



## August 2023 – Newsletter

### Regatta news *WTT1 - Saturday – 13/05/2023 small boats*

#### Womens Single (W1x, JW1x, MastW1x, AdaptW1x) Cirilis Plate

93 CLRC W1x Annabelle Kingston 20:17.87 05:00 15:17.87 18

#### Womens Pair (W2-, JW2-, MastW2-)

98 CLRC W2- Masumi Yamamoto, Sarah White 20:05.84 05:35 14:30.84 1

#### Mens Single (M1x, JM1x, MastM1x, AdaptM1x) Kwiatkowski Cup

5	CLRC M1x	Elliot Jallier	16:08.37	01:50	14:18.37	9
57	CLRC M1x	Nigel Miller	17:28.91	03:00	14:28.91	13
77	CLRC M1x	Dario Beltrami	18:52.24	04:20	14:32.24	15
8	CLRC M1x	Luke Jallier	16:40.31	02:00	14:40.31	17
17	CLRC M1x	Billy Woods	17:05.36	02:10	14:55.36	27
63	CLRC M1x	Mal Rimes	18:53.58	03:45	15:08.58	30



### *WTT1 - Sunday – 14/5/2023 big boats*

#### Double Sculls (W2x, M2, Mix2x)

146	CLRC 1W 2x	Georgina Spurrett, Annabelle Kingston	19:02.64	07:30.00	11:32.64	1
119	CLRC 1M 2x	Steve Grzeskowiak, Dario Beltrami	16:54.35	05:00.00	11:54.35	3 Fastest Mens' Double
148	CLRC 2W 2x	Karlee Holland, Anita Carscadden	20:35.03	07:30.00	13:05.03	11
152	CLRC 2M 2x	Gary Bergman, Cameron Zellner	26:13.39	10:00.00	16:13.39	16

#### Quad Sculls (W4x-, W4x+, M4x-, M4x+, Mix4x-, Mix4x+)

107	CLRC CompositeM 4x-	Luke Jallier, Billy Woods, Matthew Rickard, Elliot Jallier	14:05.96	02:00.00	12:05.96	7	Fastest Mens' Quad
115	CLRC 1Mix 4x-	Mal Rimes, Jennie Yaxley, Gillian Dingley, Richard Swinbourne	17:13.14	04:50.00	12:23.14	11	
141	CLRC 2Mix 4x-	Brendan Nicholson, Summer Nguyen-Aulmann, John Harris, Garth Chamberlain	20:54.91	07:00.00	13:54.91	17	

### *WTT2 - Saturday – 17/06/2023 small boats*

#### Womens Pair (W2-, JW2-, MastW2-)

95 CLRC W2- Masumi Yamamoto, Sarah White 20:07.54 05:30 14:37.54 2

#### Mens Single (M1x, JM1x, MastM1x, AdaptM1x) Kwiatkowski Cup

50	CLRC M1x	Nigel Miller	17:29.22	02:55	14:34.22	15
35	CLRC M1x	Billy Woods	17:09.60	02:25	14:44.60	22
2	CLRC/HPP M1x	Harry Glakin	15:35.24	00:45	14:50.24	27
7	CLRC M1x	Elliot Jallier	16:40.84	01:35	15:05.84	32
14	CLRC M1x	Luke Jallier	17:09.06	02:00	15:09.06	33
77	CLRC M1x	Mal Rimes	19:55.57	04:05	15:50.57	42



### *WTT2 - Sunday – 18/6/2023 big boats*

#### Double Sculls (W2x, M2, Mix2x)

130	CLRC 1M2x	Steve Grzeskowiak, Dario Beltrami	17:14.83	04:54.00	12:20.83	6	Fastest Mens' Double
165	CLRC 1W2x	Karlee Holland, Anita Carscadden	21:35.46	08:35.00	13:00.46	10	
170	CLRC 2M2x	Gary Bergman, Cameron Zellner	27:44.05	14:13.00	13:31.05	11	

#### Quad Sculls (W4x-, W4x+, M4x-, M4x+, Mix4x-, Mix4x+)

131	CLRC 1Mix4x-	Mal Rimes, Jennie Yaxley, Gillian Dingley, Richard Swinbourne	17:15.90	05:13.00	12:02.90	5	Fastest Mixed' Quad
114	CLRC Com 1M4x-	Luke Jallier, Billy Woods, Matthew Rickard, Elliot Jallier	14:22.05	02:06.00	12:16.05	7	Fastest Quad and Fastest Mens' Quad
166	CLRC 2M4x-	Brendan Nicholson, John Harris, Garth Chamberlain, Leslie Sullivan	21:25.15	08:55.00	12:30.15	10	

#### *WTT3 - Saturday – 22/07/2023 small boats*

#### Womens Pair (W2-, JW2-, MastW2-)

87	CLRC W2-	Masumi Yamamoto, Sarah White	20:02.50	05:30	14:32.50	2	
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#### Mens Single (M1x, JM1x, MastM1x, AdaptM1x) Kwiatkowski Cup

2	HP CLRC M1x	Harry Glackin	15:42.69	00:50	14:52.69	12	
38	CLRC M1x	Nigel Miller	17:48.99	02:55	14:53.99	13	
25	CLRC M1x	Billy Woods	17:26.61	02:30	14:56.61	14	
15	CLRC M1x	Luke Jallier	17:26.00	02:10	15:16.00	30	
7	HP CLRC M1x	Ellott Jallier	17:05.91	01:40	15:25.91	35	

#### *WTT3 - Sunday – 23/7/2023 big boats*

#### Double Sculls (W2x, M2, Mix2x)

129	CLRC M2x	Steve Grzeskowiak, Dario Beltrami	17:26.21	06:00.00	11:26.21	4	
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#### Quad Sculls (W4x-, W4x+, M4x-, M4x+, Mix4x-, Mix4x+)

112	CLRC Mix4x-	Gillian Dingley, Jennie Yaxley, Scott Winchester, Richard Swinbourne	17:35.38	05:01.00	12:34.38	13	Fastest Mixed' Quad
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**Rowing Australia:** 27-30 July, 2023. “The Australian Coastal Rowing and Beach Sprint Championships have finished in a blaze of glory at Mooloolaba Beach on the Sunshine Coast, with four Gold Medals handed out after another brilliant day of Queensland winter weather.

There was scarcely a cloud in the sky as a stacked program of racing enthralled onlookers.” Harry Glackin from CLRC raced in the Open Men’s Sprint solo, double and mixed quad. Well done Harry, warmer than Canberra!



“Congratulations to our ACT Australian Rowing Team members on their results in Varese in World Cup II. Nikki Ayers continues to be our golden girl, adding another gold to the collection in the PR3 Mixed Double with Jed Altschwager.”

“Australian rowers were flying the Pride flag on the world stage at the 2023 International Para Rowing Regatta at Gavirate in Italy to celebrate Pride Month. Inspired by the personal journey of Tokyo Paralympian Nikki Ayers, the entire Australian contingent, including athletes, coaches and support staff, wore white socks topped with the rainbow rings of the Pride flag over 3 days of competition.”



Nikki had fabulous results at the 2023 Interstate Championship regatta in Perth:

ISPR3W1x Interstate Women's PR3 Single Scull - Gold

PR3Mix4+ PR3 Mixed Coxed Four - Bronze

PR3W1x PR3 Women's Single Scull - Gold

## **Rowing ACT News**

### **Pathways Regatta, ACT crews results**

"The Pathways Regatta is held consecutively with the Rowing Australia Under 19 Trials and sees the best school rowers compete head to head for the pride of their state. The two ACT Eights both made A finals, and rowed fantastically across the 2 days of competition.

Thursday afternoon saw the eights on the course for their heats, with the women's crew of Holly Howard, Zoe Macintosh, Jade Wilson, Sophie McKay, Emily Walker, Ash Watts, Madison Duncan, Imogen Lang and Cox, Amelia Mukherjee take out second place in a fiercely contested heat, whilst the men's crew of Harry Budd, Austin Bennie, Elliot Jallier, Luke Jallier, Connor Malouf, Rohan White, Dylan Outram, Jamie Bjerregaard and Cox Jack McDonald hold onto third in their heat, scrapping through to the final.

Friday morning was the finals, and both crews performed spectacularly! The Women's eight had a flying start to finish 4th, just off the podium whilst the Men's crew had a battle with Victoria in the final 500m and came up short by a seat to finish 5th."

### **Volunteer of the Regatta**

Rowing ACT is excited to announce for the 2023/24 Regatta season that all standard and Championship regattas will have a Volunteer of the Regatta! This has been made possible by the wonderful team at [Cafe Farmers Daughter](#), who have provided vouchers to be given out to our amazing volunteers if they are named as the Volunteer of the Regatta!

The Farmers Daughter Volunteer of the Regatta will be chosen by the President of the Jury for that regatta in conjunction with Rowing ACT staff to find a volunteer who has gone above and beyond in support of our local community.

This is a small token of our appreciation for our volunteer community who make rowing what it is in the ACT. We cannot run without our volunteer team and we at Rowing ACT want to show a small token of our appreciation.

Huge congratulations to David on receiving the Member of the Order of Australia, received at Government House on 12 June 2023 for the The King's Birthday 2023 Honours List.

MEMBER (AM) IN THE GENERAL DIVISION

Dr David Charles HUGHES

ACT

For significant service to sports medicine as an administrator and elite athlete physician



<https://www.gg.gov.au/sites/default/files/2023-06/20230612%20-%20Honours%20List%20-%20Order%20of%20Australia.pdf>

### **CLRC uniform supplier**

The zooties are being made in Tasmania by an Australian company called Oarsome. Zooties can be ordered through their website: <https://www.oarsome.com.au/club-kit> and takes 3-4 weeks for delivery. Below is the pricing structure provided by Oarsome.

Individual orders	\$105 each plus \$11 postage for first item, \$5 per additional item
5-9 suits	\$100 each plus \$4 each postage
10-19 suits	\$98 each plus \$3 each postage
20-39 suits	\$95 each plus \$2 each postage.

**You may like to get together with some other members to make a bulk order to save on postage costs.**

## **Boat Captain's Report**

### **Docking a Scull**

Over the years we have seen some of our boats damaged by collision with the Dock. I've been asked to provide a reminder to take care when coming into the dock as there have been a couple of dock collisions observed recently. The secret is to approach slowly and to be clear about who in the boat is in charge of the docking process. That's usually going to be the person in Bow seat as they have the best view.

We are aiming for an approach as depicted in figure 'a' in the diagram. We definitely don't want to be approaching as for figure 'd'. If this look like it's happening the boat must be checked and backed out for a second attempt.

Approaching as in figure 'b' is acceptable only if the boat is checked with the outboard oars when the bow is a metre or so from the dock. This will straighten the boat and avoid a nose striking first situation.

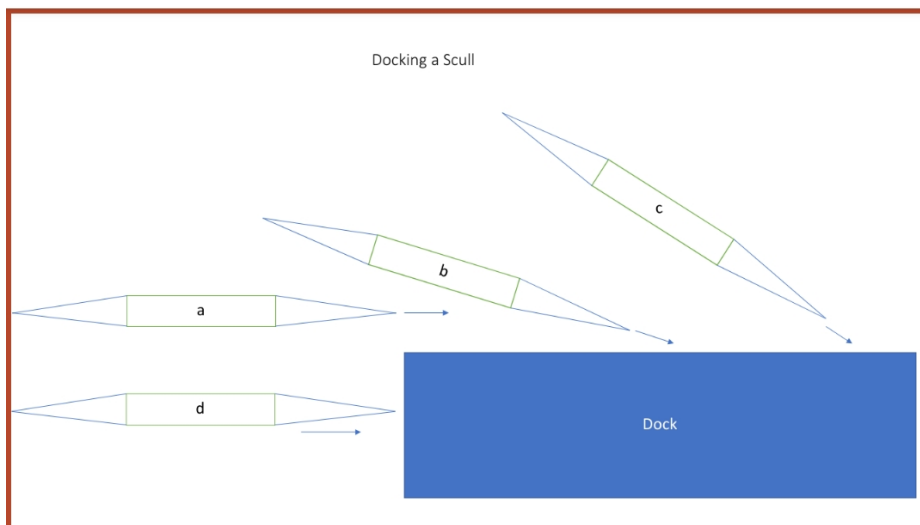
If we allow the nose of the boat to strike the dock first we are putting a considerable side load on what is a very weak part of the structure, which is not designed to withstand side loading. A boat full of people carries considerable momentum which does damage the structure if angled into the dock repeatedly.

Approaching as in figure 'c' should be avoided. You won't be able to turn the boat enough by checking with the outer oars to avoid nose contact with the dock. Stop the boat, back out, and try again.

Docking smoothly, and parallel to the Dock, as in figure 'a', is a very satisfying manoeuvre.

On a windy day you should aim to approach the upwind side of the dock and allow plenty of room for the drift into the dock that the wind will provide. Happy Docking.

**Steve Grzeskowiak**



### **Safety Notice**

Our club is obliged to notify Rowing ACT about certain on-water incidents including those involving injuries or damage to boats.

As part of that process, we need to advise what steps we are taking to avoid a repeat of the incident.

We've had two such incidents in the past month, both involving experienced and careful crews.

One boat hit a large bollard in the lake and the lesson from that incident is that there is a definite blind spot directly behind the bow rower. It can hide a substantial object.

The second boat was rounding the point at the museum on its way up the lake in the dark when it and a single from ANU collided.

Fortunately, no one was hurt and the resultant tangle of oars and arms etc was enough to prevent anyone going into the water.

**The lesson from the second incident is that while our boat had the right of way there, we need always to be alert for objects and boats that appear in unexpected places.**

**Brendan Nicholson**

## Using the new blue boat lights

The on-off switch can be hard to find. It's a small circular button (about 1cm in diameter) on the flat surface of the light casing.

We've been asked not to use the lights in flashing mode (there's a concern that they might trigger an epileptic seizure in a susceptible person) so use the button to cycle through the options till you get to a steady light.

As you cycle through the options, the next one after that steady light is a very bright steady mode which can be hard for the bow person to see past on dark nights. It also drains the battery in just one hour. Avoid that one.

### Fitting the lights to the boats

Each light has a short lanyard attached with a loop that goes around the bow ball.

Then use the magnets on the base of the light to attach it to the metal bracket in the number holder.

### Recharging

The lights are recharged in the black boxes which each have six 'nests' for them.

Each light has a series of protective rubber loops around its rubber casing.

One loop is slightly larger than the rest. Make sure the larger loop goes at the top of that light's 'nest'.

That ensures that the charging points make the correct connection.

Ensure that the lights go into the box with the magnets and charging connectors down. When the light is the right way up, there will be two screw tops showing.

Once they are properly connected, you should get either a red flashing red light (which means it's charging), or a green light (which means it's charged).

Once you have the light correctly in place, you may need to wiggle it to ensure it is making a firm connection.

**If it's a solid red light, it's not connected properly.**

## Rowing the mighty Murray

An unexpected benefit of Capital Lakes membership is the opportunity to row from time to time on Australia's far-flung rivers and lakes.

Twice a year comes the chance to venture out on one of the world's great waterways, the mighty Murray-Darling system where the scenery is stunning and the opportunity for a close up look at native birdlife is remarkable.

With a magical start at dawn, these rows come in three or four stages. Even doing one stage in such a magnificent setting is a wonderful experience. That's easily organised if we have enough starters.

The first of these river rows took place this year on June 24. That was a 36km grind against the current from the very pretty town of Renmark to a beloved local establishment, the Woolshed Brewery.

Jennie Yaxley, Scott Winchester, Richard Bailey and Sandra Reddy were in one quad and did the distance easily. John Harris, Les Sullivan, Garth Chamberlain and I made it with just a little left in the tank.

After their boat docked early, Scott and Richard put in a sterling effort lifting many boats from a range of clubs onto the bank.

Our accommodation was just metres from the starting point at the Renmark Rowing Club on a beautiful River boat, the Murray River Queen.

It's worth highlighting the splendid effort of Garth who turned 79yrs on July 2.

The next of these great events is the Royal Flying Doctor Rowathon which takes place on September 9 and is hosted by the Wentworth Rowing Club.

This one is 82 kms this year—but importantly we will have the current behind us.

The row will be in four stages with three stops along the way for food and recuperation. Anyone planning to do this row can do one, two, three or all four stages.

Some will do all four stages, but no one should feel pressure to do that.

Each year some clubs have sent 16 rowers for a quad to do one stage each just for the fun of doing it.

One stage of the Rowathon with the help of the current will take just a little more effort than a normal club row to the cable and back.

It's a great social occasion with (too much) great country food to be eaten on the drives to and from the event.

**All in all, it's an experience tourists would spend a fortune to enjoy!**

**Brendan Nicholson**

## Photos from Renmark



## Dates for your Diary

### August

12/8/23	Sat-Sun	<b>Winter Time Trial 4</b>	Rowing ACT	Lake Burley Griffin	Time Trial	<a href="#">Info..</a>   <a href="#">Events</a>
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### September

9/9/23	Sat-Sun	<b>Winter Time Trial 5</b>	Rowing ACT	Lake Burley Griffin	Time Trial	<a href="#">Info..</a>   <a href="#">Events</a>
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25/9/2023	Mon-Fri	<b>2023 UniSport Australia Nationals Division 1 - Rowing</b>	Rowing Queensland	Queensland State Rowing Centre	University	
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### October

10/10/2023	Tues-Wed	<b>2023 Australian Masters Games – Indoor Rowing</b>		TBC	Indoor	
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28/10/2023	Sat	<b>2023 Australian Indoor Rowing Championships</b>		Various	Indoor	<a href="#">Website</a>
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## WATER QUALITY INFORMATION

**Monitoring Frequency** *Grevillea Beach (East Basin) is sampled weekly from October 8th to April 8th.*

### Useful links:

Rowing ACT: <https://rowingact.org.au/>

Rowing Australia: <https://rowingaustralia.com.au/>

Rowing NSW: <https://www.rowingnsw.asn.au/home/>

NCA Water Quality: <https://www.nca.gov.au/environment/lake-burley-griffin/water-quality#>

ACT swim guide: <http://www.theswimguide.org/>

Visitor Info Centre webcam (scroll down on this link to find the live webcam)

<https://visitcanberra.com.au/traveller-information/visitor-information-centre>

Weather status: <https://wind.willyweather.com.au/act/canberra/canberra.html>