

Well the past month has been busy, as ever. An Olympic Development Squad Training Camp held at Hayling Island was a really good chance for me to get in some good quality training on the water with the other girls in the team, before everyone jets off to different parts of the world to train in specific conditions and with specific people. It was pretty windy all week, which was great for me to work on windy boatspeed (one of my weaker points) and I surprised myself and everyone around me.

I was going pretty fast and this is pretty much all down to the fitness work I've been doing down in Exeter. My strength has come along so much in the past ten weeks of my first term and this is pretty much all down to Beef (Alan Pope) the EIS (English Institute of Sport) Strength and Conditioning coach based at the Uni. I've never been worked this hard and I've never been this fit before so thanks Beef!

End of term is already upon me, crazy, I can't believe I've been here and survived the whole of the first term! I've finished all my work, which is to be submitted tomorrow and have started the assignments we have for over Christmas because the more I can get done now, the longer I can spend on the water getting faster!

I'm really looking forward to Christmas, my Grandma is coming down from Newcastle to celebrate with us in Guildford which will be lovely as I haven't seen her since I went to Newcastle to promote the National Lottery's Dream Number with Steve Backley.

But before we get to Christmas I'm flying out to Palamos, Spain (near Barcelona) to compete in an event out there where my coach, Mark Howard, and I will be working very closely on some specific parts of my racing.

You can follow the results at: www.christmasrace.org

Think that's about it so have a really nice Christmas and think of me out on the water when it's freezing cold, windy and if we're 'lucky'; snowing!

Harriette
www.GBRtrumble.com

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