with clubs/ the region to insure that events are not spreading competition locally to thinly	
	Development of regional wide event structures	If feasible, look to run 1 league based event per year.	Work with Junior Commission and events to look at viably	

Section 9- RRC Governance

Where we are now;

The North West regional rowing council consists of the following executive positions;

- Chair
- Vice Chair
- Secretary
- Treasurer
- Coaching commission
- Junior Commission
- Safely Advisor
- Umpires Commission
- Recreational Chair
- University Representative
- Masters rowing
- Divisional Representatives (2)

Over the last two years the regional rowing council have been actively promoting its own grant schemes for both coach education and the RYA level 2 powerboat courses for all clubs in the North West, both of which are essential developments in the region as part of high quality development

As well as the above the region has supported the junior inter regional team with full payment to entry, over the cycle of the last plan.

In order to develop the University commission/ representation on the council, travel expenses for this role have been made available, as part of the councils commitment to engaging with the clubs

Aims		Targets	How	Resources
Internal funding streams	Maintain if possible support to UKCC level 2 coaches	To fund up to 4 candidates from each club in the region	Market grant to clubs/candidates booking into courses.	
	Maintain if possible support to RYA powerboat level 2 courses	To fund up to 2 candidates from each club in the region	Market grant to clubs.	
Even spread of region clubs views	Representation on regional council	To have at least 8 NW clubs represented on the council	Invitation to regional AGM, and fair voting for roles.	
	Regional meetings	To Have at least 6 meetings per year open to all clubs	All meeting dates set in advance and published to clubs	

Appendix 1-

North West Region

Affiliated Clubs March 2010

Club	Postcode
Agecroft Rowing Club	M5 2SG
Grosvenor Rowing Club	CH1 1SD
Royal Chester Rowing Club	CH1 1SD
Trentham Boat Club	ST12 9 HR*
North Staffordshire Rowing Club	ST13 8XB
Northwich Rowing Club	CW9 8AE
Runcorn Rowing Club	WA7 4XT
Liverpool Victoria Rowing Club	CH41 1EA
Mersey Rowing Club	L3 4DF
Trafford Rowing Club	M33 3AG*
Hollingworth Lake Rowing Club	OL15 0DQ
Lancaster John O Gaunt Rowing Club	LA1 2EA*
Warrington Rowing Club	WA1 2DN*
Lakeland Rowing Club	
Rex Rowing Club	CH1 1SD
Merchants 98 Rowing Club	L23 0QP
University of Manchester Boat Club	M13 9PG
University of Lancaster Boat Club	LA1 4YT
University of Liverpool Boat Club	L69 7BR
University of Salford Boat Club	M5 4WT
University of Chester Boat Club	CH1 4BJ
The Grange School Boat Club	CW8 1LU
Sir John Deane's School Boat Club	CW9 8AF
Queen's Park High School Boat Club	CH4 7AE
The Kings' School Chester Boat Club	CH1 1SD
Merchant Taylors School Boat Club	L23 0QP
Royal Lancaster Grammar School Boat Club	LA1 3EF
Liverpool Schools Rowing Association	L3 4DF

Note * marked postcodes indicate a non postal address and are used for referencing the club site only

Appendix 2-

Index of Mass Deprivation

County Rank 2004

COUNTY NAME	Ave. Score	Rank	COUNTY NAME	Ave Score	Rank
Liverpool	49.78	1	Plymouth	26.16	57
Manchester	48.91	2	Kirklees	26.15	58
Knowsley	46.57	3	Sefton	26.12	59
Tower Hamlets	45.88	4	North Tyneside	25.97	60
Hackney	45.06	5	Brent	25.95	61
Islington	42.65	6	Brighton and Hove	25.68	62
Nottingham	41.75	7	Calderdale	25.44	63
Kingston upon Hull, City of	41.13	8	Portsmouth	24.88	64
Middlesbrough	40.73	9	Darlington	24.55	65
Newham	40.41	10	Torbay	23.74	66
Salford	38.19	11	Bournemouth	23.74	67
Haringey	37.70	12	Southampton	23.72	68
Hartlepool	37.68	13	Bury	23.53	69
Birmingham	37.57	14	Ealing	23.40	70
Sandwell	35.39	15	Peterborough	23.37	71
Southwark	35.38	16	Luton	23.27	72
Stoke-on-Trent	35.29	17	Hounslow	23.25	73
Camden	34.71	18	Enfield	23.05	74
Newcastle upon Tyne	34.53	19	Cornwall and Isles of Scilly	22.87	75
Halton	34.29	20	Dudley	22.08	76
Sunderland	34.24	21	Northumberland	21.88	77
Lambeth	34.18	22	Telford and Wrekin	21.81	78
Blackpool	33.91	23	Lancashire	21.80	79
Rochdale	33.69	24	Southend-on-Sea	21.66	80
Gateshead	33.20	25	Cumbria	21.61	81
South Tyneside	33.06	26	Kensington and Chelsea	21.49	82
Barnsley	32.99	27	North Lincolnshire	21.23	83
Bradford	32.93	28	Thurrock	21.22	84
Leicester	32.80	29	Isle of Wight	21.08	85
Blackburn with Darwen	32.28	30	Nottinghamshire	20.92	86
Wolverhampton	32.19	31	Wandsworth	20.89	87
St. Helens	31.95	32	Slough	20.87	88
Westminster	31.68	33	Trafford	20.15	89
Doncaster	31.50	34	Croydon	19.85	90
Greenwich	31.47	35	Derbyshire	19.67	91
Barking and Dagenham	31.32	36	Warrington	19.39	92
Oldham	30.73	37	Reading	18.78	93
Redcar and Cleveland	30.57	38	Lincolnshire	18.46	94
Waltham Forest	30.24	39	Stockport	18.06	95
Wirral	30.06	40	Medway	17.96	96
Tameside	29.81	41	Norfolk	17.93	97
Bolton	29.41	42	Redbridge	17.77	98
Walsall	29.38	43	Hillingdon	17.68	99
North East Lincolnshire	29.36	44	Devon	17.41	100
Wigan	29.26	45	East Sussex	17.30	101
Wakefield	29.08	46	Swindon	17.18	102
Lewisham	28.55	47	Solihull	16.44	103
Durham	28.47	48	Staffordshire	16.31	104
Sheffield	28.42	49	Barnet	16.09	105
Rotherham	28.19	50	Kent	16.01	106
Coventry	28.15	51	Northamptonshire	15.97	107
Hammersmith and Fulham	27.82	52	Somerset	15.76	108
Bristol, City of	27.72	53	Herefordshire, County of	15.65	109
Leeds	27.68	54	Milton Keynes	15.56	110
Derby	27.68	55	Shropshire	15.39	111
Stockton-on-Tees	26.30	56	East Riding of Yorkshire	15.34	112

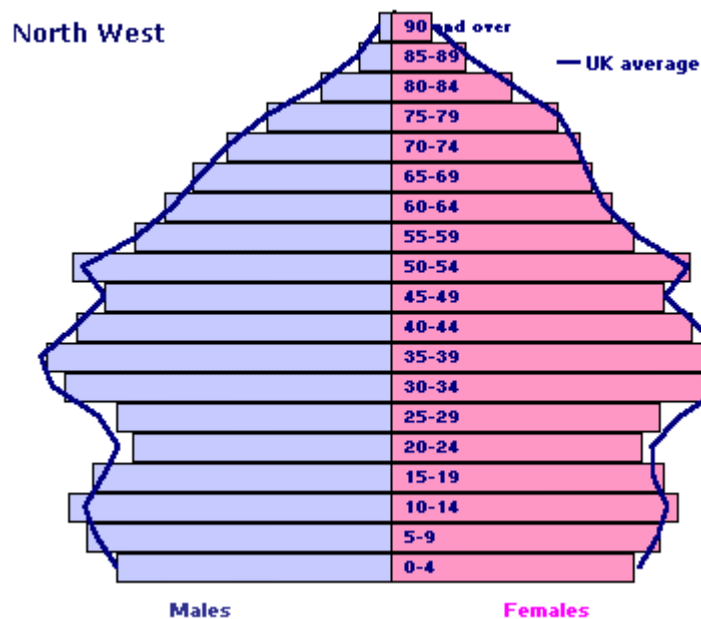
Appendix 2 con't

COUNTY NAME	Ave. Score	Rank
Cheshire	15.06	113
Suffolk	15.04	114
Bexley	15.01	115
Worcestershire	14.80	116
Havering	14.77	117
York	14.51	118
Merton	14.50	119
Warwickshire	14.41	120
Essex	14.33	121
Poole	14.31	122
City of London	14.26	123
North Somerset	14.13	124
North Yorkshire	14.03	125
Gloucestershire	13.51	126
Harrow	13.50	127
Sutton	13.28	128
Bromley	13.17	129
Dorset	13.01	130
Bedfordshire	12.87	131
Bath and North East Somerset	12.22	132
West Sussex	11.91	133
Cambridgeshire	11.66	134
Kingston upon Thames	11.62	135
Leicestershire	10.98	136
Oxfordshire	10.77	137
Hertfordshire	10.76	138
Wiltshire	10.56	139
Hampshire	10.04	140
South Gloucestershire	9.76	141
Richmond upon Thames	9.67	142
Bracknell Forest	8.61	143
Buckinghamshire	8.36	144
Windsor and Maidenhead	8.22	145
West Berkshire	7.92	146
Surrey	7.56	147
Rutland	6.62	148
Wokingham	5.09	149

Appendix 3-

Population of North West England
(Estimated & excludes Staffordshire)

North West of England



Age Range	Total	Males	Females
0	3954	2027	1926
- 4	28	33	95
5	4387	2250	2136
- 9	08	52	56
10	4662	2383	2279
- 14	56	27	29

15 - 19	436497	220902	215595
20 - 24	389306	190455	198851
25 - 29	415674	202687	212987
30 - 34	495832	241159	254673
35 - 39	519826	254790	265036
40 - 44	470926	232368	238558
45 - 49	428153	212321	215832
50 - 54	471019	234878	236141
55 - 59	383435	190218	193217
60 - 64	342737	167848	174889
65 - 69	305812	146322	159490
70 - 74	272393	121794	150599
75 - 79	225560	92444	133116
80 - 84	148073	52585	95488
85 - 89	83318	23701	59617
90 and over	40847	8477	32370
Totals	672980	325906	347073
	0	1	9

Appendix 4-

Clubs with UKCC level 2 coaches

(March 2010)

Club Name	UKCC level 2 candidates (06-mar10)	Number of UKCC level 2 coaches qualified (06- mar10)	Percentage completed
Agecroft RC	5	2	40.0%
Runcorn RC	6	2	33.3%
Northwich RC	6	4	66.7%
Warrington RC	9	5	55.6%
Liverpool Vic RC	5	1	20.0%
Mersey RC	4	2	50.0%
Lakeland RC	0	0	n/a
Hollingworth Lake RC	0	0	n/a
Trafford RC	6	4	66.7%
Merchant 98 BC	0	0	n/a
Grosvenor RC	3	0	0.0%
Lancaster John O Gaunt RC	2	2	100.0%
Trentham BC	6	1	16.7%
North Staffs RC	8	6	75.0%
Royal Chester RC	8	4	50.0%
Liverpool Schools Rowing Association	0	0	n/a
Salford Uni BC	1	1	100.0%
Manchester Uni BC	3	1	33.3%
Chester Uni BC	10	2	20.0%
Liverpool Uni BC	0	0	n/a
Lancaster Uni BC	3	3	100.0%
Sir John Deane's BC	0	0	n/a
Lancaster RGS BC	2	0	0.0%
Grange School BC	4	2	50.0%
Queens Park HS	2	1	50.0%
Kings School Chester BC	1	1	100.0%
Merchant Taylors School BC	0	0	n/a
Nemesis BC	0	0	n/a
Rex BC	0	0	n/a

Appendix 5-

British Rowing membership trends
2007-2010 actual and 2010-2013 predicted

