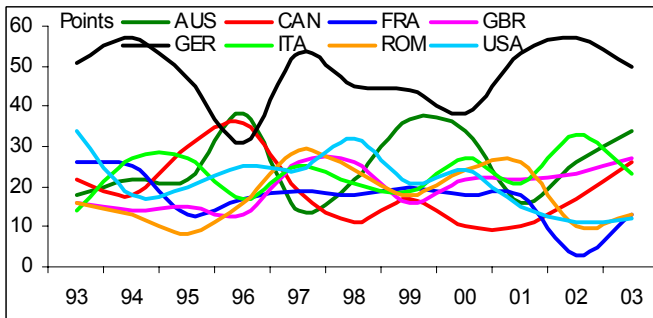


**News**

☺ Australian crews won two gold, three silver and one bronze medal at the 2003 World Rowing Championships. Well done! Congratulations to the athletes and coaches!

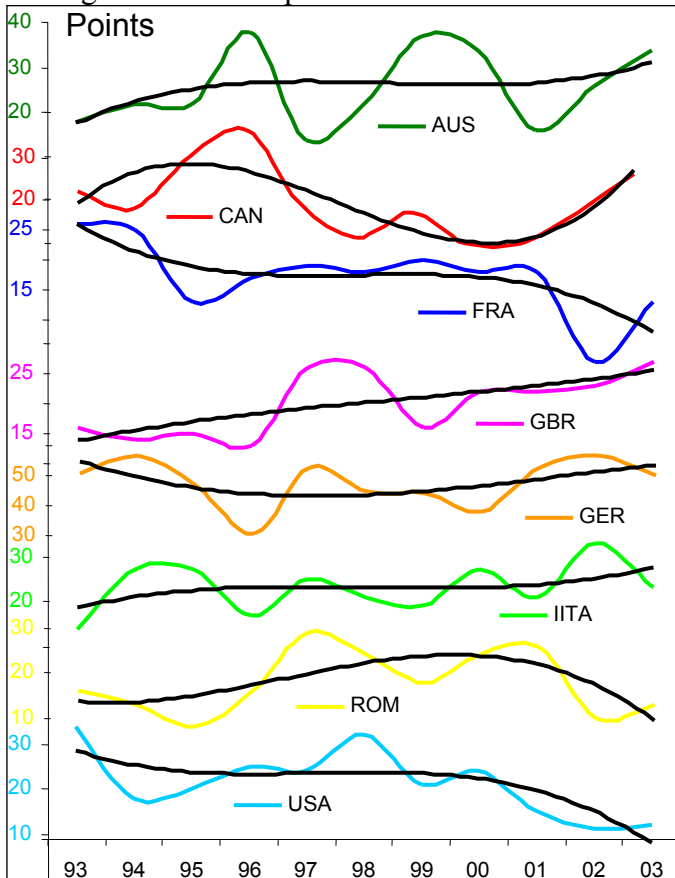
**Facts. Did you know that...**

✓ ...Australia was second after Germany in Olympic boat events in 2003. We compared performance of the best eight rowing nations in A finals since 1993:



Four-year cycles can be clearly seen in the performances of AUS and GER. The best AUS performances occurred in Olympic years, whilst GER performed better between Olympics.

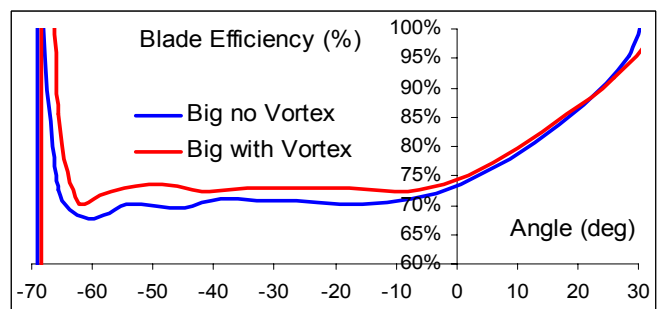
✓ ...performance trends for the best eight rowing nations were quite different:



The AUS trend has a positive overall nature, with GBR and ITA. FRA and USA have overall

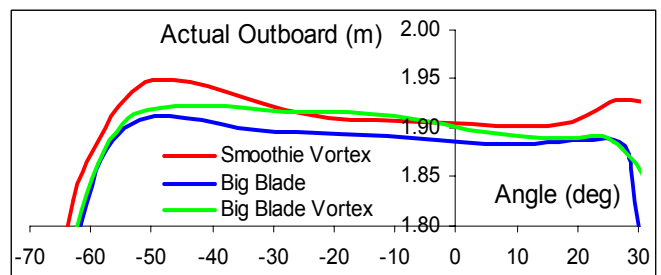
negative trends. CAN had a trough from 1997-2000 and steadily improved performance more recently. In contrast, for the same period ROM had a peak, but decreased performance more recently. GER had the most stable performance during this period.

✓ ...research of blade efficiency was conducted recently. Thanks to Stuart Wilson of Sykes Racing Boats for their kind assistance. We made sculling oar shafts with removable spoons and compared smoothie-vortex against big-no-vortex and big-vortex blades. As was expected, application of the Vortex strips improved blade efficiency of the big blade in the first half of the drive:



In the second half of the drive efficiencies were very close and no-vortex blade was even better at the very end of the drive. Overall improvement of the blade efficiency with Vortex was 1.9%. We did not find significant difference in efficiency between the smoothie and the big blade.

Application of the Vortex shifts the centre of pressure towards the outer edge of the blade, equivalent to increasing the outboard lever of the oar:



Longer outboard equates to lower blade force at the same handle force. This decreases water pressure and reduces slippage of the blade causing increased propulsive power and blade efficiency.

**Contact Us:**

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