

Tens of thousands compete in Rowing League.

Over 27000 participants have taken part in the Concept2 Schools League in the 2007/08 season. Many teams have entered and recorded some extremely quick times, however the startling thing about the competition is the number and types of groups who have competing in the league this year.

The League allows groups of 4 or 8 pupils to use teamwork and compete on a set challenge in their own school. Every month for a period of 6 months, the challenges change and progressively get longer, helping the pupils get fitter. When a team has completed a challenge, they enter their time onto the League website, and at the end of that month, they find out how they rank against the rest of the nation.

Many schools have been involved in the free League competition across the season. Some schools do the challenges in their lesson time whilst others have extra-curricula rowing clubs, where the League challenges have become a regular fixture.

The Schools League is all about participation and inclusion. Schools have used the League to persuade diverse groups of pupils to begin exercising through the League, and this can be seen in the numbers entering the League. In this respect, a special mention must go to the Oxclose Community School in Sunderland, who have entered 138 teams, getting a fantastic 580 participants onto the League across this season. The third year of the inter-school competition has seen another staggeringly large increase in teams competing. The number of teams competing this year has increased from 1651 last year to 2924, making this the largest indoor rowing team competition in the world!

There has also been a great diversity in how schools enter. Some have entered every round while others have chosen to enter as many teams as possible for one-off rounds. Whichever route they choose, schools enter their teams into the relevant age-group and team category, and then compare how they have done in that round and across all of the rounds to that date.

At any stage, teams can see how they are doing, but at the end of the year, the top 3 teams in each age category receive medals. Congratulations to this year's medallists for their speed, agility and determination across the six rounds. All the results are available at www.concept2.co.uk/league, and the top of the medal table is as follows:

School	Town	Gold	Silver	Bronze	Total
Great Marlow School	Marlow, Bucks	6	4	5	15
Bruton School for Girls	Bruton, Somerset	4	1	1	6
Danes Hill School	Oxshott, Surrey	3	4	0	7

The 2007/08 season has now drawn to an end, but will return in September.

In the meantime and in line with National School Sports Week (30 June to 6 July) and the Beijing Olympics this year, the League is set for a one-off bonus round called 'Row to Beijing'. It's a great way to use indoor rowing in the sports week and introduce a school to indoor rowing and the League. For more information visit www.concept2.co.uk/league/bonusround.php

Quick facts about the 07/08 League

- Over 5300 entries have been made into the League this year
- More than 27000 participants have been entered onto the league
- Over 10,119,744 metres have been rowed by UK schools in the school League this year.
- Pupils have used more than half a million calories in this year's League
- The UK Schools Indoor Rowing League is the largest competition of its type in the world
- Teams can enter for 1 round, all 6 rounds, or just a few rounds; their results will remain on the league and can be accessed at anytime
- All you need to enter is a rowing machine, and access to the internet