**Truro River Rowing Club – 2022 World Pilot Gig Championship Report**

After a two-year hiatus due to COVID, Truro River Rowing Club had an excellent World Pilot Gig Rowing Championship on the Isles of Scilly over the 2022 May Bank holiday weekend.

In the autumn of 2021, Truro River Rowing Club embarked on a new, highly structured training programme consisting of strength and endurance training in the gym as well as a strong focus on rowing technique on the water. Between the various crews, more than 1,000 miles of rowing were clocked up in the last 6 months of training for the world championships, many of which were after nightfall, in the driving rain and, on a few occasions, gale force winds. All this paid off, with every Truro crew achieving excellent results, often exceeding expectations.

The forecast for the weekend was excellent, with light winds and minimal swell giving rise to uncharacteristically calm conditions where the club’s focus on technique would really pay off. The first races of the weekend saw the Ladies Super-Vets come 14th in the St. Agnes race in a field of 45 boats. In the subsequent heats they continued to perform well, finishing 18th overall.

Buoyed by this excellent first result of the weekend, the Ladies A had a strong start in the St. Agnes race where they achieved a 20th position out of 115 crews and seeding them solidly into the B-heat. The Ladies B crew, including several Super-vets who had already done a number of races, were close behind them, finishing 28th and going into the C-heat. Both crews subsequently proved that they deserved their places in these heats, with the B crew working hard and finishing 31st overall and the Ladies A crew demonstrating great consistency and stamina, finishing 16th in the final.

On the Saturday afternoon, skilful coxing saw both Men’s crews start the St. Agnes race from excellent positions. The Men’s A crew achieved Truro’s best result in years, building up a solid lead early on to win this race, beating 105 other boats to the finishing line. By beating the Scillies A crew in their new gig Zelda they also won the Punchbowl Trophy, a historic Truro vs. Isles of Scilly cup. Racing 11 other top crews in the A-heat the Men’s A crew came third twice and, on the back of a very strong finish, managed to secure the second place in the final, just 3 seconds behind the reigning world champions, the Looe A crew.

The Men’s B crew, half of whom only started rowing last year, were very pleased to come in 17th out of 106 crews in the St. Agnes race. Their second race of the day saw them drop from the B to the C-heat, but after a close second place in the third race they moved back to the B-heat where they ultimately finished 24th.

The 2022 World Pilot Gig Championships, without a doubt, are Truro’s best in years. The top ranking of the Men’s A crew and consistently high places for the other crews demonstrate there is great depth in the squad. Building on this, the club is looking forward to a strong summer regatta season, with ambitions for podium finishes at the Newquay County Championships in September.