



curNEWS

The News for Curlew

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NEW SEASON; NEW NEWSLETTER

NEW COMMITTEE ELECTED FOR 2023/24 SEASON

We celebrated an end to the season and the beginning of the new one at the AGM on 29th August, with awards presented to members within the club, as well as electing the new committee to take the club into the next season. We extend our thanks to our departing committee members, and wish those joining (or re-joining!) committee, all the best in their positions:

Club Chairman – John Adcock
Club Captain – Claire Postles
Club Secretary – Felix Hemsted
Men's Captain – Nick Walton and Peter O'Callaghan
Women's Captain – Wizzy Heap
Dev & Rec Captain – Dan Gillen
Membership Secretary – Andreas Finzel
Information Secretary – Issy Wilson
Equipment Officer – Kathy Ko
Regatta Secretary – Fabien Mitchell
Social Secretary – Farah Fahmawi and Ashley Pentley
Fundraising and Alumni Secretary – Charlotte Green



2022/23 AGM AWARDS:

Woman of the Year: Kat Blomberg

Man of the Year: Felix Hemsted

Crew of the Year: The Wyfold 4- crew

John Stewart Award (An award for being a stand-up member of Curlew): Ryan Neighbour

Dev man of the year: Darius Taylor-McCall

Dev woman of the year: Moya Vaughan-Williams



A SUNNY TASTER DAY

Curlew welcomed 28 people to experience rowing at our annual taster day which took place on 27th August 2023. Each participant had the opportunity to learn more about the club and the Learn to Row course, take part in an intense circuits workout, before taking on the ergs and participating in a relay race and winning their bragging rights. All participants had the opportunity to try out the rowing tank, before taking to the water and experiencing rowing in our small boats. All of those involved had a great day despite the sometimes questionable weather. A big thank you is owed to Charlotte for organising the day, as well as to our volunteers for helping to make the day happen!



WHAT'S HAPPENED?



CURLEW TAKES ON THE BIG HALF

On Sunday 3rd September, ten Curlew members (and ex member and coach, Jack P) took to the streets of London to complete The Big Half.

Starting at Tower Hill and crossing the epic Cutty Sark finish, the team ran along the tough 13.1 miles to raise much needed funds for the club. For R&R and to celebrate their incredible achievement, the clubhouse opened for post-race pancakes, with all Curlew members and plus ones welcome!

And please dig deep and donate if you haven't already:
www.justgiving.com/page/curlewsbighalf2023

The team taking part: Chris, Claire, Dominic, Edward, Elly, Jack, Moya, & Wizzy.

SUMMER REGATTA SUCCESS



A huge congratulations to our racing crews this summer. Curlew fielded crews across a range of events, with single sculls, pairs, quads, and the 8+ all making an appearance. A special shoutout to Felix, and the Men's 4x for their excellent performance at Danson Dashes and Henley T&V regatta respectively. We look forward to seeing continued participation and success at races in the 2023/24 season.



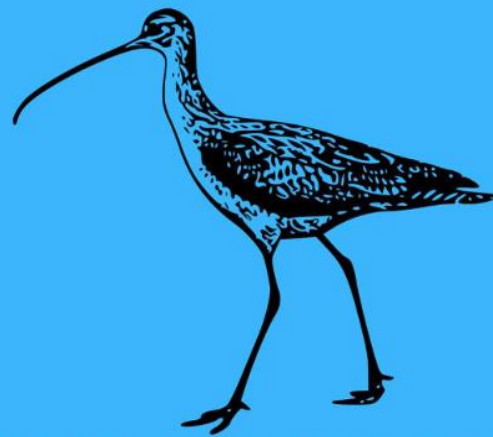
WHAT'S HAPPENING?

CLUBHOUSE EVERY THIRD THURSDAY

The clubhouse will now be open from 7pm every third Thursday of the month after the Thursday erg session for some well earned rehydration. The Yacht will surely miss their regulars.

Boating & Brunching – opportunity to fuel after a tough session. Brunch at a location TBC. Look out for more details.

More to come in October!



SATURDAY
30 SEPTEMBER

THE TRAFALGAR
TAVERN
GREENWICH
£35 PER TICKET

CELEBRATE CURLEW'S SEASON SUCCESS
AND OUR ALUMNI

WHITEBAIT SUPPER

RSVP TO KIERNAN
TEXT: 07754681250

EMAIL: LOUE.KIERNAN@GMAIL.COM

SIGN UP TO HELP WITH THE LEARN TO ROW COURSE!

Curlew's Autumn 2023 Learn to Row course kicks off soon on Sunday 24th September. The eight-week course introduces twenty new people to the sport of rowing, allowing us to discover new talent, help our local community, and raise vital funds for new equipment.

This course does not run itself and requires the help of all members to run the course and ensure it can run as smoothly as possible. If you want to help coach the ergs, take part in the water sessions, and help teach in the tank, then please get in touch with Charlotte Green! [Click here for the sign up spreadsheet.](#)

Please also save the date for the L2R graduation, which is taking place on the afternoon of Sunday, 19th November at the clubhouse. The bar will be running and snacks provided.

DATES FOR THE DIARY:

September

14th – Start of Season
24th – Boating and Brunching
28th – clubhouse open!
30th – Whitebait Supper

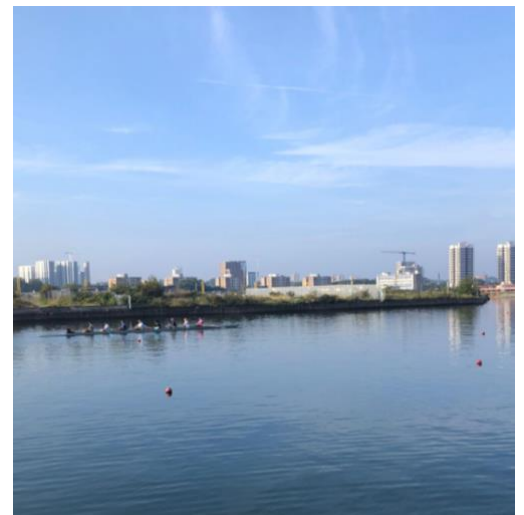
November

19th – L2R Graduation

LAUNCH OF 2023/24 SEASON

The launch of the 2023/24 season will take place at the clubhouse on 14th September. The newly elected captains will lay out their plans for the season.

All are welcome! (The bar will be open).



WHAT ELSE?

IRON(ICK) MAN

Congratulations to Nick for competing in the Ironman event in Tenby, Wales on 3rd September earlier this month, finishing with an impressive time of 13:47:30 – rumour has it he is already looking for his next challenge...



CONGRATS ON THE BLAZERS!

Kudos to Giorgio, John, and Nick for their remarkable accomplishments this season. Nick earned his blazer by qualifying for the Henley Royal Regatta in the Wyfold Challenge Cup whilst John and Giorgio clinched victory in their British Masters category. Well done to all three!



REMINDER FOR SAFETY PROTOCOLS:

There are a few points which, if we all follow them, will help us to continue having a safe and enjoyable time whilst rowing:

1. Safety is everyone's responsibility, and it is everyone's responsibility to say if something is wrong. Some examples are:
 1. If you see a boat that might collide with you, you need to shout to alert them - do not leave it to someone else in the crew, and do assume the other boat has seen you.
 2. If you see someone doing something else from the club wrong and / or dangerous, let them know. This could be as simple as having bad posture whilst rowing.
 3. If you think something might go wrong, don't wait for it to go wrong - let other people know and take action.
2. If you don't feel right, let someone know - this may be if you have an illness, an injury etc. Don't push yourself if something feels off.
3. Always check your equipment beforehand - be it ergs, weights or boats.
 1. In boats, the shoes must have heel restraints and the heels should not come above parallel, and they must have a strap to easily loosen the velcro. ALL nuts and bolts should also be tight.
 2. For land training, make sure the equipment is in good working order before use.
 3. When doing weight training, make sure there is always someone else with you to help spot you, and provide assistance if you need it.