

# BIRC. 2012

British Indoor Rowing Championship & Euro Open

**SUNDAY 25TH MARCH**

Nottingham University



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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 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.



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[concept2.co.uk/skierg](http://concept2.co.uk/skierg)

# WELCOME TO BIRC 2012



If you missed BIRC 2011 so did we...! By an unfortunate set of circumstances we were unable to continue to host the event at the National Indoor Arena in Birmingham last year where it has been our home for 10 very happy years. However through adversity springs opportunity and we are now delighted to host both the British and European Championships far closer to our home here in Nottingham.

So, on behalf of everyone involved in running the event I would like to welcome you all to the Nottingham University campus; and I would particularly like to thank Nigel Mayglothing, Nottingham University Deputy Director of Sport, for making it all possible.

Each year we try to innovate and offer a little bit more for competitors and spectators alike, and this year is no exception. With three race floor screens you will now be able to follow every stroke, twist and turn as the competitors push themselves to the limit.

We wish you all good luck with your racing and hope you have a great day.

Ian Wilson  
Managing Director, Concept2

A handwritten signature in black ink, appearing to read 'Ian Wilson', written in a cursive style.

# ORDER OF THE DAY

Race No & Time		Race Type	Category
1	09:20	2 minutes	Men Junior 12
2	09:30	2 minutes	Men Junior 11 Women Junior 12 Women Junior 11
3	09:45	3 minutes	Men Junior 13 Women Junior 13
4	10:00	4 minutes	Men Junior 14 Women Junior 14
5	10:20	5 minutes	Men Junior 15 Women Junior 15
6	10:40	2,000m	Men junior 18 Hwt Men Junior 16 Men Junior 18 Lwt
7	11:00	2,000m	Women Junior 18 Hwt Women Junior 16 Women Junior 18 Lwt
8	11:20	2,000m	Women 30-34 Hwt Women 35-39 Hwt Women 40-44 Hwt Women 45-49 Hwt
9	11:50	2,000m	Women 50-54 Hwt Women 55-59 Hwt Women 60-64 Hwt Women 65-69 Hwt Women 70-74 Hwt Women 80-84 Hwt
10	12:20	2,000m	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 70-74 Lwt
11	12:50	2,000m	Men Student Hwt Men Student Lwt Women Student Hwt Women Student Lwt

Race No & Time		Race Type	Category
12	13:20	2,000m	Men 30-34 Lwt Men 35-39 Lwt Men 40-44 Lwt Men 60-64 Lwt
13	13:40	2,000m	Men 45-49 Lwt Men 50-54 Lwt
14	14:05	2,000m	Men 55-59 Lwt Men 65-69 Lwt Men 70-74 Lwt Men 74-79 Lwt Men 80-84 Lwt
		1,000m	Men Adaptive TA Men Adaptive LTA Men Adaptive A Women Adaptive LTA Women Adaptive TA Men Junior LTA Women Junior LTA
15	14:30	2,000m	Men 55-59 Hwt
16	14:50	2,000m	Men 60-64 Hwt Men 65-69 Hwt
17	15:05	2,000m	Men 35-39 Hwt Men 50-54 Hwt
18	15:20	2,000m	Men 50-54 Hwt
19	15:35	2,000m	Men Open Hwt Men 30-34 Hwt
20	15:50	2,000m	Men 40-44 Hwt Men 45-49 Hwt Men 70-74 Hwt Men 75-79 Hwt Men 80-84 Hwt
21	16:15	2,000m	Men 40-44 Hwt
22	16:30	2,000m	Men 45-49 Hwt
23	16:45	2,000m	Men Open Lwt Women Open Hwt Women Open Lwt
24	17:00	2,000m	Men Open Hwt

## 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.

## SPORTS MASSAGE TREATMENTS

Moulton College students and their lecturer would like to offer pre, post, and between event sports massage treatments to competitors. There is some evidence to suggest that sports massage has psychological and physiological benefits to improving performance. If you would like to make a donation following receiving a treatment, there will be a collection box for Cystic Fibrosis Trust.

## CANTERBURY CHRIST CHURCH UNIVERSITY

A team of scientists from Canterbury Christ Church University are conducting research into the psychology of indoor rowing during today's event. They are particularly interested in talking to you after you have competed. Please locate them in the registration area and help out by completing a very short questionnaire.

# THE START PROCEDURE

When you enter the Sports Hall on Sunday 25th March 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.

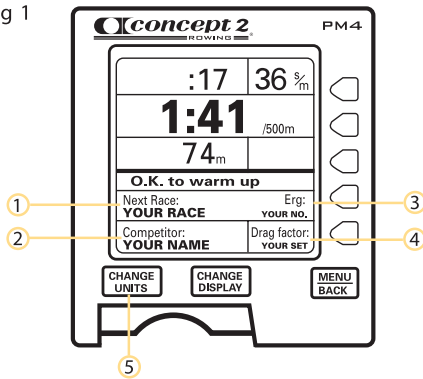
Ten minutes before your race you should go to the athletes holding area, this is shown on the floor plan. Also listen to the commentary for any updates to the schedule.

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).

Fig 1



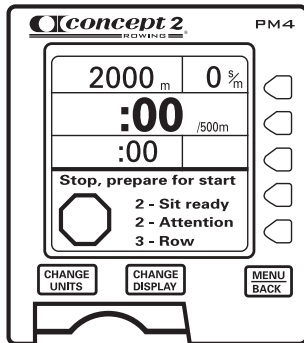
## Pre-race checks -

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 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(/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

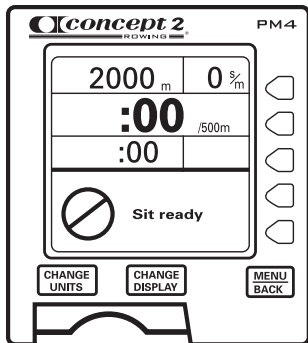


Fig 4

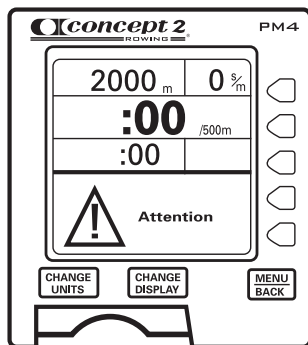
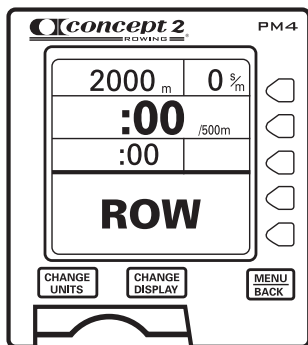


Fig 5



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.

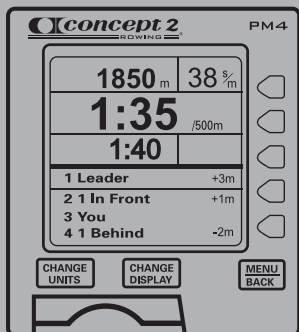
4. WATCH YOUR MONITOR! It will display 'Sit ready', 'Attention', 'ROW'. Once it displays 'ROW' start racing. (see figures 3-5)

**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.

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

## The Display on the Monitor when you Race



### 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.

# The World's First Online Race Series

For those who crave the buzz of competition we have the perfect solution, the **Concept2 Online Race Series**.

Join like-minded people to race online from your own home.

To take part you will need Digital Rowing's RowPro software, a Concept2 indoor rower, a USB cable and connection to the internet.



For more information please visit [concept2.co.uk](http://concept2.co.uk) or call 0115 945 5522

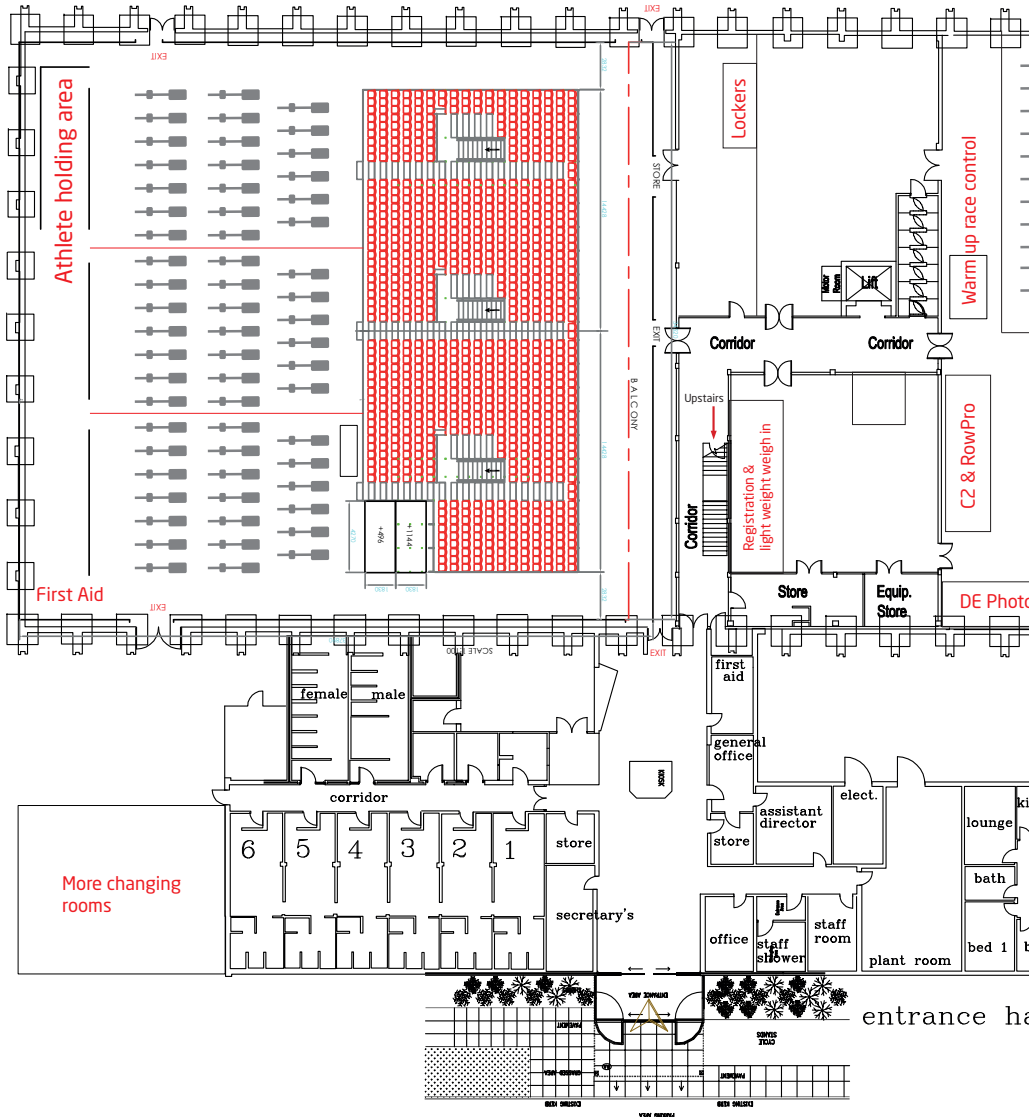
 [facebook.com/concept2](https://facebook.com/concept2)

 [@concept2uk](https://twitter.com/concept2uk)

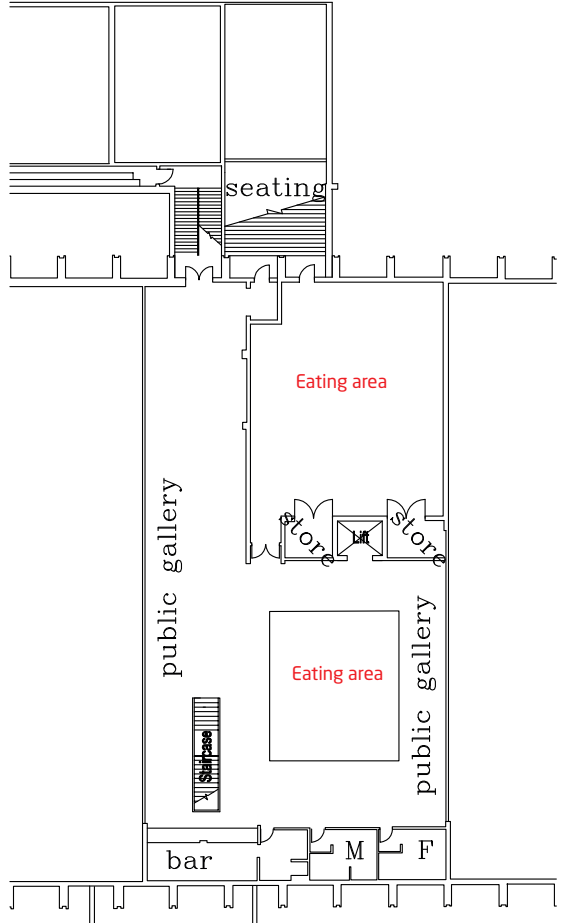
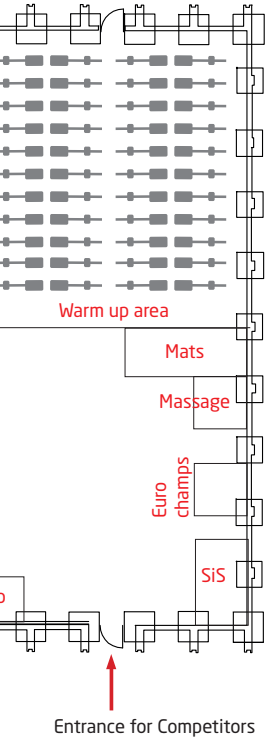
The Concept2 Rowing logo, featuring a stylized "C" icon followed by the word "concept" in a bold, lowercase, sans-serif font, and "2" in a white font inside a yellow square. Below this, the word "ROWING" is written in a smaller, uppercase, sans-serif font.

# INSIDE THE SPORTS CENTRE

## Ground floor



## First floor



all



# League For Schools

## BONUS ROUND

The 7th season of the incredibly successful Schools Indoor Rowing League is now drawing to a close, but you can still take part in the **Bonus Round**. This is a stand alone round and is a great opportunity to have a go if you haven't before. The bonus round coincides with the **National School Sports Week**, with entries closing at 5pm on 6th July.

Last year's tournament saw over **3,300 teams** enter. The high number of entries is evidence that schools find that the sport appeals to a large range of pupils.

The positive feedback received reflects the enthusiasm of the pupils for the lively and involving nature of the competition. One of the most encouraging aspects of the competitions is the participation of children who have had little or no success in ball-skills based activities, and who are delighted to find an activity in which they can experience the joys of teamwork, and even winning!

### Some of the many benefits are:

- Open to all schools - nationwide
- Enter as many teams as you like - for FREE
- No travelling, race at school, enter results online
- Events for boys & girls - Year 6 upwards
- Prizes for fastest teams
- Improved fitness for participants
- Popular relay format encourages teamwork
- And you only need one rower to take part!

### NOTE!

Did you know that you can hire indoor rowing machines from Concept2 to top-up your stock for special occasions and competitions

To find out more or to enter your results online go to [concept2.co.uk/league](http://concept2.co.uk/league)

0115 945 5522 | [facebook.com/concept2](https://www.facebook.com/concept2) | [@concept2uk](https://twitter.com/concept2uk)





**SIS**

SCIENCE IN SPORT

# MAKE SCIENCE IN SPORT PART OF YOUR RITUAL

SIS IS PROUD TO BE THE OFFICIAL SPORTS  
NUTRITION SUPPLIER OF THE GB ROWING TEAM



GBROWINGTEAM

## EXCLUSIVE ROWING OFFER

Get 25% off any SiS product when you buy from [www.scienceinsport.com](http://www.scienceinsport.com).  
Quote 'rowi1122' at the checkout.  
Offer available until the end of April 2012.

SiS is also available at Godfrey's, Decathlon, major supermarkets and other good sports stores.

# WORLD INDOOR ROWING CHAMPIONSHIP

The World Indoor Rowing Championship (aka CRASH-B Sprints) takes place every year in Boston, USA and is one of the highlights on the indoor rowing year, with plenty of Brits making the journey over. The 2012 event took place at the Agganis Arena in Boston MA on Sunday 19th February.

## Team GB 2012

The 31st World Indoor Rowing Championships in Boston were attended by 42 British Rowers, led by Kimberley Naylor-Perrott as Manager, Pete Marston as Coach, Paul Winton leading the 16 Royal Navy attendees, and Anne Yates capturing the trip as Team Photographer.

The competition proved to be the most successful in medal terms for many years, bringing home 3 World Champions, 4 Silver and 2 Bronze medallists.

Many of the competitors had arrived on the preceding Wednesday and Thursday, giving them the opportunity to meet their team members and to attempt to acclimatise to conquer their jet lag before the race. Friday evening saw 18 of the team dine at the famous Cheesecake Factory - hard for the Lightweight! The butterflies began in earnest the following day during the team briefing. The team photo completed, (with the help of some banter from the Royal Navy lads), they moved onto the International Competitors' lunch. Amidst wonderful hospitality and speeches from members of the CRASH-Bs Board and C2, old friends were reacquainted and new friends made.



To see the results list for Team GB please go to [concept2.co.uk/wirc](http://concept2.co.uk/wirc)



concept 2

[www.europen2013.com](http://www.europen2013.com)



26./27.01.

# EUROOPEN 2013

European Indoor Rowing Championship

THE INDOOR-ROWING EVENT IN GERMANY

*The ultimate challenge for you!*



TAKE A LOOK HERE FOR MORE INFORMATION:

[WWW.EUROOPEN2013.COM](http://WWW.EUROOPEN2013.COM)



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# 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 4th year of the Challenge Series with 64,459 miles rowed since it started in September 2008. There are now **11 different challenges** - one each month between September and May in the main season of the Challenge Series and then 2 bonus rounds over the summer months. 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](http://concept2.co.uk/challengeseries)

We are pleased to announce that DE Photo have been appointed as the Professional School, Sport and Events 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.biz](http://www.DEphoto.biz)**

**ON SITE PRINTING  
ON SIGHT SATISFACTION**

**DE Photo is the UK & Ireland's Largest School, Sport & Events  
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**

**07411 527008**

**[www.DEphoto.biz](http://www.DEphoto.biz)**

DE Photo adheres to a strict Child Protection Policy and Code of Ethics  
(see [www.dephoto.biz](http://www.dephoto.biz) for full details). All staff are CRB checked.

# 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.

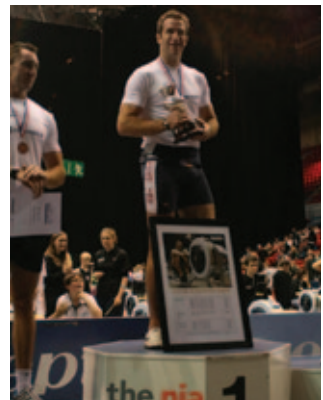
**The 2010 trophy was won by BIRC legend and twice previous Millenium Cup winner John Hodgson. John became the first ever centenarian competitor in Indoor Rowing and set a Men 100+ Lwt World record of 13:32.6 - a record that is likely to stand for some time!**



# 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.

**The 2010 trophy was awarded to Graham Benton - for the fifth time! Graham won the Men Open Hwt category in a time of 5:50.8 and picked up a Lifetime Achievement award as well.**



# HALL OF FAME

Since the first ever race back in 1991, the British IRC has played host to a number of great performers. The purpose of the Hall Of Fame is to remember those people who have helped to make the championship the biggest and most exciting mass-participation indoor event in British sport. The latest inductee is Weston Towler.

At 83, Weston Towler from Seaford in East Sussex, is this year's oldest and one of the most dedicated competitors at BIRC. Today Weston will be competing against four other competitors in the Men's 80-84 Lwt category. Over his past 18 championships, Weston has walked away from BIRC with four gold, four silver and four bronze medals making him one competitor to watch out for!

When asked what Weston hopes to achieve this year, he says: "I just want to do as well as I possibly can and come away being satisfied with my performance. I have a time in my mind that I want to achieve but I will keep this close to my chest. I tend to set myself challenging goals! Rowing is addictive and I definitely have a competitive streak in me. Indoor rowing exercises the whole body and helps the lungs work. It's a great activity to help to me keep fit. My incentive is to keep pushing myself and to try and retain some of my past performance times."

We also have another spot to fill this year and you can decide who. There are 5 people to choose from and voting will be open on the Concept2 website until 10am on Friday 30th March, the 5 candidates are:

**Shelagh Allen** - Shelagh began competing in 1998 at 60 years of age and won Gold in her first BIRC, and has not come below 3rd place since. In addition to her many BIRC medals Shelagh also has gold, silver and bronze medals from the World IRC (CRASH-Bs), held in Boston each February, including a silver from last month's race.

**David Hislop** - David, an ex-international 400m hurdler, has run his own personal training business since September 2003 and is a qualified Concept2 Master Instructor and UK Athletics Performance Coach (level 4). As well as being British Indoor Rowing Champion 2001, 2002 and 2006 he was also Scottish, English, Irish, and Welsh Champion 2007/2008. He has been indoor rowing seriously since 1999.

**Tim Male** - Tim Male is an international rowing coach and personal trainer. As a rower Tim represented GB for 10 years, and has set the British record for lightweight men on the Concept2 over 2000m, a record which has stood for fifteen years. Tim still competes on the ergo at BIRC, and utilizes its cross training effect to keep him fit for Triathlon.

**Roger Bangay** - Roger has competed in every BIRC between 1998 and 2008 with one exception in 2004 due to - in his own words - laziness! Medalling each year he won his first gold in 2007. Roger will be competing this year for the first time since 2008 when he successfully defended that first gold.

**Bill Payne** - According to the British Rowing website Bill is Nottingham Rowing Clubs most successful master rower. In addition to his indoor rowing success Bill has won multiple golds at FISA Masters events on the water. 2012 will be Bill's last in the 75-79 age category and will hopefully be back next year to attempt to break the 80-84 record!

To cast your vote please go to [concept2.co.uk/birc/hall\\_of\\_fame\\_poll](http://concept2.co.uk/birc/hall_of_fame_poll)

# CHAMPIONSHIP RECORDS

## WOMENS

Event	Result
Open	6:32.9
Open Lwt	7:03.6
30-34	6:59.3
30-34 Lwt	7:10.7
35-39	6:56.2
35-39 Lwt	7:17.2
40-44	6:58.2
40-44 Lwt	7:16.3
45-49	7:10.1
45-49 Lwt	7:39.0
50-54	7:07.8
50-54 Lwt	7:26.5
55-59	7:28.0
55-59 Lwt	7:53.9
60-64	7:51.0
60-64 Lwt	8:09.5
65-69	7:53.4
65-69 Lwt	8:09.5
70-74	8:24.9
70-74 Lwt	9:01.0
75-79	9:58.1
75-79 Lwt	9:13.1
80-84	-
80-84 Lwt	9:41.6
>100	-
>100 Lwt	-
Adaptive LTA	7:23.4
Adaptive TA	4:10.6

Event	Result
Adaptive AS	4.43.1
FES	16:31.6
Junior 11 (2min)	509m
Junior 12 (2min)	554m
Junior 13 (3min)	811m
Junior 14 (4min)	1,102m
Junior 15 (5min)	1,409m
Junior 16	7:12.8
Junior 18	6:46.2
Junior 18 Lwt	7:21.5
Junior Adaptive AS	-
Junior Adaptive LTA	4.02.0
Junior Adaptive TA	-
Student	6:47.7
Student Lwt	7:07.4

# CHAMPIONSHIP RECORDS

## MENS

Event	Result
Open	5:42.5
Open Lwt	6:09.0
30-34	5:54.0
30-34 Lwt	6:14.8
35-39	5:51.1
35-39 Lwt	6:18.1
40-44	5:57.5
40-44 Lwt	6:22.1
45-49	6:05.7
45-49 Lwt	6:33.7
50-54	6:13.9
50-54 Lwt	6:26.3
55-59	6:21.3
55-59 Lwt	6:42.6
60-64	6:42.6
60-64 Lwt	6:49.5
65-69	6:49.4
65-69 Lwt	7:03.1
70-74	7:15.7
70-74 Lwt	7:13.9
75-79	7:32.6
75-79 Lwt	7:26.6
80-84	8:02.0
80-84 Lwt	8:19.7
85-89	8:55.9
85-89 Lwt	8:43.7
90-99	9:32.5
90-99 Lwt	9:28.1

Event	Result
>100	-
>100 Lwt	13:32.6
Adaptive LTA	6:32.5
Adaptive TA	3:35.1
Adaptive AS	3:55.1
FES	10:28.2
Junior 11 (2min)	528m
Junior 12 (2min)	568m
Junior 13 (3min)	885m
Junior 14 (4min)	1,222m
Junior 15 (5min)	1,569m
Junior 16	6:15.3
Junior 18	5:59.0
Junior 18 Lwt	6:15.2
Junior Adaptive AS	-
Junior Adaptive LTA	3:38.2
Junior Adaptive TA	4:12.3
Student	5:44.0
Student Lwt	6:15.2



# THE DYNAMIC INDOOR ROWER

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

It offers:

A closer simulation of the dynamics of rowing a boat on water

A training and coaching tool that is more sport-specific than the Model D or E

Similar feel to rowing on slides but built as one compact unit

A smaller footprint (76"/193cm) than either a Model D (96"/244cm) or a Model D on slides (132"/335cm)



“ 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](http://concept2.co.uk/dynamic) or call 0115 945 5522

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