

# Ball Cup

8th May 2022

A couple of weeks ago a group of juniors travelled down to Dorney Lake for the annual Ball Cup race. We all had a lovely, and very warm, day out and got to watch some very good racing. All three crews raced well and held their own in their heats, despite racing as J18 (3 age categories up for some).

Huge thanks to Daisy, Richard and all the parents for coming along to help, and to Chris for towing the boats there and back!

## J18 2x (Toby Dew & **Ewan Tetley**)

I was excited to be back racing again because I hadn't been to one for a long time. Carrying the boat down was a long walk with nerves beginning to kick in. We rowed up to the start line and began the race, we had a good start and were able to hold off one of the boats for about 300 meters before we started to slow, and they got past us. Overall I think we rowed well and it was nice to get back to racing after 1 year of not doing it.

## J18 2x (Tim Dudley-Smith & **Tom Revell**)

After a bit of a choppy and uneven start we settled into our rhythm and by the final third of the course we were battling with 2 other crews for second place in our heat. However, partly due to mid race nerves and some inexperience on both our parts, we had our heads out of the boat causing us to become unbalanced temporarily and catch a mild crab. We soon recovered but had lost a few crucial milliseconds and some important boat speed. On the approach to the end we pushed hard recovering some of our lost time and boat speed coming just 0.2 second behind third place boat. Not a bad performance considering we were out of category but definitely some key skills and techniques to build on for our next regatta.

Finally a huge thanks to Charlotte and Daisy for coming along to support and coach. As well as Richard for the last minute repairs and Chris for driving all the boats down and back for us!

## J18 4x- (Archie Heading, Toby Dew, **Tim Dudley-Smith** & Tom Revell)

It was a really good race, thanks to Tom's excellent calls and steering we managed to maintain a lot of power for the whole thing and remained in our lane during the unexpected evasion. Archie, your stroke rate was excellent and very consistent for the whole way down. You were also great getting onto the stake boats. Something we all need to work in is looking straight when there is a distraction and keeping our heads in the boat. This was also a few years above our age category and was a great baseline to smash though in races to come.





