

Curlew Rowing Club



NEWSLETTER

HENLEY 2019



HENLEY ROYAL REGATTA 2019

Meet the crews!

HENLEY WOMEN'S REGATTA

Results, pictures and reports

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HENLEY ROYAL REGATTA

Curlew Rowing Club is proud to announce the following crews, who have been selected to represent the club at Henley Royal Regatta 2019...

The timetable for Wednesday's racing will be as follows:

12.05—Wyfolds Challenge Cup vs. Team Keane

6.10—Thames Challenge Cup vs. Tyne Rowing Club 'B'

Wyfold IV Challenge Cup



Jake Wilson



Thomas Weekes



Stuart Beards



Angus Wilson

HENLEY ROYAL REGATTA

Thames Challenge Cup



Matthew Richardson



Edward Hayden



Marcus Yarwood



Dom Goymour



Felix Hemsted



John Stewart



Sean Delaney



Fabien Mitchell

Alexander Smith



WOMEN'S HENLEY RESULTS

ASPIRATIONAL CLUB 4-

Time Trial: 05:11.6, 5th of 25 crews (qualified)

Round of 16: Curlew RC bt Staines BC, 05:37.7, verdict 3 L

Quarter-final: Tideway Sc Sch 'A' bt Curlew RC, 05:40.2, verdict 1 1/2 L

DEVELOPMENT 4+

Time Trial: 05:53.6, 29th of 37 crews (did not qualify)



WOMEN'S HENLEY-REPORT

ASPIRATIONAL CLUB 4– Gemma Barker (2)

I wouldn't exactly describe the 2019 regatta season as perfect preparation for Henley Women's Regatta for the women's coxless four... we didn't go to Wallingford, we raced Nottingham City with a slightly adjusted crew, illness knocked us out of the Met and a goose-related incident hampered our speed at Reading. However, Fred kept urging us to believe that we were "a fast crew" so we dutifully tapered and hydrated in the week leading up to HWR, buoyed by the shiny new boat (Winnie the Wintech) we would be racing in.

Time Trial Friday was finally upon us, and lots of Curlew members had come to Henley to cheer us on. As we pushed off in Winnie, clapped by the crowd, my stomach did backflips. This time trial was our "final" - if we didn't manage to place in the top eight then a faster crew would be seeded against us in the first round and our regatta would be over far too quickly. We executed our race plan well, opting for a standing start before settling into a long, sustainable rhythm from the quarter mile marker. We heard the cheers through the enclosure and "emptied the tank" for the finish like we had practiced. We would later find out that barely any of our row had been on the live stream yet they had managed to capture us all slumped over and gasping for air at the end!

After a short yet agonising wait, we found out that we had qualified and would be racing Staines in the heats the following day so we retreated to the shade and commenced googling all Staines results in the last decade. That evening we fuelled up on pizza and pasta, and settled down for face masks and Love Island.

A cross/head wind had picked up on Saturday so after a bit of steering (well handled, Kamile!) we worked hard to start inching away from the Staines crew. Eventually I allowed myself to believe that we might actually win so we could afford to save the legs and cruise across the line rather than building for the finish. The next race was against Tideway Scullers, a sentence which strikes fear into most club rowers! Despite the TSS crew's extremely impressive rowing CVs we decided that it's all to play for in coxless boats (TSS had crashed into the booms earlier in the day and had to fight hard to recover their lead over Auriol Kensington) and paddled up to the start ready to give it our all. We had a strong start, unfortunately though theirs was even stronger. Neither crew went straight off the start (we'll blame the wind), but we soon straightened up and could hear them breathing behind us. We stuck to our race plan, delivering a few extra lung-bursting pushes, and ended up 1.5 lengths behind.

As much as we would have loved to get through to Sunday, we have since found out that we were 5th fastest in the time trial and are chuffed with our performance. The verdict from Fred? "Told you you were fast"!

WOMEN'S HENLEY - REPORT

DEVELOPMENT 4+ Kat Blomberg (stroke)

The Development 4+ event at Women's Henley is fairly new. Intended for rowers at the start of their rowing careers, it is nonetheless a very competitive category. Having not raced Henley last year, I was one of the few squad members eligible to race. So, we selected three talented women from the Dev Squad to join me in the boat. The next step was simple - get race ready! We had about 8 weeks to refine a crew, three of whom had never raced before and had no points (you need 15 to enter Women's Henley). Did I say simple? Oops. Nonetheless, we got the girls to as many races as we could, got as much water time as possible, and, impressively quickly, the improvements started to become clear.

Peterborough Spring Regatta was a key race for both building our race confidence and getting the crucial minimum number of points needed. Thanks to the ridiculous nuances of BR points system, we secured 59 points (it's still not quite clear to me how) and we were in the draw. Through Fred's connections, we found a fantastic cox, Rosie, and we were as ready as we could be.

The Friday of Women's Henley. We had just watched the coxless four successfully fly down the course, so we were feeling inspired.

We dutifully lined up, ready to go. Our start went slightly haywire, veering towards bow side, but Rosie heroically steered us back on course and we started to get into our rhythm, with the cheers of our fellow club members spurring us on.

We gritted our teeth and pushed hard. As we came beyond the halfway mark, Rosie's call to 'relax those faces' told me that my pain face must be quite a picture. A few more strokes, and it was all over.

It had felt like a great row, but it wasn't quite enough. We ended up coming 29th of 37 crews, and didn't qualify. Still, the improvement made by Portia, Izzy and Justina in such a short time has been truly amazing and hopefully we've set the women's squad up well for success in the next rowing season!

Huge thanks to Rosie for being a brilliant cox and motivator. A special mention also needs to go to our captain. Emily has been a leader, cox and coach for this crew, has subbed into pretty much every seat whenever needed, and she has played a huge part in our journey over the last few months. Thank you Emily!

HENLEY PICNIC 6TH JULY

Don't forget to sign up to 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.

Details of how to sign up have been sent to all our newsletter subscribers. Check your inbox or the Curlew Facebook page.



Saturday 6th July

Curlew Rowing Club Henley Celebration