

HRCConnect

ISSUE 1 – OCT 2016



HENLEY ROWING CLUB'S NEWLETTER – LATEST NEWS & EVENTS FROM YOUR CLUB

Chairman's Welcome. A new season & new way to keep our members up to date...

Welcome to this first issue of HRC Connect. We intend to publish about eight editions per year, with the aim to ensure that all members are aware of what has happened, is happening and will happen around the competitive and social activities of the Club. Regular features will include a Captain's and Crew Report (each edition focusing on a different squad) as well as our club wins and fundraising initiatives. If however you have a feature idea or a topic to share with our membership, please email Phil Davies or Ester Rus (details below).

I would like to thank Phil & Ester for their excellent work in editing this newsletter. The Club could not operate without the many volunteers, from coaches to those who help on the breakfast rota. I know that we are all grateful to all our volunteers, but there are always plenty of jobs to go round, so if you have skills that could help your Club, or if you simply want to get involved, please contact me, the Club Manager Beverley, or one of the Committee members. We are on a special search for those with web design skills so please volunteer if you think you can help here.

Finally, as we enter a new training year, I would like to wish all members success, whatever your aspirations in the sport of rowing. Ian.



Ian Pankhurst,
Club Chairman



Stan Admiraal,
Club Captain

Top Right: Lottie Orr & Lauren Kay – Coupe de La Jeunesse. Middle: Metropolitan Regatta: Francis Hight, Ben Crouch, Sam Agass and Dave Lambourn. Right: HRC Junior Squad at the British Junior Rowing Championships

The boys also performed well at Reading Small Boats Head with wins for the J16 4x- and J15 4x+. This month we will see, Burway SBH, Pairs Head, and at the end of the month Upper Thames Autumn Head.

Our own Henley Sculls event will be on the 5th November and, as with all such events, we need your help **AS VOLUNTEERS**, to help make it a success. If not done so already, please contact Beverley to let her know your availability. However big or small, your help will be appreciated, as these events help raise valuable funds the club.

Looking forward to a great season and seeing you on the water!!! Stan

Reflections on last season

As we start a new season with the energy and enthusiasm that comes from a well deserved rest, there's a good opportunity to reflect on the season that has just gone. What a truly amazing season it was and a real credit to all those involved in the club, from athletes, to the coaches, to the devoted parents and the staff and committee who work tirelessly to keep the club running.

So what did this season bring?.. Well despite all the challenges faced, it delivered no less than 123 wins in our Junior Squads and countless others across our Masters and Senior Men & Women's Squads. The club won the 8 golds and 5 slivers at the National Schools Regatta and went on to be crowned the top Junior Club in the country winning the Victor Ludorum at the British Junior Rowing Championships. At Reading, our squads were so prolific we won the Radley Cup for the **fourth consecutive year**.



The club went on to secure the Town Challenge Cup at the Town & Visitors Regatta and two of our athletes Lottie Orr and Lauren Kay represented the country in the Coupe de La Jeunesse. The Elite men's squad also had some great successes with big wins at the Metropolitan and Maidenhead Regatta's and then went onto field crews in the Britannia Challenge and Wyfold cups at the Henley Royal Regatta.

This year also saw the development of an ever stronger Masters Squad. This increasingly competitive group secured wins at the British Master Championships, Marlow Regatta, and Maidenhead Regattas. The highly successful Learn to Row courses also injected a new stream of enthusiastic novices into our membership. So, all in all, a great season to reflect upon and an even better one to build upon in the month's to come.

Crew Report J15-18 Boys Squad



Henley's 20 strong J15-18 junior boys squad was out in force at Reading Small Boats Head on Saturday 1st October. There were a number of promising performances and two outright wins. In J16 4x- the crew of Connor Brown, Joe Sidgwick, Oliver Taylor and Balthazar Issa had to battle not only the other crews but a deluge of massive proportions with torrential rain, thunder and painful hail! For a crew that had not even had one outing in its race line up, the boys put on an impressive display to win by a comfortable 10sec margin.

Henley's other success was in J15 4x+ with a large field of 21 crews drawn from many of the top rowing schools and clubs including Sir William Borlase, St Pauls, Hampton and Wallingford. Here the Henley crew of Alex Carr, Euan Turnell, Grant Taylor, James Swinburn with cox James Penrose sculled with power and commitment to win by the remarkable margin of 33 seconds in a fast time of 13 minutes 7 seconds. This made it one of the fastest times of the day across all age groups and is a real credit to skill & commitment.

Month's Results

July/August

Henley Town & Visitors
J16 1x, J14 1x, J14 2x, Women 4x-
Town Challenge Cup

September

Wallingford LDSC
WJ16 4x-, WJ16 4x+, WJ18 4x-, WJ18 2x

October

Reading SBH
J16 4x-, J15 4x+

Burway SBH
J15 2x, J15 1x

Safety & Welfare Update

Meetings with Phyllis Court, Leander and UTRC are in progress about the ongoing increase of water users and how we can keep the river safe. With the season now in full swing, please continue to be vigilant at the bottle necks around (1) The Bridge (2) Upper Thames (3) Phyllis Court.

Fund Raising & Events

FITNESS NEWS

Why not take advantage of HRC's fitness classes held every Monday. Run by external professionals, these courses have been designed to complement the muscle strength/flexibility to help your rowing technique. Zumba and Circuits can be added to the below should there be sufficient interest (please log this with Beverley)

- PILATES 12.30pm to 1.25pm
 - BARRE CONDITIONING 1.30pm to 2.25pm
- Open to members and non-members - £7 per class



SPONSORSHIP NEWS

We are putting together some exciting sponsorship packages for the 2016/17 season, if you are interested or know of any companies who might be, please contact Beverley Mulrooney.

SAVE THE DATE

Saturday 26th November - Tickets will soon be on sale for the Annual Club Dinner. Speaker to be announced.

Saturday 5th November Henley Sculls – call for helpers – please contact Beverley to register your support.

