



North of England CORPORATE REGATTA

Ultimate Team Building

Saturday 16th June 2007, Pennington Flash, Greater Manchester

The inaugural "North of England Corporate Regatta" will be held at Pennington Flash, Greater Manchester on Saturday 16th June 2007: an event jointly administered by Trafford and Mersey Rowing Clubs.



This ultimate team building experience will enable you to increase communication and inspire your team to even greater success. Achieve results whilst having fun and turn your goals into reality as you get off your chairs and away from the office environment in an outdoor team event with a refreshing difference.

During May and June 2007 team members from companies will learn to row, training weekly, for approximately ninety minutes per session, under the watchful eye of dedicated coaches. Instruction will include safety, rowing theory, land and water based training in addition to advice on general fitness, diet, psychology and of course teamwork. A special briefing by Jürgen Gröbler will be held on the 9th June 2007 to help prepare the crews for their race day and to share with them some of the insights that this extraordinary motivator and team builder has to offer.

At the regatta all crews will compete on a minimum of three occasions and while winning will be important for many the theme of fun and team building will be overriding.

Each crew will be made up of five team mates, a cox plus four rowers, and should have no prior rowing experience. Participants will be provided with all the equipment and specialist clothing they will need for the training and the regatta and in company colours too! Crews can be entered in either "Men's" or "Open" categories. 'Open' crews must have at least two female rowers.

To celebrate the event, James Cracknell OBE, two times Olympic Gold Medallist, will be speaking at a black tie gala dinner. James will present the prizes in addition to speaking, sharing his experiences and reflecting on his extraordinary career in rowing and now as an 'adventurer'. The date of this event will be fixed nearer the time to ensure James isn't up a mountain on the day!

Spaces are **strictly** limited and are allocated on a first come first served basis. So act now and avoid disappointment.

The event will be a private event under ARA rules and will conform to the Water Safety Code. The team of coaches will draw upon fully qualified members of both Trafford and Mersey Rowing Clubs and all participants will be members of the clubs during the training period and insured as such. Participants will be required personally to verify that they are of good health and can swim the required distance before a crew can be accepted.

All of this costs just £500 per person!!

Jürgen Gröbler



Jürgen Gröbler came to the UK in 1991 as Leander Club's chief coach from the former German Democratic Republic. He joined the Amateur Rowing Association's (ARA) staff the following year as chief coach for men and since then has been responsible for an exceptional and sustained period of success on the world stage.

Jürgen has personally coached crews to Olympic gold medals in every Olympics his crews have attended since 1972!! Indeed the only caveat there is a result of cold war politics: surely no one would doubt that had his crews attended the Los Angeles Games ('84) they would have taken gold.

Jürgen's first two Olympics for GB in Barcelona ('92) and Atlanta ('96) were with the pair of Steve Redgrave and Matt Pinsent. When Jürgen arrived at Leander, Redgrave already had two Olympic titles to his name, but Pinsent was just 20 years old with two senior bronzes. Jürgen moulded them into one of the best pairs of all times and after their win in Atlanta, presided over their move into the four which won gold in Sydney. With Tim Foster and James Cracknell this crew won world titles in '97, '98 and '99 and their race for gold in Sydney gained worldwide publicity, much of it attracted by Steve Redgrave's quest for a record fifth Olympic title.

In Athens, four years later, Jürgen also coached the four which included Pinsent and Cracknell with Steve Williams and Ed Coode. Their nail-biting final entranced millions on TV and galvanised the spectators in Athens, but they did it by just eight hundredths of a second, Pinsent winning his 4th gold. For the first three years of the Olympiad Cracknell and Pinsent had raced in the pair but they failed in 2003 finishing a disconsolate fourth at the Worlds and Jürgen was forced to rethink his strategy which had a major impact on the performances of the other men's boats. No other men's boat made the final in Athens.

Jürgen lives in Henley on Thames with his wife and son. To mark his contribution to the success of the pair in 1996, he was awarded the Freedom of Henley and in December 2000 he was made BBC TV's 'Coach of the Year'

GDR Coaching Record

Olympic Games 
 1972 gold
 1976 gold
 1980 gold
 1988 gold

GBR Coaching Record

Olympic Games 
 1992 gold men's pair
 1996 gold men's pair
 2000 gold men's four
 2004 gold men's four

World Rowing Championships

1991 gold men's pair
 1993 gold men's pair
 1994 gold men's pair
 1995 gold men's pair
 1997 gold men's four
 1998 gold men's four
 1999 gold men's four
 2001 gold men's pair and men's coxed pair
 2002 gold men's pair
 2003 4th men's pair
 2005 gold men's four
 2006 gold men's four

"Our worst must be better than everyone else's worst!!!"

"Rest is Rust"



James Cracknell



Winning Gold in the 2004 Olympics in Athens was one of the most heart-stopping races in history which confirmed James Cracknell as one of the most successful and inspiring athletes of the modern era. Currently Double Olympic Champion and World Record holder along with partner Sir Matthew Pinsent, he is one of Britain's true sporting heroes.

James won his first Olympic Gold and the hearts of the nation in the legendary coxless four in Sydney 2000, together with Sir Steven Redgrave, Sir Matthew Pinsent and Tim Foster. After four years of intense training and determination, James repeated this incredible performance in Athens, winning his second Olympic Gold medal in a nail biting final with Sir Matthew Pinsent, Steve Williams and Ed Coode.

James has also had phenomenal success in the coxless pairs, forming a partnership with Sir Matthew Pinsent after the Sydney Olympics. In their first season together they embraced the momentous challenge of competing in the coxed and coxless pair races at the 2001 World Championships in the same afternoon. In front of a huge crowd in Lucerne, they snatched both golds, achieving the one feat that had eluded Sir Steve Redgrave.

To go one better in the 2002 World Championships in Seville, the pair successfully retained the coxless pairs title, obliterating the competition with an incredible time of 6:14.27 and smashing the world record by nearly four seconds.

In preparation for the 2004 Olympics, James and Matthew switched back into the coxless four with Steve Williams and ultimately Ed Coode who replaced Alex Partridge after he suffered a punctured lung a month before the Games. But not even a late replacement could deter the team from clinching Gold – and the nation's hearts once again.

In recognition of his achievements and character, James is the youngest ever Captain of England's oldest rowing club Leander, where he has taken great steps to break down the traditional barriers to rowing, and build a young, vibrant club which is achieving its best ever results in all age groups.

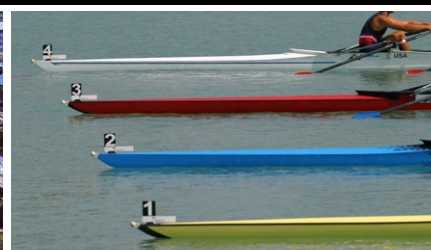
But the life of one of Britain's most successful athletes is not all boats and water. James is an ex-teacher and a masters graduate, and when he isn't riding his motorbike or surfing, he is busy making regular TV and radio appearances. His wide appeal means that he is as likely to be found on Children's BBC as he is on a debate for Radio 5 and he has presented gongs at the BAFTAs as well as the Disney Channel Kids Awards. Also a firm favourite with the lifestyle press, James is admired by the public for his style and success and has been the recipient of many lifestyle awards.

James has now retired from international rowing in, and is pursuing his ever-growing media commitments, writing as a Daily Telegraph journalist across sporting, motoring and lifestyle issues and broadcasting for ITV Sport. James has also been keeping fit in the manner of a true Olympian in preparation for Flora London Marathon.

In 2005-6 James famously took his life in his hands to row across the Atlantic with TV presenter new and enduring friend Ben Fogle with all proceeds going to Children in Need.

The BBC charted their tumultuous progress with a hit documentary series 'Through Hell and High Water' which aired in February '06 to great acclaim and resulting in the BBC immediately issuing a repeat of the series the following July. James used his motivational skills to encourage Ben to not only complete the challenge but to win it! The men survived dehydration, capsizes, and the adventure of a lifetime, yet they remain firm friends and hope to set further challenges in the near future.

James's insight to the 3,000 mile race is a unique addition to his already exciting and inspirational presentation. The dramatic and emotional tales of James and Ben's gruelling adventure are enough to drive anyone to take on new challenges and go the extra mile.



Corporate Regatta Entry Form

Organisation Name _____

Number of Crews _____ @ £2,500 each = £ _____, 00.

Additional places at events - Jürgen _____ @ £40 each, Race day _____ @ £10 each

Gala dinner _____ @ £100 each

Contact Person _____

Postal Address _____

Postcode _____

Telephone Number _____

Email Address _____



A minimum of a £500 deposit is required to be paid by cheque with this entry form and the balance of the entry fee must be paid before 15th May 2007.

I confirm that I have read and accept the 'Conditions of Entry' below and will hereby apply for entry to the corporate regatta being run by Trafford Rowing Club.

Signed _____ Date _____ Print Name _____

This entry form should be completed and a cheque attached, which must be made payable to 'Trafford Rowing Club', and together they must be posted to Trafford Rowing Club, c/o Giles Gamon, 39 Pennymoor Drive, Altrincham, Cheshire, WA14 4UT.

In summary the package includes:

- Team of five (four rowers and a cox)
- Pre-race advice from Jürgen Gröbler
- Prize giving and speech by James Cracknell
- Four weekly training sessions of 90 minutes
- Regatta day 16th June (three races guaranteed).
- Company themed rowing strip
- Light breakfast & Lunch
- Gala Dinner (Black Tie)
- Gift pack

Conditions of Entry

1. The event is for novices who have not rowed in an official Amateur Rowing Association (ARA) event.
2. The minimum age for participants is eighteen.
3. Substitutes may be made at any time in the event of illness or injury subject to the above rules.
4. Trafford/Mersey Rowing Club will provide coaching, equipment and access to water based training at a time arranged prior to commencement of training. All travel, logistics and communication for both training and racing are not the responsibility of Trafford RC.
5. Equipment will be assigned at Trafford/Mersey RC's discretion but they shall endeavour, where possible, to ensure that crews use a consistent set of equipment.
6. The format and timing of races shall be organised by Trafford/Mersey RC, who will also settle any disputes and whose decision is final. However, as a guide the races will be loosely based on ARA rules and fairness and an equal chance of winning shall remain overriding considerations.
7. Rowing is an outdoor sport and is subject to the weather. Should a training session be cancelled due to the weather then Trafford/Mersey RC will use best endeavours to reschedule but if it is not possible to do so the session may be cancelled.
8. Should weather force abandonment or cancellation of the outdoor racing then racing will be completed indoors on 'ergo' machines - Concept2.
9. All participants must be able to swim a minimum of one hundred (100) meters wearing light clothing. Participants must be in good health and any crew member who may have a health condition or concern should provide details in writing.
10. Training and racing is undertaken at the participants own risk and participants must recognise that rowing may involve high levels of exertion and understand it is a water based sport.
11. Each participant will be required to sign a disclaimer absolving Trafford/Mersey RC from liability resulting from a failure to disclose relevant information.
12. Should a crew member be unable to race then Trafford/Mersey RC will endeavour to find a replacement but if a suitable replacement can not be found then the crew will have to retire.
13. For their own safety, all crew members MUST obey the instruction given to them by coaches and marshals. In the unlikely event of a capsize the crew MUST stay with the boat, hang on to it and await rescue. The boat is fitted with floatation devices/compartments. **Participants must not attempt to swim away from the boat.**
14. Participants must arrive in adequate time before the scheduled start of training and racing. As a guide fifteen minutes prior to training and one hour before racing is advised.
15. The date of gala dinner will be confirmed nearer the time to ensure James isn't up a mountain on the day and as much notice as possible will be given on the date of this dinner.

Sponsorship Opportunities

There are a limited number of sponsorship opportunities available for the event and these will be provided on a first come first served basis.

Crew Details

Once entry forms have been received and accepted the named 'contact person' will be contacted by Trafford/Mersey Rowing Club to confirm acceptance and request information about the participants to enable clothing to be ordered. Details of the company's desired colour scheme for clothing will also be discussed.

Questions?

If you have any questions relating to the regatta please either call Giles Gamon on 07711 637170 or send an Email to giles@traffordrc.org