



# GUILDFORD ROWING CLUB

## Captain's Update March 2022 - Kicking off the New Year!

- Club News: John Knight
- Weybridge Winter Head - 22 Jan 2022
- Endurow 4 hr rowing marathon - 5 Feb 2022
- Molesey Vets and Junior Head - 12 Feb 2022
- Junior Racing Prep activity and Accelerator update
- Victoria Starr success at Canadian/American and Worlds Indoor Rowing Champs!
- Clubroom refurb update - Erg Maintenance, and New Rules!

### Club Member News: John Knight

We are sad to announce the death of John Knight, on the 28th February at the grand age of 86 years old. John was a valued member of the club for over 40 years. Latterly he rowed with the GRC Vets on a Tuesday morning, enjoying their company and memories. Our thoughts are with his family at this sad time.

### Weybridge Winter Head - 22 Jan 2022



Our men's vets squad started the year as they mean to go on with a fantastic showing at Weybridge Winter Head. Big congratulations to Men's Captain Richard Cooper who got two vets eights entered into the event, and many thanks to Weybridge Rowing Club for lending a second eight and blades!

Special mentions to Paul Woowat, Nigel Hopkins, Robert Hall and Jeff Watling for coming 2nd in the MasG/H 4x-, and the crew of

Tim Ostle, Richard Warne, Will Tilbury, Brad Bryant and (**Richard please check - Dulcie Pendred**) for coming 2nd in the Mas D/E/F/4+ event!

### Endurow 4hr Rowing Marathon - 5th Feb 2022



Chris Boys, Hilary Birkinshaw, Paul Bradbury, Elizabeth Loch, John Devaney and Gerry Brierly, and Adrian Nelson came together to row for four hours straight as part of the Endurow event, raising money for the [Para Rowing Foundation](#). The intrepid squad rowed 170000 m in total - a huge achievement!

This included two marathons from Adrian and John, a half marathon from Chris Boys and a huge team effort to make the distance. There were many laughs and much hard graft - all while being live streamed around the world (29 countries). If you would like to support this effort in aid of the Para Rowing Foundation, please take a look at their [Just Giving Page](#).



## Molesey Vets and Junior Head - 12 February 2022



A great first New Year Race for our Juniors, with 12 crews entered across two divisions.

Congratulations to the winning J14.4x+ crew of Henry Pendred, Oscar Taylorson, Noah Vosloo, William Rhydderch and Dulcie Pendred coxing!

A special mention to Izzy and Izzy, graduates of the WJ15 Accelerator programme who raced in a double - grassroots rowing at its finest. Congratulations also to our J13/W13s for whom this was their debut race!

The Vet Men's squad raced in the afternoon, with Jon Roose, Tim Ostle, Brad Bryant, Bill Mansfield, Arnold Paikin, Richard Coldrick, Steve Wright and super cox Junior **Enya Lloyd, in the MasCDE 8+**, and Jeff Watling, Paul Woowat, Robert Hall and Nigel Hopkins in the MasFGH4x-, coming 2nd in their class!

**For March, we're looking forward to Kingston Head, Junior Inter-regional Regatta Trials at Walton, Junior Sculling Head, and Vesta Veterans Head!**

## Junior Racing Prep at Dorney Lake | Accelerator Training Programme Success



The Junior squad travelled to Dorney Lake in January and February for some rigorous time trial training, in preparation for key races such as the JIRR trials. Junior Sculling Head and of course regatta season!

Braving the cold and wind, our intrepid Junior squad were still smiling after a hard day's work!

On a related note, GRC are delighted to acknowledge the success of the

Accelerator programme, a new initiative to introduce older juniors to the sport of rowing. The programme has seen a hugely successful retention rate, with programme graduates racing (Izzy and Izzy, right). Here's to many more races!



## Victoria Starr - success at Canadian/American and World Indoor Rowing Championships!



Victoria Starr has had yet another successful indoor rowing season with two incredible wins at the Canadian/American and World Indoor Rowing Championships, in the Women's Masters (50-59) 2k events, pulling 2ks of 7.23 and 7.19 respectively. Awesome work Victoria!

*(I know the pic says 2019 - no pics from this year as it was virtual!)*

## Clubroom refurb update!

The captains have been progressing with the clubroom update and we're now pleased to say that the walls have been repainted, the floor sanded and sealed, and the room re-occupied with our comprehensive gym equipment. The next stage of the project is to repopulate the walls with our gallery of success - coming soon!

## Erg Maintenance



We'd like to thank Sean Kelly, Junior parent, for helping to get our erg fleet in ship shape, updating the firmware to get maximum utility out of our ergs! To all club members, please remember that maintenance is everyone's responsibility. If the batteries need replacing, please do so; if you hear a loose nut, please tighten, etc! Please help us to keep them in good working order as long as possible.

**NEW RULES:** We are proud of the clubroom update and we all want it to be kept in good order. Please take note of the clubroom rules below, and soon to be up on the club noticeboards:

- **Please enter the clubroom with clean shoes - no muddy shoes, or wellingtons. If you don't have any spare, please leave muddy trainers by the door!**
- **Please wipe down equipment after use with disinfectant and tissue, available in the clubroom - this stops equipment getting sticky and avoids grease tracks on the ergs.**
- **Please put equipment back after using it - weights, bands, mats etc.**
- **Please use equipment safely, and for juniors, under the supervision of your session coach.**

**We hope you enjoy the new facilities!**