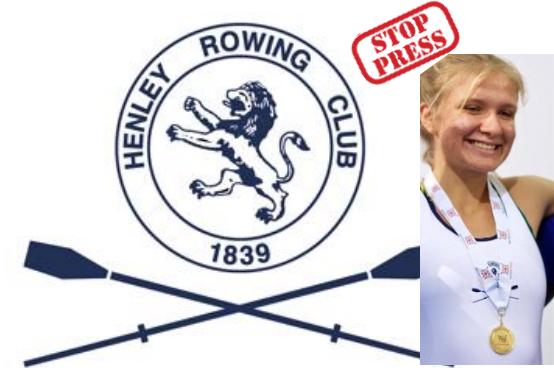


# HRC Connect

ISSUE 2 – DEC 2016

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



## Chairman's Note

A great Autumn of racing & socialising..



Welcome to the 2<sup>nd</sup> and festive issue of the HRC Connect. As the year draws to an end, I wish you and your families all a Merry Christmas from Henley Rowing Club!

As I look back on the past few months, it's fair to say that it has been a great Autumn for the club. There have been many great wins and special mention should go to the two wins by the junior girls' squad in the Fours Head. This is one of the great traditional events of the Autumn season and any win here is an outstanding achievement. I always have a great feeling of pride at any win by the club, because I know how much hard work, both by the rowers and their coaches and support staff, goes into each win.

Another great achievement was the Henley Sculls. We won a lot of pots, but I would like to highlight the achievement of the organising team, in once again staging one of the best run events in the rowing calendar. The event was founded in the early 1970s by Arthur Holloway, another of whose claims to fame, was that he taught me to row! I know that Arthur would have been very proud of the way the event and its younger sibling, the Henley Fours and Eights have grown and he would wholeheartedly approve of the great job done by the current Chairman of Henley Open Events, Peter Knowles and his team.

Finally, I would like to mention the great work being done by the new social committee, led by Karen Wade, Jo Paice and Beverley. Amongst other events, this team organised the hugely enjoyable Annual club dinner. I'd also like to extend our gratitude again to Tony Garbett (guest speaker) and Mathew Gordon (compere) for helping make it such a memorable evening. It's great to see so many people working together to make the club a great place to be. If you're not currently involved, but would like to be, in any aspect of the running of the club, please get in touch with me or any committee member. All help is welcome!



Ian Pankhurst, club Chairman  
Photos Top: Helen Robinson Ranger - fastest girl at Henley Sculls.  
Ella Morgan, Georgia Edwards, Clare Pearson, Issy Jonsson and cox Freya Reid beat course record at The Fours head

## Captain's Report

Building the club for the future



The club's rowing victories are truly inspiring and I would personally like to thank all those involved. With our performance on the water clear for all to see, I thought our membership would also like to know what the committee and I myself and are doing to strengthen the club.

In the past few months, led by the Vice Chairman Rob Berrington, we have started work on an exciting three year growth plan. After completing a review of our strengths and weaknesses and by benchmarking other local clubs, we have drafted a long term strategy and vision. The plan identifies a number of key areas we would like to focus on, above and beyond the standard boat buying and infrastructure improvements.

The list is long but some of the key highlights include: strengthening our sponsorship base; pursuing capital and investment grants that can help with high expenditure items such as pontoon replacement; enhancing communications with our members; expanding our venue to help our ability to broaden the commercial use of our facilities; building a stronger sense of community via social events and building coaching succession plans to help maintain the quality and depth of our coaching staff.

For those interested, I would be happy to share more details with you. The committee is equally open to your thoughts on how we may strengthen the plans we are building. In the meantime I look forward to supporting you and of course rowing alongside you in the upcoming regattas. Stan.

## A start to remember

This season has got off to a flying start with no fewer than 47 wins and one of the most successful Henley Sculls in the club's history. This year saw over 540 entrants, including the double Olympic Gold Medallist James Cracknell OBE. James made his first return to sculling since 2003 and so it was a real honour that he chose our event for his return to racing! He showed he still has the amazing talent that made him one of the UK's most successful sportsman – winning the Masters C 1x.

After winning the Victor Ludorum at the previous week's Upper Thames Autumn Head, our own rowers continued the run of form with no less than 13 wins at Henley Sculls. The biggest triumph however was that this event brought all factions of the club together – from the organising committee; to the competitors from ALL parts of club from elite seniors; juniors and masters; to the BBQ staff and marshals and of course the dedicated coaches and parents. It was an event that united the club and provided a template for future events. With our membership once again starting to climb, we can be sure that this is just the start of great things to come next year.



Christmas Jumper Night & Annual Club Dinner

But with all this rowing prowess, you might think HRC's athletes were too dedicated to let their hair down – FAR FROM IT!!! Our new social committee is ensuring there is as much activity off the water, as on the water!! We've had Halloween nights, Christmas Jumper nights, farewell parties, Christmas Fairs and of course our hugely enjoyable Annual Dinner. This year's event had double Olympic Champion Tony Garbett as guest speaker and a raffle and auction – the size of which beggared belief. This raised around £3000 for the club.

The dinner was also a fitting time to recognise those individuals who have given so much to the club. Mervyn Theaker was awarded Vice Presidency in recognition of his outstanding contribution to the club with over 10 years as club secretary. The Fitzpatrick Trophy was also awarded at the event to Tony Bailes, whose tireless efforts in coaching the junior boys has created a squad that grows in strength and stature with every race. He has also helped nurture talent which now sees Bruce Turnell sent off for GB trials, following in the footsteps of many of our junior girls in previous years. A big thanks once again to Tony and Mervyn



Left: Mervyn Theaker appointed Vice President of HRC.  
Tony Bailes awarded the Fitzpatrick Trophy

## Crew Report

### J15-18 Girls

For many years Henley has had a strong junior girls squad. Sometimes we forget just how prolific they have been. Last season Lottie Orr and Lauren Kay represented the country in the Coupe de La Jeunesse and as this season unfolds, HRC's junior girls continue to dominate the local regattas and last year's J16 squad have been shortlisted as finalists in the Oxfordshire Sports Awards!

No doubt many of us have experienced the unnerving clean whoosh and clunk as one of the girl's quads sweeps past effortlessly. Throughout this season, this is the sound that so many local clubs have learnt to dread. Since the last edition of the newsletter here are just some of the wins. At the Upper Thames Head, the J16 girls of Amelia Crick, Sophia Hahn, Felicity Parfitt Caoimbe O'Donohue and cox Freya Reid had a great win in the coxed fours. This was followed by the J15 crew of Jess Roberts, Georgia Brown, Carla Russell Natalie Cooper and cox Ella Nolson winning by just over a second in a field of ten other crews. At UTAH the J15 & 16 girls also won the women's novice eight with Phoebe Fletcher, Hanna Hills, Amber Weller, Jessica Arlett, Bobbi Miles, Ruby Borg, Ellie Coxwell, Emeline Warner and cox Freya Reid

UTAH was followed by Henley Sculls where our J16 girls once again delivered some great performances. Sophia Hahn beat 21 other scullers in her single, with the second place being 29 secs behind. She then jumped into a double scull in the afternoon with Amelia Crick and triumphed over a field of six other competitors. Equally the J15 girls quad of Georgia Brown, Hanna Hills, Amber Weller, Hazel Drury and cox Ella Nolson, won by 25 secs, beating 10 other boats.

The girls had an outstanding row and despite some slower crews impeding their progress, they won by

## Events & Other News

OTHER CLUB NEWS & HELP NEEDED

Tom Wedgwood has been appointed as our new Water Safety Advisor. Please report any incident on the water directly to him. Tom is a J14 girls coach and is around at the club if you want to discuss any aspects of safety, or risk assessment, before you go on the water. More details of the club's safety policy can be found at <http://www.henleyrowingclub.co.uk/safety>.

Our bar chairs are in desperate need of refurbishment. If anyone has any contacts whom may be able to offer a competitively priced recovering service, please let Beverley know. Alternatively, if anyone has x20 matching chairs they/friend/colleague are able to donate to the club, please contact Beverley.

SAVE THE DATE

- **Junior Christmas Party** – Saturday 17<sup>th</sup> December. Tickets £15. Dress code: Christmas Jumper!
- **Boxing day Eights**. Event starts 9.00am. Bar opens and racing starts 10.am.

Editor: Philip Davies, [press@henleyrowingclub.org](mailto:press@henleyrowingclub.org). Sub-editor Ester Rus. For more club details please visit the club website [www.henleyrowingclub.co.uk](http://www.henleyrowingclub.co.uk) or speak to our Club Manager Beverley Mulrooney on +44 (0)1491 573943 or email [manager@henleyrowingclub.org](mailto:manager@henleyrowingclub.org)

17 secs and set a new course record beating the previous record held by HRC since 2010 by 28 secs. And most recently the squad dominated Wallingford across J15, J16 and J18 age groups.

So, long may the whoosh and clunks continue – they remain a credit to the coaching team of Steve Brown, Nick Horne, Dave Hancock, Chris Boothroyd, George Bowsher, Martin Levy And Richard Wheeler.

## Month's Results

October

Upper Thames Autumn Head

WJ18A 4+, WJ16A 4+, J14A 4x+, J18A2x, J15A 2x, WJ18A 2x, WIM2 \*+, WNOV 8+, WJ18 4x-, WMASD 4x-, J15A 4x+, WJ15 4x+, J14 2x

November

Henley Sculls

W.J18A.4x-, W.IM3.4x-, IM2.1x, W.J18A.2x  
W.J16A.1x, W.NOV.1x, IM2.4x-, J16A.4x-  
J15A.4x+, W.J15A.4x+, W.J16A.2x, W.J18A.1x, W.IM2.2x

Fours Head

WJUN 4x-, WJUN 4+

Hampton Small Boats Head

J15A 4x+

December

Wallingford 4s and 8s

WJ18A 8+, J15A 4+, WJ15A 4+, WJ18A 4+

**Sophia Hahn wins Y11 Girls (6mins) at British Indoor Championships**

## Safety & Welfare

Please make sure you are washing your hands thoroughly after each session or race and using the blade handle wash (Blue bin by bench) that has sterilising fluid in it (changed weekly). Any reddening is a sign of infection. If the redness / infection starts to "track" i.e. starts moving up your arm in a line you must seek URGENT medical attention.



may all your jumpers be TACKY & BRIGHT