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Newsletter No. 146

April 2015

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From the President

Juniors brought the regatta season to a triumphant close with a run of great performances at the Trickett regatta following an excellent ACT Championships. And not only the juniors – David Gruen did well to get into his singles final at Triickett! Mark has provided a detailed account of the regatta, but it was good that CLRC was so strongly represented at the NSW championships, with great enthusiasm. Many thanks to coaches Mark, Rod, John C, and Elli for their work, to Catherine & Anita for their organization, and to the parents for their contributions to making it happen.

Masters also had a good end of season event, taking the Yolles down to Bairnsdale in Gippsland, with a 50k row down the Mitchell River, across King Lake to Paynesville, then and back on the first day. On the next day, rowing up the river, past platypuses diving, as far as it seemed navigable. We greatly appreciated the support of Bairnsdale Rowing Club. They are holding a regatta, Head of the Mitchell River, on 29-30 August - an event we could think about taking part in. It is a magnificent rowing river.

The club welcomes several new masters members - graduates of John C's latest learn-to-row course, a couple of new arrivals in Canberra – Nigel, David, and Geoff – and a welcome returnee, Fergus.

Para-rowing has been going well – thanks to all those who are helping Charlie and Roland. The club has always been open to para-rowing and has, at times, had competitive teams, but we have never had such an integrated and dedicated program. I am trying to run a roster of people able to assist on a once-a-month basis, whether coaching or rowing in a boat with para-rowers. Anyone I haven't already harassed who'd like to help, please let me know.

News on the club-house is, unfortunately, no news. The plans went before the National Capital Authority on 24 February, and there have been some subsequent discussions between it and the LDA, however there is no decision as yet.

With winter rowing approaching, we need to be particularly careful about safety,

- making sure that boats are lit
- not venturing out in thick fog
- not heading off in a single without others around you
- being particularly careful with direction and keeping to the right side of the lake around the museum, Yarralumla Bay, and heading back to the club in East Basin.

David.

From the Secretary

Setting up your Boat Workshop

On Sunday 3 May at 9.30 am come down to the CLRC shed for a workshop in how to correctly set up your boat. This will be a hands-on practical demonstration for rowers of all levels with Rodney Palmer and coaches from the club. All welcome.

Club Fundraiser

Capital Lakes Rowing Club are selling the Entertainment Book as a club fundraiser this year to support rowing programs (learn-to-row, para-rowing, adopt-a-school), to fund new equipment purchases, and to meet maintenance requirements on the boats.

Order your book today and/or buy one for a friend. The book offers discounts on food, entertainment, services, holidays and many other things. You will recoup the cost of the book within a couple of restaurant visits. They are well worth the outlay - and you will also be supporting your club with \$12 of every book sold returned to the Rowing Club.

This year, Entertainment Book have provided a digital version of the Entertainment Book that can be shared over 4 devices. So the whole family can have their own copy - and you truly get the best value out of the book.

Please feel free to forward this link to family, friends, work colleagues etc. Payments can be made online through the links below or through Sandra Finney at the club. Once books have been paid for I would be happy to pick them up and deliver them to the shed for collection. Order early and you also have the option of \$210 in bonus offers being made available to you.

Please support this fundraising effort and encourage others to order their books as well. Order the book or the digital copy at www.entbook.com.au/913z056

End of year Function 16 May - Save the Date

The CLRC end of year function and presentation night will take place on Saturday evening 16 May. Further details to follow shortly.

[Contributed by Sandra Finney]

Edward Trickett Regatta Report

It was a keen group of over 40 rowers, accompanied by parents, children, coaches, and hangers-on, towing two trailers carrying 29 boats and several dozen oars; along with a mountain of confidence in their ability to put Capital Lakes on the NSW rowing map, that set off from Canberra one Friday recently.

Their confidence was well placed. The Sydney International Rowing Centre was the venue for some excellent rowing from Masters and Juniors representing the Club at the NSW Grade Championships "Edward Trickett" regatta on the weekend of 11-12 April 2015.

Competition was fierce and consistent, with CLRC rowers in the first event of the Regatta, right through to the last events on the week-end. There was a particularly crazy time on Sunday morning with coaches, rowers, and parents getting 22 crews, their boats, and their oars in the right place at the right time – all in a 90 minute period. It all worked in the end, but only through the usual good humour of all, and co-operation from everyone.

Excellent results were achieved by many crews, with most bettering their previous personal bests, and many crews making semi-finals and finals. These were huge improvements over the results crews achieved at the same regatta last year. Highlights included:

- **Mika Leslie, Bec Hyslop, Jess Gruen and Tiff McCormack** making the final of the Women's C Grade quad. Tough event, and they acquitted themselves very well.
- **David Gruen** making the final of the Men's Novice Single scull, and recording a respectable time for a bloke rowing against much younger competitors.
- **Alex Grzeskowiak** getting a very fast second, and silver medal, in the Final of the Men's D Grade single scull. Beaten by just a canvas, this was amazing for a bloke still in his first year of rowing.
- **Abbie Ryan and Ashleigh Scrivener** rowing some tough heats and semis, with excellent times, to make it to the final of the Women's C Grade double. These two very good rowers will be the ones to watch next season.
- **Mikaela Dingley**, a silver in the Final of the Para single scull. This is Mikaela's second outing at Trickett and she gets better with each row. One to watch.
- **Tiffany and Beck** getting through to the final of the Women's coxless pair. The two of them have only had about a dozen rows in this difficult to handle sweep boat, but keep coming back for more.

- **Geordie Carscadden** and **Henry Bowyer** in the Final of the Men's C Grade single. Both had over 80% of the "gold time", with Henry dominating for the Gold Medal in the Final.
- **Lucy Egan-Richards & Emma Gruen** making the final of the Women's Novice double scull. Emma started at CLRC as a cox, and Lucy has only been rowing since September last year. They cracked sub 4mins 30 sec in the final and these two Under 15's look the goods into the future.
- In the same race as Lucy and Emma G, the excellent row for second in the Women's Novice double scull by **Isabella Hancock** and **Mercedes Bowers**. These two relative new comers to the sport achieved excellent times in their heat and in the final. Winning the **Silver**, they missed Gold by just half a length. A very impressive row.
- **Eliza Burton & Emma Stanton; Deanna Carscadden & Pip Gazard;** along with **Lily Bryant & Sophia Rimes** all making the Semis and two of those crews then moving onto the Final of the Women's D Grade double scull. Lily and Sophia were unlucky to draw the fastest semi. In an exciting final with only 10 seconds covering first to fifth, Eliza & Emma won Gold, with Deanna & Pip being just out of the medals with a very fast fourth.
- The boys, **Henry, Geordie, Byron & Alex**, rowing a tough Men's B Grade quad and reaching the final, to be beaten by much older and more experienced crews.
- The boys again, **Henry, Geordie, Byron & Alex**, making it to the Final of the Men's C Grade quad. The final was a beauty, with any of the eight crews capable of winning. At the end of this very exciting race, just three seconds covered first to fifth, with judges requiring photos to decide three placings. The boys were deservedly awarded the **Silver** after a very tough, very strong row.
- Backing up after the double the previous day, **Emma G & Lucy** made the final of the Women's Novice single scull. Both rowed very well in that final, with Emma rowing sub-5 mins in both the heat and the Final.
- In the Women's D Grade single scull, a raft of CLRC rowers made the semis, including **Ella Kidd, Emma S, Eliza, Deanna, and Pip**. However, due to conflicts with other races, several of these rowers had to scratch from the semis. Ella went on to row through, and only missed the final by a second. Ella gets better with every row and has improved heaps towards the end of the season.
- In the Men's C Grade double scull, the boys had split into doubles of **Henry & Alex;** and **Byron & Geordie**. Both doubles made the final, with good rows against quality opponents.
- The **Women's D Grade quad scull** show-cased the depth, and up-and-coming numbers in the Club, with six CLRC crews entered. Girls in these ranged from Year 7s to Year 12s and a Masters rower. The Club does not have six coxless quads, so one of the crews raced in a coxed boat (without a cox'n), but still in a much larger and heavier boat than their competitors. All of these crews rowed outstanding races with some very creditable times being recorded in the heats and the semi's - all of which were very fast races. Two crews made it to the Semi's and then onto the Final. In the final, the crews of **Isabella Hancock, Mercedes Bowers, Billie Miles & Abbie Ryan;** along with **Deanna, Eliza, Emma S & Pip** both rowed sub-4 minutes, with **Deanna, Eliza, Emma S & Pip** winning **Gold** over two very good Sydney-based club crews.
- Five CLRC rowers were in the Women's C Grade single scull, with **Beck** and **Jess** making it to the semi's. These two always rise to the occasion at *Trickett*, and had very good rows in their heats and in their semi's.
- But the big heart award for this year is shared by **Lily Bryant & Lucy Egan-Richards**. Due to scheduling imperatives, Lily rowed a B Grade single scull (2,000 metres), followed by a C Grade single scull (1,000 metres) 30 minutes later. Lucy rowed three Novice / D Grade races in a 60 minute period. Neither complained, nor asked to be scratched from these events. Well done ladies.

But at the end of the day it was rowing, and CLRC, that was the winner. All CLRC rowers bettered their PBs, had a great time and learnt more about themselves and their crew mates than they would in a month of training on LBG. When the final boat was wearily unloaded on Sunday evening, and the last tinnie polished and put away on Monday morning after the regatta, those 40 rowers had every reason to be very pleased with themselves and their efforts – not just at *Trickett*, but all year.

Special thanks goes to all of the **parents** who yet again brought their rowers up to Sydney and fed, watered and supported them all week-end. There is no way that coaches could do their job without your unstinting support and good humour. Very special thanks to **Steve and Kathy Grzeskowiak**, and to **John Carpenter** for towing the two trailers to and from Sydney and to **John Harris** for loaning his ute for the week-end. And again to Kathy for organising much of the accommodation. Huge thanks to **Catherine Bowyer** and **Anita Carscadden** for all the often unseen work that they do to prepare for the regatta, get us there, keep us going while we are

there and provide the reality check when we get stressed. We definitely could not do it all without either of you. Thanks heaps.

[Contributed by Mark Georgelin]



CLRC masters row the Mitchell River and Lake King

CLRC Masters ventured out of Canberra again for a weekend of rowing in East Gippsland, . On Saturday we rowed from Bairnsdale, down the Mitchell River and out on to Lake King to Paynesville, shared a very welcome picnic lunch before a return row to Bairnsdale. The Mitchell River is very scenic, tree-lined with lots of birds and the turn from the river into the lake revealed views of wide water and wide sky.



Marcus, Loyd, Masumi, Goeff, and Charles (cox) searching Lake King for the way home.

Estimates of the distance rowed range between 40 and 50kms for the return trip. The Yoles, our coastal touring boats, were ideal for this row, even allowing crew changes on the water with a bit of nerve, lots of laughter, but no mishaps.

On Sunday, Ivan and Mike from the Bairnsdale Rowing club swapped their double for seats on the Yoles and joined us for a pretty 7 km row up river into farmland and return. As well as seeing lots of birds, we saw (and smelled) a fruit bat colony and lucky Jennie and David even saw some platypus.

Thanks to Bairnsdale RC for making us welcome, renting us a tinny, and letting us use their facilities. It was a great weekend.

[Contributed by Belinda Collins]



Mick from Bairnsdale Rowing Club testing out the Yole

Trips away

The CLRC Masters are have rowed some impressive waterways. As well and the Mitchell River and King Lake (see above), CLRC members have rowed on the Tweed River, Sydney Harbour, the Lane Cove River, the Shoalhaven River, the Molonglo River, Lake Jindabyne, and the Murray-Darling Rivers. An intrepid group of CLRC rowers even travelled to Portugal a few years ago to row a tour of the Douro River. For more information about any of these events, contact Jennie Yaxley.

Sydney Harbour Trip 23-24 May

The next adventure will be a fantastic row on Sydney Harbour on the weekend of 23 and 24 May. If you'd like to join the trip please contact Jennie Yaxley, the touring coordinator.

Head of The Tweed 6 June 2015

CLRC has participated in this event for many years. The 21km time trial up the Tweed River offers magnificent scenery with Mt Warning as a backdrop. Crews can win a Wintech scull in the raffle. Contact: Roland Jahnke.

Rotary and Para-Rowing

Mikaela Dingley and Charlie Barton were invited by the Rotary Club of Canberra to give a presentation about the CLRC Para-rowing program. This took place on 2nd April at Rotary's weekly gathering for breakfast at Regatta Point in full view of CLRC crews elegantly gliding past.

regular weekly meeting. The Rotarians show great interest in the program and asked many questions. Maybe we'll even score a volunteer to work with the program.

[Contributed by Charlie Barton]



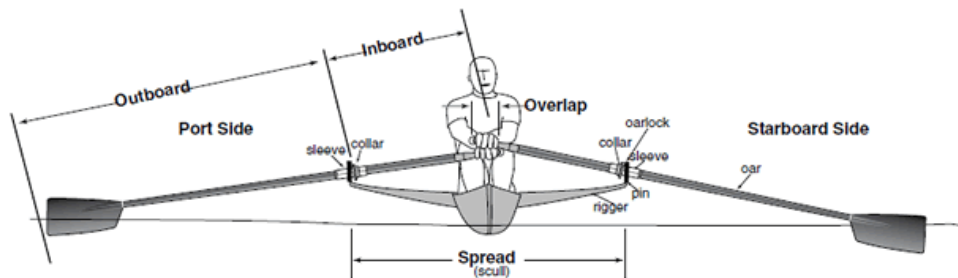
Mikaela with President Peter McDermott and senior Rotarians.

Missing radio

One of our three UHF radios is missing. Does anyone know its whereabouts? These waterproof radios are used for para-rowing and other coaching purposes. Contact cebarton@gmail.com.

Technical tips

How many of these names are you familiar with?.



Happy rowing!

[Charlie Barton](#),

Editor

Please submit Newsletter contributions as soon as they are ready to: cebarton@gmail.com
