

# Nottingham Rowing Club

High Performance Squad



Come and train with a group of athletes all working towards making the step up to Under 23, European and the Senior Squad. The program is run by a full time coach and is suitable for students and those in full time employment. The small squad size allows plenty of individual attention and support. The National Water Sports Centre provides an excellent training base, whilst the river provides a stretch of water ideal for longer training pieces. The friendly and supportive environment is underpinned by all athletes striving to achieve in the sport.

## Recent Results

WHORR 2009 – 4<sup>th</sup> Winners Senior 2 Pennant  
WHORR 2008 – 4<sup>th</sup> Winners Club Pennant  
Women's Henley 2009 – Elite 4+ winners  
National Championships 2009 - Women's 1x Gold  
- Men's 2x Gold  
- WLwt 1x Bronze  
Home Countries 2009 - Gold men's 4x and 2x  
- Silver Women's 1x  
Senior GB final trials (09-10) - 4 athletes

As well as over 20 domestic regatta and head wins

## Facilities

- 2000m buoyed rowing lake
- EIS fully equipped gym
- 7500m stretch of wide river
- Access to 30 ergs and clubhouse

## Nottingham to Study

Three top Universities  
Nottingham - Loughborough - Trent  
(all with scholarship programmes)

## International Athletes

### Monica Relph

2009 U23 World Champion (W8+), 2009 World cup finalist (W2-), 2009 European Championships (W8+), 2008 FISU (W4-)

### Jacqui Round

2009 U23 World Champion (W8+), 2009 World cup finalist (W2-), 2008 World U23 Championships bronze medallist (W4-)

### Victoria Meyer-Laker

2009 European Championships (W8+)

### Carl Delaney

2008 World U23 Championships (MLwt2-)

### Nicola Spencer

2008 World U23 Championships (WLwt1x)



## World Class Start program

A WCS group is also run out of Nottingham Rowing Club, coached by Julie Edwards.

## Contact

Dez Atkins (Head Coach)  
[dezatkins@hotmail.com](mailto:dezatkins@hotmail.com)  
(07879 847005)

Mark Cooke (NRC)  
[markcooke3@ntlworld.com](mailto:markcooke3@ntlworld.com)  
(07932 668557)

