



**GUILDFORD ROWING
CLUB**

Captain's Update - December 2021 - End of Year Digest!

- **Vet Fours Head**
- **Teddington Head**
- **GBRT U19's Open Trial**
- **Hampton Small Boats Head**
- **Walton Small Boats Head**
- **Christmas Celebrations - Junior Party and Scratch Regatta!**
- **Gym Update**
- **Merry Christmas and Happy New Year to all our members!**

Vet Fours Head - 14 November 2021 and Teddington Head - 20 November 2021

The intrepid crew of Robert Hall and Paul Woowat from Guildford, Nigel Hopkins from Eton, and Jeff Watling from Southsea, braved the tideway for 6.8km of racing, coming mid-table in a strong and competitive MasH4x- field. The same crew came together for Teddington Head, comfortably beating Twickenham RC.

The crew of Will Tilbury, David Jarrett, Brad Bryant and Tim Ostle also competed in the MasD4- event - unfortunately a time only event but a good opportunity to get out all the same.

GBRT U19's Open Trial - 20 November 2021



WJ17 squad member Eleanor Morris took part in the GB Rowing Team U19's Early ID trials in November in Boston, racing over 5k in the single scull. Eleanor was invited to the trials following a fantastic rate-capped 2k time!

All the best to Eleanor as she continues in her journey with the GBRT U19 trials - a huge testament to your dedication to rowing, training and learning!

Hampton Small Boats Head - 4 December 2021

The GRC Junior Squad had a great day at Hampton Small Boats Head racing in singles, doubles and quads. Excellent performances from our Juniors in some very strong and large fields (up to 40 entries in some events!)



The event also saw the debut of the squad's all-weather gazebo to keep rowers, parents and bags dry!

Walton Small Boats Head - 11 December 2021

What a great multi-squad day out at Walton Small Boats Head. The weather was fair, the stream good and the vibe on point.

Some great outcomes, both in the racing results and many other types of achievement in a boat. Congratulations to William Rhydderch (J14) for a win against stiff opposition in the J14 1x. Also Junior Coach Paula Reddy and Jackie Johnson in the WMasC 2x. A commendable double silver for Junior Captain Dan Wood in MasD 1x and with Men's Captain Richard Cooper in the MasD 2x ... they're not captains for nothing!

Storming small boat debuts for Annabel Mankabady with Lucy Wood in the WJ16 2x. Also Eva Sartin who delivered a splendid bronze in a field of 6 while rowing 6 times further than ever before in one go. Special mentions for the continuing progress from Jacob White in the J16 1x (8th of 31) and Thomas Mantell with Josh Myers in the J15 2x (5th of 15). But bigger than all that, what an amazing bunch of rowers, coaches, parents and supporters.



Some highlights of the action - please also check out the GRC Club Spod Post from Mark on the 11 December for more photos!

Many congratulations to all our rowers who have made such a blistering start to the racing season this autumn. Many thanks to the supporters, coaches, parents, towers who help to make this all possible too!

GRC Junior Squad Christmas Party - 17 December 2021

GRC Juniors, parents and coaches celebrated a fantastic year of achievement with a Christmas party at Weybourne House. Stringent covid procedures were followed to make sure the event was as safe as possible.

The Junior squad celebrated with a meal, a DJ and dancing, some great awards, and finished off with a mega fundraising round for new Junior equipment.



Check out more photos at https://www.instagram.com/guildford_junior_rowing/

Many congratulations to the event organisers - Mark Rawlinson, Philippa Pendred, Simon Taylorson and Peter Carter for enabling it to go ahead safely and for putting on a great event.

GRC Christmas Scratch Regatta! - 19 December 2021

GRC finished off their water sessions for the year with a fun Christmas Scratch Regatta. With copious amounts of mince pies, mulled wine and bacon butties to help us through, our intrepid juniors competed in an aqua jog relay, erg relay and quad sprints down the straight in very foggy weather!

Huge kudos to all our competitors, and our top placing teams, with three third-placing teams::

- First place: Ben Isherwood/Olivia Howie, William Holmes, Callum Rollo and Rosie Bentley
- Second place: Enya Lloyd, James Rowson, Ben Grimshaw and Liam Gardiner
- Third place: Matilda Dunstan, Seb Tooth, Kyle Man and Dulcie Pendred
- =Third place: Monte Wood, Nishkala Ganesh, Noah Vosloo and Emilia Morland
- = Third place Freya Cook, James Bowater, William Rhydderch and Leyla Kandemir

Many thanks to the helpers for keeping everyone supplied with bacon butties, warm drinks and festive fun! Many thanks to Danny Skillman for organising and putting together the results sheet!



Clubroom Gym Update

The club have recently invested in new gym equipment to help add extra variety and opportunity to land training - this includes two new BikeErgs, a full suite of 13 rowing machines, a new dumbbell set, kettlebells, plyo boxes and new exercise mats! Many thanks to Aimee Marshall for spearheading this investment.

As part of the refresh we are also getting professionals to paint the remaining areas of the clubroom and seal the floor. This has taken a bit longer than expected while we are dealing with smoe roof repairs but we hope to complete this by mid-February. In the meantime we'll be modernising our photo gallery - keeping the history but adding highlights from the squads in recent years. We may need your help in this, so please keep a look out for communications from your captains!

Note on Sessions over the Christmas Break...

Organised training and water sessions will be cancelled over the Christmas break to help everyone get a well-deserved rest - please check out Spond and any communications from your Captains and Coaches for full information.

For seniors - the free rowing sessions during the morning and day will continue, but please bear in mind that there are likely to be far fewer people down in each session, and likely inclement weather. Please do risk assess whether you should go out based on the weather conditions and if you are the only one down for a session.

Any questions at all, please get in touch with your squad captains.

Many thanks to the support crews for each activity, and catering crew for keeping everyone fed, watered and warm! A fantastic day for all involved.

Finally, a Merry Christmas and Happy New Year to all our Members, Parents and Coaches! Thank you for your support over another challenging year, but we look forward to many great times in 2022.

