



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

Month's Results

April

Abingdon: WJ13 4x+

Jnr Inter-Regionals: J16 4x-, WJ16 4+, Club 2x

May

Marlow Spring Regatta: WMAS C Nov 4x+, WMAS D 2x, IM3 1x, J15A 1x, J16A 2x, WIM3 8+, J13A 2x, J14A 1x, WJ16A 8+, J13A 4x+, WJ15A 2x, WMAS D 4x-

Maidenhead Jnr Regatta: WJ14A 4x+, J13A 4x+, WJ14B 4x+

The Scullery: WJ15 4x+

Walton & Weybridge: WIM1 2x, WIM3 2x, WIM3 4x, WNOV 2x

Weybridge Ladies: J13A 2x, WJ13A 2x, WMAS C 2x, WJ13 4x+, WMASD Nov 4x+

Munich & Ghent Regattas: 10 Gold, 2 Silver, 1 bronze
National Schools Regatta: WJ15 4x+, J13 4x+, WJ13 4x+, J16 4x

June

Marlow Town Regatta: J16A 2x, J16B 2x, J15A 2x, J15B 2x, J16A 4x-, J16B 1x, IM3 1x

British Masters Champs: Bronze 2x

Reading Amateur Regatta: WJ18 4x+, J14 1x, J14 2x, J13 4x+, IM2 8+

HWR: J164x, J4+

Marlow Regatta: J154x

Thames Valley Park: J15 2x, J14 1x, J16 2x

Egham Regatta: J13 4x+, J16 1x, J18 2x, J13 2x, J13 4x+, J14 4x+

July

Henley Masters: MAS E1x

British Junior Champs: OJ16 1x, WJ18 4x, WJ18 8+, WJ15 4x+, OJ15 2x, WJ15 2x, WJ18 8+, WJ15(A) 4x+

Staines: MAS D 4x

Henley T&V: IM34-, J14 1x, IM2 4x, J16 2x, C/C 2x, IM3 (Comp) 2x

Aug

City of Oxford: J14A 1x



J13 Boys help club achieve Victor Ludorum at Egham Regatta.

Chairman's Note

Dear Members

Rob Berrington
Club Chairman



It's been a busy time for the club since our last newsletter, so I'd like to update you on a few topics.

Firstly, you can read elsewhere about our high level of competitive successes over the last season, which has been exemplary. We're very proud of these achievements, all down to the relentless focus and hard work of our athletes and their respective coaches. Well done to all. I hope you're relaxing hard too before it all starts again in September!

Congratulations to Stan, who has been re-elected as Captain, and will continue to drive our rowing programme. Stan will push development of the senior squad especially, as well as leading decisions regarding fleet investment and maintenance with our coaching team.

One of our major aims this year was to get back to a comfortable financial footing, so that we can start to invest confidently in our facilities and equipment. I'm pleased to say we are a little ahead of plan in this regard and hoping to press the button soon on buying some new pontoons, as well as taking the next steps on building development. We want to start by extending the riverside aspect and decking area, which is quite affordable and will fit with all future expansion options. Thereafter the priority is to design larger changing rooms, and optimise the upstairs layout for both gym and venue use, as we consider the needs of a growing membership - targeting towards 400.

In terms of managing the club from day to day, the officers and committee have decided to continue with the current structure of volunteers managing the club. This has been working well for us over recent months, but it does depend on the committee and others reporting in to co-ordinate, and pick up and carry out the various duties we have to cover. To that end we are looking for more volunteers to help us with courses management, racking management, buildings and outside areas maintenance, boat maintenance, someone to become our 'green' champion, and someone to help optimise our website. If you are interested in putting a bit of time back into the club, we would love to hear from you. Feel free to contact me or any of the committee members for more information and to share your thoughts with us.

Note that security and proper care for the club are concerns at the moment, with various reported issues. The three key things we must all do are;

1. Make sure doors are properly closed and locked when you leave. 2. Report damage to boats etc in the log in the main boathouse, and 3. Return boats and equipment to their correct locations after use. These good habits will make a big difference. Thanks.

And finally, I'm getting a lot of positive feedback from individuals of all ages about our club. Whilst there's always more to do, we have made good progress; our coaching is more available across the squads and recognised for its high quality; the work towards racing events is well directed and pays off; members from different squads and crews are integrating for training and rowing more than ever; and members are enjoying their rowing whether racing or recreational. Let's keep building on these great foundations. Look forward to seeing you at the club!

Captain's Report

Looking forward to another year serving HRC!



Stan Admiraal
Club Captain

It is an honour and a great pleasure that I start my second year as Captain of Henley Rowing Club. After such a successful season, we have set the bar incredibly high for the upcoming season, but I am confident we can deliver even greater heights. But before we move on I would just like to reflect on what we achieved; internationally we had two girls representing GB at the World Junior Championships, two Girls at the Coupe de la Jeunesse, four at Home Countries, and four J16 Boys at GB-France; we had some great results at WeHor and HWR; we won the Victor Ludorum no less than five times and were crowned the best Junior Club in the country by securing the VL at British National Junior Championships for the 2nd year running! We also combined this with wins at the British Master Championships and Henley Masters Regatta (with Shawn Collinson retaining his well deserved singles title). This was coupled with other frequent wins from our adult rowers at our local regattas in Marlow, Reading and Staines. We have also run a very successful series of "Learn to Row" courses, fulfilling our responsibility to grow the popularity of the sport and provide an important opportunity to attract Henley residents to the great sport of rowing. I would personally like to thank all the parents, coaches, athletes, committee and fellow members of club, that have helped deliver such a great season.

Now the task is to catapult the club to yet more success in the upcoming months. This requires us to build yet further on our incredibly strong coaching platform and fleet. The junior coaches will continue as per last season, but we have selected Tom Wedgewood to help coach the seniors.

I've also agreed with the committee an equipment buying proposal that sees us strengthen our fleet significantly. I have tried hard to balance the needs of all our members, with new and used equipment being purchased for each part of the club from Juniors to Masters and Elites. This season will see new blades, sculls, doubles and a quad added. I am also looking to invest in our gym equipment to help strengthen our range of machines.

But just as important as all the above, is my desire - shared with the committee - to build the social scene for the club. The social event committee last season ran a series of Welcome nights for the new members as well as BBQ's, Halloween Parties and club dinners. We have started well and now need build an even stronger club community with the new season. Take a look at Events and Other News section to find out more on the upcoming events. I look forward to yet another great season and to seeing you on the water! Stan

Crew Report

J13-J14 Girls & Boys in focus

This year has seen a consistently improving performance of HRC's younger members. The past 5 months have seen many victories, starting with Abingdon in April and then gathering significant momentum in May at Marlow Spring. At Marlow, the squad were not put off by the turbulent river conditions caused by the wind and pleasure boat cruisers that were out in force over the bank holiday. The boys double, with Ollie Deacon at bow and Jaimie McLellan at stroke won their event, racing against two Falcon doubles who were part of the quad which beat them at the Abingdon Head. They were neck and neck over the first five hundred metres of the race, but pulled away to win convincingly over the second half of the course. The two boys then joined up with Cameron Smith and Elio Del Largo with cox James Oldham, to deliver another convincing win, that saw them pull away over the second half. In J14 1x Dan Crick sculled well through the usual choppy conditions, to take the event with something in hand - beating a fellow sculler who had previously won the Junior Inter Regional Regatta.

The momentum built yet further at Reading 175th Anniversary Regatta. The J14 boys won with Cameron Seager winning the single sculls. The double of Jack Tait and Ben Acton then won their division comfortably against LVS Ascot. The girls final that followed, saw the J13 Double with Ella McKay and Zara Lake beating City of Oxford by three lengths. To top it all, the Girls J13 quad of Mia Roullier, Josie Sawbridge, Charlotte Beardsmore and Natalie Schoenmakers with cox Daisy Rolstone beat the quad from Surbiton High School by two lengths, making the final races of the mini regatta a clean sweep.

Our younger squads were in fact one of the main drivers behind the club winning the Radley Cup at Reading (for most successful club) for the 4th year running.

This string of successes culminated with an outstanding performance at the National Schools Regatta where the girls J14's were out in force. The 1st Quad won Silver with a crew of, Ava Reineke, Della Luke, Holly Tallent, Darcey Smith and Cox Chloe Beeton. The WJ14 2nd Quad of Poppy Wilson Emilia Fulford Dobson, River Butcher, Annabelle Hoogenberg and Cox Madison Sturgess won Gold. This was one our most successful years at NSR and the performance of our younger athletes did not go unnoticed, as we affirmed our status as one of the top Junior Clubs in the country.



J14 Girls celebrate victories at National Schools Regatta in May

Not to be outdone by the girls success at NSR, the boys followed with a great performance at the Egham Regatta, securing yet another the Victor Ludorum for the trophy cabinet. The J14 quad of Ben Acton, Cameron Seager, Aidan Drennan, and Jack Rait and cox Seb Hatlee also performed well. They beat the much larger Eton Excelsior crew by over a length in the final.

These results are a true testament to the dedication of the athletes and their coaches. Pete Nickless, Richard Wheeler and Simon Hall have all worked tirelessly to develop and hone the clubs young talent. With such strong foundations, many of these young athletes are sure to follow in the footsteps of their older counterparts and represent the county and country. I'm sure all would agree, we look forward to seeing them progress in the year to come. Well done!

Events & Other News

OTHER CLUB NEWS

- MEMBERSHIP RENEWAL.** Notification of this year's membership and boat racking fees was sent by email on 10th August. Please pay before 30th September to secure the discounted rate. Please note we have changed some of the fees, so please check carefully before payment. Details of the new fees can be found on the club noticeboard & on the website.
- SPONSORSHIP:** the club is trying to raise funds and has created a series of packages offering varying degrees of association/cost. If you or your company are interested please visit www.sponsor.com and select Henley Rowing club or contact the Vice Chairman, Bill Adamson directly.

SAVE THE DATE

News from the club social committee:

- SEASON START UP MEETINGS:** Masters 14th Sept 19.00, Juniors 6th Sept, Snr Wn 11th Sept 19.30. At these meetings we will discuss objectives and plans (incl. training & coaching) for the squads.
- BOAT FIXING DAY:** September 16th. If you fancy popping down to discuss spares/ boat maintenance or whatever, feel free. It'll probably turn out to be a fairly social thing!
- CHRISTMAS DINNER - 2nd December** (save the date). More details to follow...

