

No.1 — Wednesday 3rd August 2011

WEDNESDAY PREVIEW

This afternoon sees the start of racing, with heats of the men's cox-less fours and the women's quads, taking place from 17:00 to 17:30.

The spares races will be held at 12:30.

YOGA FOR STARTERS?

The start team are apparently planning to make the most of the facilities available at the top of the lake by using the full-size gym mats to run Taekwondo and Pilates classes on the pontoons every day before racing begins.



"We find it helps to get the team warmed up and in the right frame of mind," said a supervisor.

Those wishing to sign up should contact class trainer Gary "Bendy" Painter. Matching hats and socks are compulsory.

A TASTE OF THE ACTION

A number of junior rowers from local clubs got a small taster of international competition on Tuesday afternoon, as they were invited to help with a time trial on the course in preparation for racing starting today.

Each crew — from Marlow; Guildford; Eton Excelsior; Hinksey Sculling School and Walton — was allocated a national federation to represent for the 1900-metre trial.

BANNER ADVERT

If you want something other than a 100% polyester crop-top as a souvenir of your time volunteering at the regatta, it's worth paying a visit to the New Wave Sportswear stall next to the boat racks, where you can get your hands on lots of splendid official World Rowing merchandise. They stock everything from WRJC-branded mugs and key-rings to monkeys, teddies and T-shirts.

The banner hanging by the stand, which displays the names of all the athletes, will be blind-auctioned for charity at the end of the week. Keep an eye on future editions of *Dorney Daily* for details on how and where to bid.

YOUNG GUNS

USA rower Jordan Vanderstoep is hoping he can really make an impression at the Junior Championships. Competing in the 4+, Jordan has been rowing for a mere eleven months. "I'm a good athlete so I feel I can progress in this sport." Californian Jordan, 17, rows for Los Gatos Rowing Club in his native Santa Cruz and at 6' 6" is one of the squad's tallest members.

PHOTO COMPETITION

The lovely people manning the volunteer tent are running a competition for the best photographs submitted by volunteers during the regatta.

Get out there and catch the unexpected; show us volunteers at work, rest and play and you could win a prize! You don't need a fancy camera, just a creative eye and a steady hand.

Email your submissions, by midnight on Thursday, to volunteers@wrjc2011.com.

Keep your eyes open and cameras at the ready!



"Pssst ... got access?"

DON'T GET PASSED BY ...

Please make sure your accreditation is on show and you know which areas of the site you have access to.

"A" is for the Athlete Area (by the boathouse); "M" is for Media and gives access to the Media Centre by the bridge; while "F" is for Finish Tower.

OOPS ...



WRJC OPENING CEREMONY

A large crowd of athletes, coaches, volunteers and supporters descended on Royal Holloway College last night to watch the Championships opening ceremony.

There was lots of chanting and stomping from the teams — with the Germans, Americans, Spanish and Italians putting on particularly good shows of bravado — “*It’s time the racing started ...*” one coach lamented. “*They’ve got far too much energy ...*”

After a parade of the flags of the competing nations, the assembled masses were treated to short speeches from Ben Hunt-Davis, the Chairman of the Regatta, and FISA Treasurer Mike Williams.

Mike left the balcony at top speed (we never knew he could move so fast) as a nervous looking “volunteer” took centre stage, the music started up and she launched into a great rendition of “W.O.M.A.N”. The “volunteer” turned out to be part of a very good professional singing group and a crowd-pleasing selection of German, Italian and British hits followed, ending aptly with “We are the Champions” by Queen.



BMW BIKES

If you walk around the site, it won’t be long before you spot coaches and volunteers nipping about on some rather unusual-looking white bikes.

The BMW-branded machines have been provided by the car company, and a hundred of them are available to hire — for a modest £500 deposit on your credit card.

Early reports say that the bikes are as good to ride as they are lovely to look at, and the volunteers running the bike hire centre, located in the trailer park, say they are really quite proud of the machines.

Pumps and puncture repair kits are also available and the bikes come equipped with a sturdy lock — though as they’re very desirable it’s recommended they are returned at night to be locked up securely.

ABOVE AND BEYOND

On Tuesday morning one of the On Water team found herself accidentally testing out how waterproof the event radios are, after dropping one into the lake.

Luckily help was on hand in the form of Craig, the gallant Water Safety Team Leader, who spent a good 25 minutes diving in the water until he found it.

Considering the weather on Tuesday, the *Daily* did wonder whether he actually took that long or if he was just enjoying the excuse for a refreshing swim on a hot day ...



SPACE MANAGEMENT

The boat racking area was abuzz with purposeful-looking men wielding tape measures yesterday, however, this was not just the FISA rigging survey in action, but also a team of volunteers looking at the placement of the racks.

Boats are racked together by boat type rather than by national federation, and fitting them together has proved tricky as the pesky riggers keep getting in the way.

Maybe canoeists are on to something after all ...

FOLLOW THE TWEETING SMURFS

@wrjc_smurf
@wrjc_smurfette

Don’t forget to tag your own tweets with #wrjc



100% YOU

The UK Anti-Doping Agency stand next to the boating area explains the rules that relate to racing and medicine, drugs and other supplements. “*For many of these young athletes it will be their first experience of anti-doping screening,*” said Lewis Coggins of UKAD.

“*The stand tells athletes what to expect as they progress within the sport. Athletes have sometimes taken supplements of medicines that contain banned ingredients and we are here to remind people of this, so they don’t do it by accident.*”

BREAKING NEWS: MARLOW ROWING CLUB

Upsetting news this morning about the Marlow clubhouse, which burnt down in the early hours of the morning. Initial reports suggest that the damage may be extensive.