



Easy Oar

Newsletter of the Leichhardt Rowing Club

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LRC — Premiers ... again!

Leichhardt Rowing Club has won the NSW Rowing Association premiership pointscore for the 2007–08 season (the LE Stepto OAM Memorial Shield)—for the second year in a row.

The premiership win was announced at the recent NSW Rowing Association presentation night, along with the other annual awards.

LRC won the pointscore by a mere 7.95 points, ahead of second place-getters Sydney University. Sydney Rowing Club was third, Mosman fourth and St George was fifth.

Winning back-to-back premierships is a fantastic effort by the club. It has been the combined efforts of each and every rower, cox, coach, supporter and everyone who has assisted 'behind the scenes' that have made the season such a great success.

A big thank you to all who have contributed; we should all feel very proud of what the club has achieved and enjoy the celebrations of winning the premiership.

The challenge now is to replicate a 50-year-old a premiership trifecta—LRC won the premiership in 1956, '57 and '58—so the challenge (for 2009) is now on good and proper!!!

More LRC awards

Two other NSWRA awards were presented to LRC members: Sam Wayland was Coxswain of the Year and Wade Hewett received the Rusty Robertson MBE Award. Congratulations to both Sam and Wade—who are most deserving of these awards.



Charles Bezzina and Bill Monaghan help Jane Hutchison display the Premiership shield at the LUER lunch on 25 May. For more on the lunch, and LUER's (now LUOR) generous donation to the club, see page 3.

More nominations went to other Leichhardt personalities: Rod Richardson was nominated for Volunteer of the Year; Wade Hewett was also nominated for the Kevyn Webb OAM Achiever of the Year award, for his work on RA council and FDG Weir Reserve. Pymble's Gillian and Mark Campbell were nominated for NSWRA Coach of the Year (school girls).

Did you know ...

... that for pointscore regattas, first place earns four points, second place earns two points and third place earns one point?

Some regattas are worth more points. Country pointscore regattas (like the Taree regattas) are double point regattas; Championship and Medals Events (such as

the State Championships, Trickett regatta and State Masters Championships) are triple points.

But, did you also know that when two or more crews from the same club place, then points are awarded to only the first of those crews. (For more information on premiership points, see by-law 5.2 of the NSW Rowing Association By-Laws).

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Awards galore

Congratulations to the LRC award winners for 2008, announced at the recent LRC presentation night :

Encouragement awards:

are awarded to club members who deserve recognition for their development within the club, either on water development or in other roles round the club where they have been outstanding.

Awarded to: Rebecca Chapman, Zoe Thomas, Emma Thomas, Andrew Morrell, Rob Downton, Barb Chapman, The Women's novice squad

Improvement awards:

are awarded to rowers who have demonstrated significant technical and performance improvements throughout the season.

Awarded to:

Most Improved, Juniors: Freya Cole, Georgia Girdler, Nick Andronikasvili

Most Improved, Senior: Brian Davis

Mick Lowrey Trophy

is for the club member who has provided the greatest contribution to novice development. Steve Roll has been coaching and developing a wide range of novice crews.

Awarded for most assistance to novices: Steve Roll

Ron Bath Trophy

is awarded to juniors in recognition of both on-water development as well as a positive contribution to the club off-water.

Ron Bath Trophy for outstanding junior: Isobel James

Moynahan Award

is for coaching excellence, and awarded to the coach who has made the greatest contribution to technical development.

Awarded to: Charles Bartlett

The President's award

is for the member the President sees as providing an all-round contribution to the club.

Awarded to: Anne Parbury

Captain's award

is a recognition of the combination of performance levels in competition, assistance with coaching and rower development, and general contribution to the club operations.

Awarded to: Deanna Fekete

Pointscore awards:

Masters' point score

and *Women's point score:* Angela Conry

Mens' point score: James Hutchinson

Coxswain's Trophy: Sam Wayland

The Breakfast Award: Chef of the Year



The Chef of the Year shows his style

Not included in the list above, but an award fast gaining 'most desired' status in the club is the Breakfast Award, or the floating trophy plate (and some people think it's just about the rowing).

In its second year, and in a hotly contested field, the final winner on a countback was Rex Chapman who was presented with the Chef of the Year award with a coat to match the honour. It's tough competition—competitors were eliminated for lack of humility, too much capsicum, insufficient bribes, but Rex emerged triumphant above them all.



Another prize-winning creation, see recipe below

Recipes are highly prized (as is a seat at the table and a chance to sample), but a diligent reporter took note and provided the following sample of what they cook.

As in rowing, this breakfast appears simple to prepare, but to get it right requires impeccable TIMING.

Marinate giant mushroom and thickly sliced tomato in an olive oil, fetta and garlic marinade, then grill till succulent.

Lightly steam fresh asparagus till bright green, prepare fried egg.

On warmed plate serve by placing giant mushroom, followed by →

LUER, their gift to the club and the social regatta

The annual LUER winter luncheon on 25 May was another great success, and many reminiscences were shared, old acquaintances renewed and new friendships forged. It's awe-inspiring to be in the presence of so many Australian and international champions.

This year the event had a new flavour; the social rowers brought a new style of regatta to the club—the Social Sprint Regatta. Three mixed eights streaked over a 500 metre course and Bill Monaghan, Andrew Morrell and Charles Bezzina were kind (and brave) enough to cox.

Each team was clearly identified by their distinctive attire—one wore a selection of loud neckties, one brightly coloured butterflies perched on their heads (and named, you guessed it, The social butterflies) while the last crew wore full Hawaiian outfits: leis, Hawaiian shirts and grass skirts. No-one is sure how you can row in a grass skirt without getting seriously entangled with the slides, but they managed without incident. Three recent graduates of the learn-to-row program—Heather Hunt, Jo Sullivan and Marilyn Ramage—had their first taste of racing and are keen for more.

In beautiful conditions, Tie-landers, spurred on mercilessly by coxswain Bill, won the first race by a clear margin. Despite a significant handicap, they dug deep and then pulled a second victory out of the hat. Both races were called by Barry Moynahan in his usual smooth, professional style—never once marred by fits of laughter. The world-class rowers of LUER were nothing but diplomatic later.

None of this could have happened without the support and encouragement the club has shown the social rowers. Barry Moynahan, Dave Bodell, Peter Trives, Steve Jaques and Tony Potter contributed their time as marshals so that everyone could else enjoy themselves—thank you.



The Anzac Day breakfast 2008—boiled eggs and soldiers, with silver service, sparklers, flags and Anzac biscuits.

tomato slice, artistically arranged asparagus and then the fried egg. Drizzle left over marinade dressing and garnish with fresh herbs such as oregano.

Note: Recipe gleaned by our intrepid reporter, and based on observation and comment from participants. The actual recipe may be made available by the chef at the end of the season—get those bribes ready. [or perhaps you need a moustach, see page 6].

The Ted Curtain IV, the newest addition to the LRC fleet



Betty Curtain christens the Ted Curtain IV, with Lionel Robberds (LRC's great former cox) and Glen Curtain ready to assist.

After the races it was time for the LUER function and a tasty lunch, giving everyone an opportunity to meet some of the legends of the club and gain some insight into the enduring camaraderie that is a feature of the group. The medal presentation was a first for many of the social rowers. In a special moment, Lionel Robberds, LRC's great former coxswain, introduced Betty Curtain who then christened the new pair/double donated by LUER, the Ted Curtain IV, in honour and remembrance of the former club patron.

Everyone was so pleased with the day that there are plans for a similar combined event in November.

The newer members of LRC wish to thank the members of LUER for their generosity—a new boat is a treasured possession for the club, and the members will be proud to row it and make every effort to win many medals for Leichhardt.



After the lunch, Barry Moynahan passed on the news that during the first business of the day, the LUER members voted to change their name to the Leichhardt Union of Old Rowers, LUOR, to reflect the changing membership.



Leichhardt Rowing Club
Corporate Challenge 2008

Each year, the Leichhardt Rowing Club Corporate Challenge grows from strength to strength.



Leichhardt Corporate Challenge 2008

It's time to gather entries for the Corporate Challenge 2008. Entries close 25 July, training starts mid-August, and the regatta is 14 September. The Corporate Challenge brings to the club:

new boats, the Youth Development Program, equipment—gym and ergs, serious training, competition and fun

If you like all of the above, download a brochure and entry form from lrc.com.au, enlist your MD, CEO, CFO, Chairman, boss and work colleagues, get into an 8, get competitive—and build a team.

Copies of this brochure are at the club, or for more information about how you can help get a crew together, contact Deanna Felete, 9555 8642, 0405 508 623, wheat5@bigpond.net.au

Special thanks to Sue-Ella Day and her team at McDowall Creative for putting this brochure together.

Talking about fundraising—a thank you

A personal thank you to Frank Thorn for his unselfish donation (of a dozen bottles of wine) to the J4 rowers for their raffle to purchase a single scull at LRC.

To my mum for her donation of a quilt she made herself and some other runner up prizes that we are to raffle in the near future details to follow when appropriate.

And last of all to all ticket buyers: good luck and keep buying.
Rebecca Chapman

Learn to row

Many thanks to everyone who helped out with the April - May learn to row course:



It's good to see the important things, like breakfast, aren't left behind when it's time to coach



Charles watches sees his charges safely away from the pontoon



All hands on deck to help the newcomers back into the pontoon



*What has been done wrong?
Oops, that wasn't Learn to row,
that was at the state masters ...*

More on boat rigging

Yes—there is more to rowing than just coming down to the club and getting into a boat. This is how Sykes rig their boats—for more information go to the Sykes website: www.sykes.com.au

FISA minimum boat weights

In 1979 FISA published a list of minimum boat weights to cover all boats used at World Championships. The weights have only had minor alterations made to them since.

Smaller boats are designed for the lightweights and larger boats for the heavyweights, yet the same minimum boat weights apply to both categories which really makes no sense apart from ensuring all competitors have the same boat weight to propel.

Building a heavyweight men's scull requires a careful balance between adequate hull strength to handle the power of a heavyweight sculler, and striving to achieve the FISA minimum weight.

Sykes can't always guarantee that a heavyweight men's scull will be exactly 14 kgs. It is not uncommon for their honeycomb carbon composite scull to be in the 14.4 –14.8 kg range (depending on specifications).

Hull design: Sykes single sculls

| Mould number | Name | Length m | Breadth(at waterline) mm | Weight carrying range kg | Rigger type |
|--------------|------------------------|-------------|--------------------------------|--------------------------------|-------------|
| 19 | Sykes | 8.30 | 245 | 59 - 75 | Wing only |
| 20 | Ultimate | 7.97 | 258 | 59 - 85 | Wing only |
| 25 | Euro | 8.30 | 290 | 80 - 100 | Wing only |
| 26 | Ultimate II | 7.94 | 258 | 59 - 80 | Wing only |
| 30 | Sykes 2000 Ultimate II | 8.00 | 268 | 85 - 105 | Wing only |

Recommended rigging specifications

| | Span | Rigger height bow | Rigger height stroke |
|---------------------|---------|----------------------|----------------------------|
| Men - Heavyweight | 159-161 | 18.5 | 17.5 |
| Men - Lightweight | 158-160 | 17 | 16 |
| Men - School | 158-160 | 17 | 16 |
| Women - Heavyweight | 159-160 | 17 | 16 |
| Women - Lightweight | 159-160 | 16 | 15 |
| Women - School | 158-160 | 16 | 15 |

Rigger adjustment

The wing rigger has only a finite amount of adjustment, see below.

| Rigger type | Span adjustment | Height adjustment |
|-------------|------------------------------|-------------------------------------|
| Wing | 6 cm (nominated span ± 3 cm) | 3.5 cm (nominated height ± 1.75 cm) |

Rowing at LRC in the winter months

Training is in full swing after starting on 19 May for the athletes aspiring to compete at the national championships in March 2009 and national selection in April. The nationals will be in Tasmania.

The Junior Male Development Program on Sunday mornings is proving popular with an increase in attendance each week.

While many in the club are into the next season, the masters have barely finished.

LRC had a successful state masters championships, bringing home four gold medals, six seconds and eight thirds.

A small contingent of LRC women went to the nationals at Nagambie, and against stiff competition they have brought home a collection of silver and bronze medals, and I believe one gold.

Well done all ...

Contributions to Easy Oar

Don't be shy—send in your prose or photos or ideas, we welcome them all.

Contact Anne Parbury, 0415 580 187, communications@lrc.com.au

Rex's eight say they take rowing seriously— maybe they are just looking for their (inner) moustache ...



Fundraising

Beatrix Sheldrick, of Drummoyne Rowing Club, has been chosen to represent Australia at the 2008 Junior World Rowing Championships in Austria and needs to raise about \$9000. She is holding a fundraiser dinner at Leichhardt Rowing Club on Sunday 15 June, the cost is \$60 per person including wine. To support Beatrix (raffle tickets, or to book a table) email: JacquelineMarks@pes.net.au or t 9181 2470.

Diary dates

| | | |
|------------------|------------------|--------------|
| Saturday 14 June | Shed clean up | 8 - 10.30 am |
| Saturday 21 June | Boat maintenance | 8 - 10.30 am |

Are you looking for a bigger challenge?

Are those 1, 2 or even 9.6 km races just too short? These might be just the thing

2008 Saltwater Challenge

Essendon Rowing Club invites you to accept the challenge of racing quad sculls along a most exciting 4.5 km. course in the Saltwater Challenge on 13 September. Interested? go to www.essrc.com/dev/

Ocean Thunder

For the first time, this year non-surf life saving competitors will be allowed to enter *Ocean Thunder*, a televised, elite surf rowing series based at Dee Why Beach. They want elite female rowers to compete as a crew in this year's series. Interested? go to www.oceanthunder.com.au.

Indian Ocean Rowing Race 2009

And if these races are just too short, then here is the race for you - a mere 3000 nautical miles or so, from Geraldton to Mauritius, organised by Woodvale Challenge and starting on 19 April 2009. For more information, go to: www.woodvale-challenge.com

Mildura Masters

These will be held from 16 - 24 August 2009. For more information contact the Mildura City Council Events Unit, e gaynor.lines@mildura.vic.gov.au t 03 5018 8317