

Curlew Rowing Club



NEWSLETTER

| JUNE 2019



REGATTA REPORTS

Met, Peterborough, Nottingham, and training camp!

ROAD TO HENLEY

Meet the crews for Women's Henley!

OTHER NEWS

Boat naming ceremony and upcoming socials

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WOMEN'S HENLEY REGATTA

Message from Women's Squad Captain Emily Wilsher:

"After storm Gareth came and dashed our dreams of WeHorr we said goodbye to Head race season and hello to regatta season. We had a strong 4- ready to start training for Henley, who have grown from strength to strength.

But we also had some depth in the squad to look at another boat, last year we were a few rowers short in entering the new Development coxed four. So in April we went looking to our own Development squad. There were three stand out rowers in erg times and technique, who also all happened to be 6ft. We fast tracked Izzy, Portia and Justina and got them into boats with the senior women, they've worked really hard for the last few months. The improvement from the three novices has been so exciting to watch and I hope it can be a race we look to entering every year with the novice women.

I want to say a big thank you to the women's squad who have helped these boats get to Henley, From all those who sat in boats who helped the novices and those who have subbed into all boats over the last few months.

I am proud to announce the Curlew Women's Squad crews for Women's Henley 2019."

Aspirational Club 4- (Time Trial @ 11:20)



S: Jessica Phillips

3: Sophie Baker

2: Gemma Barker

B: Kamile Matulenaite



WOMEN'S HENLEY REGATTA

Development 4+ (Time Trial @ 12:30)



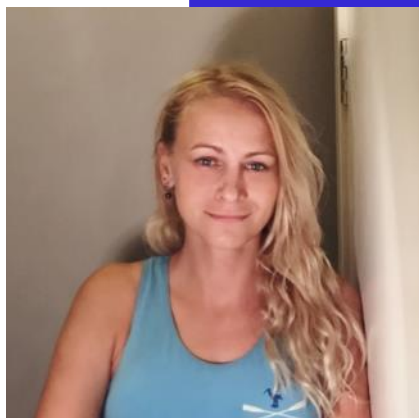
S: Katriona Blomberg

3: Izzy Conway

2: Portia Light

B: Justina Jankauskaite

Cox: Rosie Fuest



Club members will be meeting at around 10:40 to see off the AC 4– as they boat—then you can sit back and enjoy the racing!

Best of luck to both crews!

REGATTA RESULTS SUMMARY

WALLINGFORD REGATTA

Club 4-: Heat B: Crew A 1st (6:39.54), Crew B 5th (6:50.66)
 Final: Crew A 2nd (6:33.08)
 W Club 8+: Heat A: 4th (7:41.20)
 Challenge 4-: Heat C: Crew A 5th (6:41.6)
 Heat E: Crew B 5th (6:56.92)
 W Club 4-: Heat A: Crew A 4th (8:00.74), Crew B 5th (8:30.69)

NOTTINGHAM REGATTA

(Sat) Op 8+ (Band 1): 4th in heat
 (Sat) Op 4- (Band 1): 4th in final
 (Sat) Op 4- (unbanded): 1st in final
 (Sat) W 4- (unbanded): crew A 2nd in final, crew B 6th in final
 (Sat) W 4- (Band 1): 3rd in final
 (Sat) W 4- (Band 2): 3rd in final
 (Sun) W MasA 4-: Bewdley bt Curlew RC (4:27.4 - 4:51.8)
 (Sun) MasC 4- : Eton Excelsior bt Curlew RC (3:54.4 - 4:24.4)

MET REGATTA

(Sat) W4- Club (Tier 3) - 3rd in heat
 (Sat) Op 4- Club (Tier 2) - 2nd in heat, 5th in final
 (Sat) Op 4- Championship—4th in heat
 (Sat) Op 8+ Club (Tier 2) - 4th in heat
 (Sat) Op 8+ Championship—5th in heat
 (Sun) Op 8+ - 45th (6:27.0) in time trial, 3rd in final G
 (Sun) Op 4- Championship—7th in heat
 (Sun) Op 4- Club (Tier 2) - 2nd in heat, 3rd in final

PETERBOROUGH REGATTA

(Sat) W 4+ (Band 1) - 1st in heat, 4th in final
 (Sat) W 4- - 3rd in final
 (Sun) W 4+ (Band 2) - 2nd in heat, 2nd in final
 W MasB 1x—2nd in final
 MasC 4- - 4th in final

READING REGATTA

Sen 4- A: semi-final win over Upper Thames RC (4:56, verdict 1.5 lengths)
 Final lost to City of Bristol RC (4:42, verdict 2.5 lengths)
 W 4- B: quarter-final win over Aberdeen University (5:43, verdict easily)
 Semi-final lost to Oxford Brookes University (5:21, verdict 2 lengths)
 Sen 8+ C: semi-final win over Peterborough City (NTT, verdict 3 lengths)
 Final lost to UK Armed Forces RC (4:29, verdict 1.5 lengths)
 W 4+ C: semi-final lost to St Paul's School USA (5:54, verdict 5 lengths)

NOTTINGHAM CITY REGATTA

Nottingham City Regatta took place on Saturday the 11th May, and we sent a number of crews to tackle the 2000m course. It was a successful weekend, particularly for the Men's Squad 4-, who came away at the end of the day with a pot! **Angus Wilson** was in the bow seat of that boat, and wrote about the day...

"After narrowly missing out on victory at Wallingford Regatta, placing 2nd in club 4-, the four was looking to step on and collect some silverware at Nottingham city regatta. Uncharacteristically for Holme Peirrepoint, conditions were a moderate tailwind which suited the our fairly light crew.

The heat was top three to the final: we had a big first 500 and led the pack. By 1000m the race was decided, with the top three way out ahead. We chose to maintain our lead and contain the other crews while dropping the rate and easing off to save ourselves for the final, just as 2nd and 3rd places did.

The final was the last race of the day. It had just been raining, so almost everyone had gone home. We were up against a couple more crews who had been a similar speed to us the weekend before. Similar to the heat we edged out in the first 250 and settled into a long rhythm and slowly walked away from the field. We were in lane 1 so had Fred cycling down right next to us the whole way. We kept the legs on all the way to the line. It was the first multi-lane 2k win for a few of us.

We were happy boys taking home a lovely tankard and a bottle of prosecco each as a prize!"



SUMMER TRAINING CAMP

Training camp this year took us to the lovely waters of Henley-on-Thames. **Kamile Matulenaite** wrote about the experience...

“This year, training camp brought the senior squads to Henley for invaluable experience in steering the course, learning the landmarks and making friends with the long-feared booms.

On the first day, we kicked off training camp with lots of long paddling, each time trying to inch closer and closer to the booms. It also marked the start of our weekend-long binge on the most syrupy flapjacks ever made (thanks to Gemma’s mum!). A cup of coffee, a flapjack and we were ready for the next set of sessions - more paddling in doubles, fours and eights. In the breaks, we made friends with the boathouse dog, and not-so-much-friends with a small, angry dog that snapped at our blades as we pushed off the pontoon and followed us all the way down the course to Temple Island. After a long day of training we relieved our muscles with a group yoga and stretching session in the setting sun, soon followed by lots of pasta.

Saturday started off with more paddling in the sun, with a nervous anticipation of seat racing that afternoon. By lunchtime, the sun was blazing and we were hiding and resting in the shade, waiting.

The nerves of seat racing had to be stretched out longer. The warm-up was spent zigzagging around pleasure boats; seat racing had to be postponed to the next morning.

Sunday - seat racing day. Boat swapping. Two pieces down the course. Crews for Henley were now decided. More flapjacks to recover and on to some more starts, pieces and high-rate work. The squads left training camp sore, sun-soaked and having made an immense amount of progress. Bring on regatta season!”



MET REGATTA

The weekend of the 1st and 2nd of June was a big weekend of racing for our squads! Some senior crews went to Met Regatta to race some competitive crews in preparation for Women's Henley and Royal Henley. **Felix Hemsted**, in the Men's 8+, and **Angus Wilson**, in the Men's 4-, reported on the day:

"Having just finished our training camp the weekend before, the squad went into the weekend of the Metropolitan regatta with high hopes across a packed schedule of racing.

The men's eight lived up to this expectation with a solid race in a tight field, just being pipped by Vesta and Bristol in the heats of the club event. We knew that our next race in the championship event would be much harder, up against top crews; Radley College, Tyne and Thames. Across a tough field the eight kept on the toes of the Lea's eight finishing just under a length down.

Unfortunately, despite placing well in their heat, the women's four had to scratch any further races in the regatta due to illness. The men's coxless four showed just how good they were by progressing to the finals in their afternoon division, after very close fight with Molesey and University College Cork.

Sunday morning started with tired legs and minds after a long hard day of racing on the Saturday, nevertheless, after words of inspiration from Fred, we all resolved to step up to the task. The four placed second in their heat with a professional row, meanwhile the eight managed to hold off a fast-charging Lea eight in their final, finishing just behind Imperial college. In Curlew's final race of the day the men's four put in a good showing, placing third and closing the gap on Molesey whom they had raced multiple times over the weekend.

After a hard weekend, boats were loaded, and the squad reflected on results and achievements, looking forward to progress on the road to Henley. "



PETERBOROUGH REGATTA

While some of our senior squad were racing at Met Regatta, a selection of senior and development squad crews went a bit further north to Peterborough Spring Regatta. For the women's coxed 4, the main aim of the weekend was to win enough points to be eligible to enter Women's Henley (a minimum of 15 points was required, and some members of the boat had not picked up any yet!), so they were racing in both coxed and coxless fours on both days. On the Sunday we also had Anita racing in her single in Masters B, and a men's Dev Squad crew in the Masters C 4-.

By the end of the day on Sunday everyone was naturally exhausted, but it was a successful weekend, with the women's coxed four making both finals and thus gaining more than enough points (with a bonus discovery of captain Emily's coxing skills!), Anita came second, ahead of a rower who had beaten her in the past, and the MasC 4- came 4th in their final.

Special thanks to the Otters, who made space for us on their trailer, and gave some much appreciated cheering!



BOAT NAMING CEREMONY

On Saturday 8th June 2019, Curlew Rowing Club formally welcomed 6 new boats to our ever expanding and improving boat fleet.

We are pleased to welcome the following boats, “Boaty McPhee Face” and “Sam’s not John’s” and to thank Sam McPhee for his kind donation for the naming rights of these boats.



We are pleased to welcome the following boat “The Jeff” – The Club would like to thank the friends and family of Anita Jeff who paid for naming rights of our club single. Anita has been a great ambassador for the club, having been Chair for 5 years and thoroughly modernised the rowing club.

We are pleased to welcome the following boat “Robert Weekes” – Robert is the father of Tom Weekes, Tom has been massively involved with the club since he joined the club 5 years ago. Having been Men’s Captain and Club Captain. Tom won the naming rights at our Christmas auction and dedicated the boat to his dad.



We are pleased to welcome the following boat “Eddie Maloney” – We are very proud to name the Club’s top Hudson IV the “Eddie Maloney” after the father of Hugh and Paul Maloney. Hugh and Paul joined Curlew Rowing Club 50 years ago and have recently got back involved with the club. We are very lucky to have such great alumni.

OTHER NEWS & UPCOMING EVENTS

New Wintech Coxless IV



The Committee are very pleased to announce that we have purchased a brand new Wintech Mid Weight Coxless IV, in time for Henley Women's Regatta. The boat made its debut at Reading Amateur Regatta, and was well-liked by our women's squad! Big thanks to Club Captain Jess Phillips for working to organise the boat purchase, and also thanks to Emily Wilsher and Europa Capital for the generous donation towards the purchase of this boat.

Success at the Pop Quiz Night!

Tuesday 21st May 2019 saw a number of teams across the squads competing to be crowned "Pop Quiz 2019 Champions". Over nine tough rounds saw the Muppet Massive come out on top with a final round blitz which saw them just pulling clear of the rest of the field.

This was the first social from our newly formed Social Committee, so a great big thank you to Kamile, Anne-Marie and Darren for all their hard work to make this happen!



UPCOMING—Annual Henley Picnic!

Make room in your diaries for the annual Henley Picnic on Saturday 6th July. Join us to recognise the achievements of the squads this year, catch up with friends and watch some racing! This year, we are setting up our gazebo at the Henley Cricket Club.

Tickets are £25 per person and cover unlimited drinks and canapés from 12PM to 3PM. Expect plenty of Pimms, fruit and nibbles.