

News from Curlew Rowing Club

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Curlew Rowing Club

Fours' Head special edition

Curlew have made a promising start to the winter season of racing with new silverware acquired at **Docklands Head last weekend**. With the benefit of racing on 'our water', Curlew dominated the docks with an unapologetic seventeen entries. The podium was painted blue as the Senior Men's 4- and Senior Women's 4- crossed the finish line as the fastest boats of the day, with the Men's 4- and 4+ also winning in their categories.



Toby Churchus raced in the winning IM2.4- and gave this report:

"While usually considered a relatively short and easy-going regatta by many of the more experienced rowers that attend the Docklands Head, this year it proved to be far from that expectation. In preparation for a larger race the weekend after, the Curlew Senior Men's squad entered with a mixture of 4+/-s and 2-s. Despite the strong winds and choppy conditions (which you would think we were all used to by now) all crews completed the course with good results and two boats were even rewarded with engraved hip flasks – yes that's right, hip flasks! While there were ups for some boats - the top 4- coming fastest boat of the day beating a few 8+s in the process – there were also some lows with the newly formed Vet Squad feeling cheated out of their first race with a boat-stopping collision, adding a lot of excitement to the event. All in all, however, it was a thoroughly enjoyable day and a really good benchmark to start the season. Bring on Fours' Head!"



Vivienne Meehan raced in the W.IM3.4- and W.IM2.8+ :

"The wind was in our favour as Curlew took to the water for the Docklands Head of the River. The 2750m time-trial attracted over 143 crews to compete and set out the standard of racing for the coming season. A deceptively sunny morning did not reflect the icy cold temperatures that not even the thickest of lycra can withstand. After an explosive regatta season, the crews had to adjust to the cold mentality and put their endurance training to the test.

Curlew had an array of boats including doubles, pairs, fours and eights across the two divisions, with our novices making their grand debut. All our crews gave the other clubs a solid competition and encouraged the rest of the Curlew crews to step up their game. With a fiery start, the men and women's crews powered down the docks overtaking and pushing every step of the way until the last metre, when the flaying arms of the marshal in the launch called to wind it down.

After giving it their all, Curlew did not walk away empty-handed! It was a successful day and will provide a platform to build on when coupled with continuous commitment to training throughout the winter."

The four Fours' Head crews

to West London to cheer on the following athletes:



4- BAND 1

CREW 236

Race Plan: Sod off and hold on!



STROKE: TOM WEEKES (Club Captain)

Age: 25

Joined Curlew: 2015

Previous Fours' Head races: 2

Race Goal: Just enjoy it, good rhythm = good results

When I'm not in a boat, you'll find me thinking about rowing!



THREE: TOBY CHURCHUS

Age: 22

Joined Curlew: 2016

Previous Fours' Head races: 0

Race Goal: I would love to place in the top 100. Being my first Fours' Head, I feel this would be a great achievement.



TWO: JOHN STEWART

Age: 30

Joined Curlew: 2013

Previous Fours' Head races: 0

Race goal: Make the right calls and get in the top 100

When I'm not in a boat, you'll find me watching sport, cooking or entertaining my nephews and niece.



BOW: ANGUS WILSON

Age: 25

Joined Curlew: 2016

Previous Fours' Head races: 0

Race goal: Not to crash the brand new Hudson!

When I'm not in a boat, you'll find me eating porridge!

4- BAND 2

CREW 247

Race Plan: Push off hard and stay on the right side of the edge for the whole 6.8km.



STROKE: ED NINHAM



THREE: ALEX GIBBONS

Previous Fours' Head races: 0

Race goal: To beat my uni friend rowing for City of Cambridge.

When I'm not in a boat, you'll probably find me in the office.



TWO: CHARLIE MEDWIN

Age: 27

Joined Curlew: 2016

Previous Fours' Head races: 0

Race goal: Get over the start line the right way up...Following that, push off hard and hang on!

When I'm not in a boat, you'll find me napping...drinking...napping!

Previous Fours' Head races: 0

Race goal: To have an incident free race!

When I'm not in a boat, you'll find me doing DIY.



BOW: MIKE SCOTT

Age: 25

Joined Curlew: 2015

Previous Fours' Head races: 0

Race goal: To take our aggression and fighting spirit and combine it with good execution!

When I'm not in a boat, you'll find me at the bar!



CREW 282

Race plan: Rate 33. Big rhythm, sit back, swing together and... enjoy it!**STROKE: JESS PHILLIPS** (Women's Captain)**Age:** 24**Joined Curlew:** 2016**Previous Fours' Head races:** 0**Race goal:** To keep the length and rhythm needed to achieve maximum boat speed, and to keep it on the edge all the way.**When I'm not in a boat, you'll find me organising boats!****THREE: SOPHIE LEONARD****Age:** 28**Joined Curlew:** 2016**Previous Fours' Head races:** Not sure how many, all I remember from 'back in the day' is we tried in 2009 but it was cancelled.**Race goal:** To stay long and locked on, and avoid washing out in the potentially rough water.**When I'm not in a boat, you'll find me pretending to be a runner!****TWO: GEMMA BARKER****Age:** 26**BOW: REBECCA JACKSON****Age:** 25

Race goal: I want to make sure we hit our rhythm early on - and try not to get distracted by all the amazing crews racing close to us!

When I'm not in a boat, you'll find me eating brunch!

Race goal: Not to get lost and to follow the stream!

When I'm not in a boat, you'll find me baking brownies!



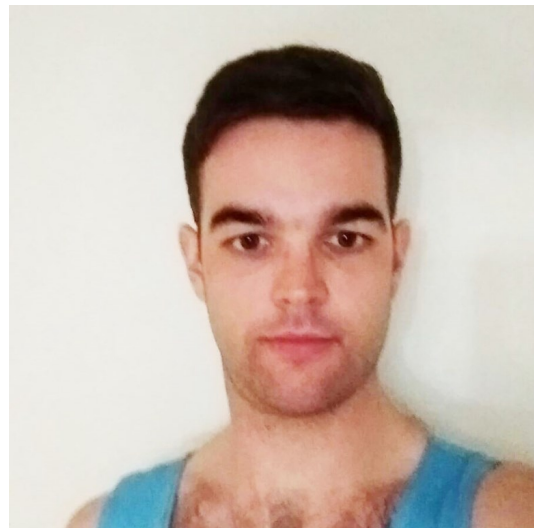
4+ BAND 2

CREW 329

Race Plan: (Also) "Sod off and hold on!"



STROKE: STUART BEARDS



THREE: EOGHAN BEAMISH (Men's Captain)

Previous Fours' Head races: 1

Race goal: To win the coxed four band 2 category.

When I'm not in a boat, you'll find me cracking open a cold one!



TWO: CALLUM STAYTON

Age: 23

Joined Curlew: 2016

Previous Fours' Head races: 0

Race goal: To race and complete it first and foremost. Then to finish in a good time, overtaking the crews ahead of us and holding off Newcastle Uni for as long as possible!

When I'm not in a boat, you'll find me in the gym (with Toby).



Previous Fours' Head races: 1

Race goal: Finish in the top third of coxed fours.

When I'm not in a boat, you'll find me sleeping!



BOW: CONNOR AUSTIN

Age: 29

Joined Curlew: 2016

Previous Fours' Head races: 0

Race goal: To have an enjoyable race!

When I'm not in a boat, you'll find me on an erg!

COX: ALEX SMITH

Age: 27

Joined Curlew: 2015

Previous Fours' Head races: 0

Race goal: It will be a new experience racing on the Tideway in a bow loader, but I'm looking forward to getting out there again after the disappointment of HERR being cancelled last March.

When I'm not in a boat, you'll find me ordering Jägerbombs!

Like our [Facebook page](#) for the more details and the latest information on social events.

Curlew Rowing Club presents
AN EVENING OF

CHEESE

AND

WINE



Friday 17th November, 7:30pm



Trafalgar clubhouse, SE10 9NP



Tickets £10pp via callum.stayton@gmail.com

SATURDAY 16TH DECEMBER

Festive racing in mixed Vllls from 11am



Christmas fancy dress with prizes for best outfit, crew name, and fastest crew.



Mulled wine and mince pies provided.



Friends (who have rowed before) welcome.



£5 minimim donation per seat via Virgin Money.

Make your donation and email
curlewfundraising@gmail.com by **9th December** to secure your seat!





CURLEW

CHRISTMAS PARTY



Saturday 16th December
7pm - midnight



A three course meal followed by dancing at
The De Vere, Devonport House, Greenwich



£55 per person. Payable by 1st December
Dress code: Black Tie or Curlew RC blazers

Have you left the Senior Squad, but still want to row? Or perhaps you just want to get in touch with old friends and be first to know about our events.

Curlew Vets Squad or Alumni membership could be for you!

Email curlewmembershipsecretary@gmail.com for more information.



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