

The latest news, views, and announcements of Curlew RC

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### AGM 2021

A pandemic year in summary, awards, and committee election

### Season goals

Our Club Captain on the aims of the next season, and the plan to get us there.

### Departures and Arrivals

Goodbye to our Head Coach Alex and Marcus Yarwood, hello to new members.



## A word from the Chair

- By Matthew Richardson

**As we enter the new season, I feel Curlew is well placed as a club to unleash our potential. We have a fantastic core group of rowers which the new captains are able to build around, we have lots of new recruits, and a new Learn to Row.**

Backing up our club members is this year's committee; you'll meet them later in this newsletter. They have a lot of experience and we're already seeing the fresh energy they are bringing ahead of the next season. I am really looking forward to leading the team with our new Club Captain John Adcock. As you know, our Head Coach, Alex Brown, is sadly leaving us to work for the NHS in the North of England, and I would like to take this opportunity to thank him for all his work with us. Whilst the Committee works to find a replacement, please support the club and your captains. We've got a plan, a grand plan even, and we're already seeing dividends. Off the water we are working hard with the Curlew alumni on the Leander Lunch, now booked in April 2022, plus we will be sending out dates for the Christmas party very soon. Curlew has bounced back bigger and better than ever before, and I am really excited for this coming season

## The Numenius

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## AGM

- By Charlene Woolley

**Curlew's 155<sup>th</sup> AGM took place at the end of August. Held partly in person as pandemic restrictions ease, it was a lively iteration with some spirited debate and merriment. Reviews of the past year acknowledged it had been tricky with the pandemic largely shutting down the sport of rowing. But the spirit of Curlew RC and the dedication of its core membership, with the efforts of Coach Alex and the Committee, had seen us weather the storm.**

The accounts review showed our finances have taken a hit, with an inevitable drop in membership over the pandemic, but Curlew's historically prudent approach to money means we have not reached dire straits. With the end of restrictions, recovery is already underway. A small increase in dues was proposed and passed the vote. The meeting was informed of the Committee's decision to buy a trailer of boats from, the now folded, Alton RC. The merits of the purchase thoroughly debated by Messrs. Richardson and Hasler, and former Chair Anita Jeff. The meeting elected the new committee, as ever uncontested, and awards were presented.



Pictured the Henley Women's Coxless Four with outgoing Club Captain Nick King, minus Kiernan L

## Race Calendar

Upper Thames Head - 31 October

Docklands Head - 7 November

Fours Head - 13 November

Veteran Fours Head - 14 November

Wallingford Head - 28 November

British Rowing Indoor Championships - December

Plum Pudding Races - 18 December

Hammersmith Head - 27 February

Women's eights Head of the River Race - 13 March

Head of the River Race - 26 March

Veterans Head of the River Race - 27 March (TBC)

## AGM Club Awards

**Dev Man of the Year:** Gediminas Stasaitis

**Dev Woman of the Year:** Harriet Trefusis

**Woman of the Year:** Anita Jeff

**Man of the Year:** Felix Hemsted

**John Stewart Award for Outstanding Contribution:** Marcus Yarwood

**Crew of the Year:** Henley Women's Coxless Four (Anita Jeff, Eloise Heap, Kiernan Loue and Kamile Matulenaite)

# Meet the 21/22 Committee

- By Charlene Woolley



**Chair** Matthew Richardson

**Advice to members:** Volunteer, fundraise and pay membership and we can have a fleet of Empachers!



**Club Captain** John Adcock

**Advice to members:** Watch out for the parked boats, especially that blue sea cadets one when steering.



**Men's Captain** Ben Mitchell

**Advice to members:** As squads we'll get out what we put in. Goal oriented training is so important.



**Women's Captain** Anita Jeff

**Advice to members:** If you commit and do all the training, the results will come.



**Development Squad Captain / Women's Co-captain** Claire Postles

**Advice to members:** Weights are key!



**Club Secretary** Felix Hemsted

**Advice to members:** If you want to be fast do all the weights and ergs, and then do some more



**Regatta Secretary** Fabien Mitchell

**Advice to members:** Remember when all is said and done, we are a club. We win together and lose together



**Social Secretary** Charlie Lamb

**Advice to members:** Have a good playlist for ergs and 2k tests. A good song can be a miracle.



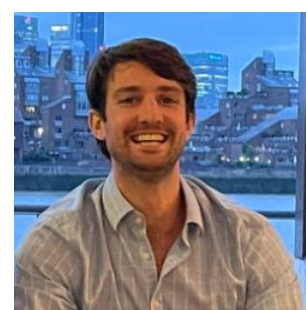
**Membership & Kit Secretary** Darci Dutcher

**Advice to members:** Stick with it and be warned it will take over your life. In the best way obviously.



**Equipment Officer** Gediminas Stasaitis

**Advice to members:** Erg is bae



**Treasurer** Martin Pendlebury

**Advice to members:** Focus on one aspect of your technique you want to improve every outing.



**Information & Fundraising** Charlie Woolley

**Advice to members:** Progress isn't linear. Tenacity can count for more than talent. Do the land training!

# Looking forwards to going backwards

- By Club Captain John Adcock

The first challenge the newly formed squad captains, the dream team of Anita, Claire and Ben, gave themselves was working out where we wanted to be at the end of the season. In our metaphorically smoke-filled room, literally the docks reception area, a possible future came into sharp focus.

Some parts of the vision were obvious, we wanted to be able to look back on a successful head season, glorious Henley campaigns, pot filled regattas and a bigger, better equipped club. Other parts were a little more unexpected, such as the plan to take Curlew to the global stage in Libourne next year, but there was a common thread, to aim higher and simply be better.



With these goals in mind, we then had the much trickier task of ensuring our vision didn't turn into a mirage. We knew that to make any of our plans a reality was going to require hard work across the whole club. We would need to provide plenty of structure and targets to help get the best out of our Senior Squads. To retain and recruit rowers, coxes, and coaches we would have to maintain the friendly one club atmosphere that has come to define Curlew, while also fostering our competitive edge. To make things a little more complicated we had to do all this without a head coach, happily we could draw on a wealth of experience and constructed a training plan to take us up to Christmas.

To launch the plan, we got the squads together in the clubhouse and ensured that they were well lubricated. This did lead to a certain amount of heckling, with a new Nick special question of "What's your favourite submarine drama?" not seeming to phase our panel. Those present were regaled with each squad's aims for the season, a summary of the training plan and the races we are targeting for the season. We also covered the goals for growing the club as well as our ideas for reducing the notorious dockside faff. Those joining us online managed to get some of the speeches, but the inevitable technology gremlins prevented everything being audible. But be assured the speeches were rousing and you should be motivated to invest in the training.

The women and men's squads then separated and clarified their respective plans. I'd like to think we have started to understand the scale of the journey ahead, but also looked around and saw the fantastic people who would be alongside them all the way.

At the risk of jinxing everything the season has already got off to a great start, umpteen boats out each weekend, increasingly well populated training adherence spreadsheets and happy squads, long may it continue.

# A Taste of rowing

- By Charlene Woolley



A long pandemic had seen off Curlew's popular Taster Days, but with restrictions lifting and the pause between the regatta and head season, the Committee decided to run a Taster day, our first for two years. In addition to raising funds our plan was to tee up another Learn to Row course and attract athletes with competitive potential. Duly advertised, the Taster Day sold out with four weeks to spare. Recognising demand was high, the Committee decided to run two Taster Days back-to-back on consecutive Sundays. Both sold out with an amazing

64 people keen to give rowing a try!

Blessed with great weather both days went splendidly with excellent feedback across the board from participants. I may be biased but by far the most fun were the erg sessions with the relays at the end. I can never get enough of people surprising themselves with what they are willing to throw at the erg. In addition to raising over £2000 for the club, almost all our taster day participants requested places on our upcoming Learn to Row course. An amazing three requests for every available place. Such a level of interest has helped us to recruit more women and recent graduates to the course than we usually do. We are already excited about the homegrown talent this course represents, with some future Henley contenders already in the mix! We'll be featuring them in future issues of The Numenius. One of the pulled a 1.32.4 on his 500m sprint in his first coached erg session. Exciting!

## The Committee Commends

A number of members have contributed their time and efforts over past weeks to help the club. The Committee would like to offer special thanks **Dahlia Belloul** for running the September taster day while the Fundraising Officer was unavoidably detained in Beirut. Similar thanks are extended to all the volunteers for both taster days, especially those who doubled up: **Felix Hemsted, John Adcock, Joe Crotty, Steve Matthews, and Darci Dutcher**. We would also like to thank **Jack Pooley** for stepping up to help coach the next Learn to Row course. Finally, a thanks to **Desiree Ivegbuna** and the **Henley Women's Four** for helping to make weightlifting instruction videos for the wider squad.

## Social Calendar

Learn to Row Welcome Social -  
28 September

Alumni Zoom Call - 4 October

Spooktacular! 31 October

Brunch at the Fox - 6 November

Bonfire Night - Early November  
TBC

Brunch at the Fox - 4 December

Christmas Party - 18 December

Leander Lunch - 24 April

Itching to live it up after the  
Pandemic? So are we! Get in  
contact with our social secretary  
Charlie Lamb on  
[cjl93@cantab.ac.uk](mailto:cjl93@cantab.ac.uk) with your  
ideas and requests.

# Uniting past with present, a return to rowing

- By Murat Demircan



I started rowing soon after the 1992 Barcelona Games, inspired by our very own god of rowing, Steve Redgrave - but I refuse to declare my age at this stage. Let's put it in that way; I raced in Yugoslavia and Czechoslovakia when I was a teenager.

My first rowing club was Fenerbahce, who I stayed with all the way until I moved to the UK. So although I wasn't lucky enough to be a junior at Leander Club, Fenerbahce is still a privilege to have been a part of. With them I had the chance to start racing internationally from the age of 16! Although luck isn't what gets you to the top, that requires what some people term sacrifice, but I call 'passionate dedication'. Through this I found myself, and strong friendships, meeting like-minded men and women. Probably mostly the girls when you're a teenage boy. But I liked training hard and pushing my limits too (changing the subject quickly...).

Life doesn't get better than travelling the world while competing at rowing. At least if you ignore the eat-sleep-row-repeat part. Why work anyway? Just pick something and make it your lifestyle! Says Murat from the office at 10pm.  
[Editor: I commend this dedication to the newsletter. Take note dear readership]

Reflecting on my first stint with Curlew RC, I think there is rowing and there is rowing with Curlew. For me the latter is the upgraded version. You can be as competitive or recreational as you like, while getting to know a lovely bunch of people. The highlight of my Curlew career has to be the Henley Regatta - which I shall come onto in a minute - but just being part of Curlew itself is one of the highlights of my last ten to fifteen years without a doubt. It almost feels like the members of the club get diligently vetted to join.

When I started Curlew in 2007, I was in a transition period to become a normal person. I wanted no more 5am erg sessions, followed by lunch time weights, just before going out on the water late afternoon. My plan was to enjoy rowing as a hobby. Famous last words. Obviously, the Henley rush got me before I knew it. Even though I wasn't training three times a day, six times a week is still something. But I found it was possible to balance to exercise and socialising at Curlew (while sometimes working harder on the training) as a late 20s/early 30 something. But sometimes we played just as hard as we worked. We did party really really hard on a few occasions, especially after Henley and at Christmas, and the post Henley-local summer competitions also deserve special mention. But no gossip here.

I went on a rowing hiatus to try the things that I never had time or energy to do due to committing to rowing since my childhood. Mostly travelling and learning various other sports disciplines, a break from my 20 yearlong rowing routine, in order to feel different aspects and angles in life.... sounds good, doesn't it? And yet ultimately, I missed rowing. I've been focusing on building my business and making it robust, in part so I can come back to rowing again as it turns out. It's in my work life and business that I've realised that as rowers we actually have some pretty competitive and transferable skills! Do we now need to tell ourselves 'no pain no gain'? Or is it obvious at this point already? Probably is.

I've come back to Curlew because I live too far from Leander and Molesey! More seriously, I really missed not only the feeling of moving a boat, but also old friends, smiles and banter. I am also back to support the club, assist and encourage young rowers, like Sparra for example. On that note he does a great job leading the vet squad, so we can still get to enjoy our rowing on Sunday mornings. Vets rowing wasn't an option when I was last in Curlew. But seeing lots and lots of developments within the club motivates me to be involved and give back to my rowing community if / where I can. The Turk is back!!!

# Fundraising

Rowing is a sport for everyone, but the reality is it is not cheap. Curlew RC punches above its weight, but with more equipment and coaching we can grow, and achieve, more. With the pandemic restrictions eased we've been able to restart some of our fundraising activities, running two taster days back-to-back and launched a new Learn to Row course, our first since February 2020.

You can help the club to either through a one-off donation at <https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1011069> or by supporting us through Easyfundraising. This is a free way to support the club when you shop online, with 4300 retailers giving us a donation if you just click a button. Details below. We've raised £2500 through this and it was at no cost to our supporters! Finally, if any reader would like to buy us a boat please email [curlewfundraising@gmail.com](mailto:curlewfundraising@gmail.com) immediately. Such largesse will be rewarded with much gushing in The Numenius.



# We've raised

**£2500.00**

**with easyfundraising!**

Help us raise **EVEN MORE** for **FREE** when you shop online

Use the link below to support us

<https://www.easyfundraising.org.uk/causes/curlewrc/>

4,300 online sites will give us a free donation when you shop with them - at no extra cost to you!



Download the easyfundraising App



# Departures and Arrivals

## Goodbye Marcus...

August saw the departure of Senior Squad Captain Marcus Yarwood and the club enter a period of collective mourning proportionate to his contribution to Curlew. We remain in mourning at the time of writing. Marcus has been a part of Curlew since around 2014. His time with us has been characterised by a quiet but impressive work ethic. Like all the best people, Marcus lets the work speak for itself and remains humble despite all his achievements. He's remains the only person I've seen smiling racing down the Henley course.



Marcus was elevated to Committee in the midst of the pandemic. That he stepped up at such a difficult time speaks to his character and the club owes him a lot for his work in this difficult time. In addition to keeping our remaining rowers motivated, especially on the women's side, he worked hard on recruitment of new members in parallel with a demanding schedule of his own Henley training. The best thing we can say about Marcus is that he is a club man. He knows how important it is to give back more to the club than what you take out of it. He was rightly awarded at the AGM for his outstanding contribution to Curlew. Now relocated to the West Country, wed and having bought a house, we thank him again and look forward reunions at Henley BBQs.

## ...and au revoir Alex!

Being the Head Coach of a rowing club cannot be described as an easy job at the best of times, but the global pandemic has added a whole new layer of challenge. Alex joined Curlew in February 2020, taking over from departing legendary Head Coach Fred Badowski.



His mission, and time with Curlew, was ultimately very different from that of his predecessor. Alex was asked to coach across the club, and help breakdown some pretty entrenched silos which sometimes made us feel like two or three clubs. But like all coaches, his aim would be to help Curlew place well in the big competitions. And with high expectations we hit the wall that was covid-19, and a strange period that lasted far longer than Committee anticipated. Working with an entirely unprecedented set of circumstances, Alex has been able to help Curlew move forward. We are now more cohesive than we've been in years, have improved the fleet, and have also seen ourselves return men's and women's boats to Henley in the most difficult of circumstances. Alex brought an enormous love for the sport into everything he did with us. While we are sad to lose him to a job in the north, we offer our gratitude and our very best wishes for the future. Also whisky. We gave him whisky. He probably needs it by this point.

## Welcome new members!

The start of season has seen Curlew welcome new rowers into the Club. We have **Molly Davies** who hails from America and has chosen to restart her rowing career with Curlew. Rowing since 16 she's honed her skills at Northwestern and taken on the legendary Head of the Charles. Despite a break of a few years she's already bringing impressive power in the boat. On the men's squad we have welcomed **Dominic Wong** from Hong Kong. Rowing now for a good number of years with lots of regatta experience, he's slotted in seamlessly into the men's squad. Joining him is **Peter O'Callaghan** from Cork, Ireland, bringing wins in national championships! **Ben Owen** has also chosen Curlew as his London club. Rowing now for 18 months, the coaches have noted some pretty tidy technique and we're excited to see how he develops. Final additions to the Men's squad are **Callum Taylor**, and **Gurdas Singh**. New to our Development Squad we have **Mai Attia** from Egypt. Mai learned to row with another London club but has joined Curlew to hone her skills and get to the next level. Also new in the Development Squad is Londoner **Daniel De Lisle**. He began his rowing career with Queens' College Boat Club in Cambridge where his boat memorably crashed into the river bank twice in a 500m race [Editor: me too Daniel, me too]. Welcome to Curlew guys! We look forward to documenting your glories in The Numenius in the months to come.



# Parish Notices

## Could you be our New Head of Rowing?

- By Matthew Richardson

Alex has departed for new adventures, so sound the horns! We have a vacancy. Could you be the one to lead us to greatness? Whip us into shape? Help us match and exceed our previous achievements? There's a lot of potential to be unleashed in Curlew, we just need a rowing sage with vision to lead the way. Have a look at the job description below and contact me on [Matthew.richardson86@gmail.com](mailto:Matthew.richardson86@gmail.com) if interested.

### Who we are

Curlew RC is based in East London, founded in 1866. We are a mainly sweep focused club, with the main aims of the season for the senior squad to build on previous results at WEHoRR, HoRR, HWR and HRR. 2019 results include 81st at HoRR, quarter-final of aspirational coxless fours at HWR, and qualification for the Thames and Wyfold Challenge Cup at HRR.

Our fleet is based at the London Regatta Centre, rowing on the 2000m multi-lane stretch of water that is the Royal Albert Dock, with a cycle path along the whole of one side of the dock. Our clubhouse and gym are on the banks of the Thames in Greenwich. The senior squad is made up of around 40 rowers, with a smaller number in the development squad that will increase when the new learn to row course graduate.

### The role

This is a senior squad Coaching position and will provide strategic leadership and high-level coaching.

Remuneration package will be dependent on experience. Reasonable expenses will be covered. This is a part-time position; the Committee is open to discussion over the contracted hours. These hours could include planning and other duties around the boathouse. The actual number of hours each week will vary depending on the time of year.

### Responsibilities

♣ Working with the coaching team to design and deliver an overall club program to successfully deliver against the Committee's performance objectives:

- Lead the coaching team in developing a training programme and providing guidance as appropriate to its implementation and amendment for individuals/and senior squad
- Work with the committee to organise training camps and offsite training/racing
- Work with the other coaches to help develop rowers through the squads.

♣ Maintain an atmosphere of mutual support and respect.

♣ Maintain appropriate standards of behaviour as an ambassador for the club both on and off the water

♣ Advise and assist in the rigging and maintenance of the racing fleet.

♣ Assist the captains and committee in the recruitment of athletes to the club and retain existing squad membership

♣ Be available for coaching work and management of rowing activities as required

♣ Towing of the trailer as and where necessary

♣ Expected to work flexibly under minimal supervision

- ♣ Perform related duties as required

### **Qualifications**

- ♣ Demonstrable experience of having delivered success at club/university/school level
- ♣ Coaching qualification (minimum: UKCC Level 2 or international equivalent)
- ♣ Full driving licence

### **Desirable Qualifications**

If not held, the appointee will be expected to work towards these qualifications once in post within a reasonable period:

- ♣ RYA Powerboat Level 2 or international equivalent
- ♣ Driving license with B+E codes and ability to tow rowing trailers