



# Easy Oar

Newsletter of the Leichhardt Rowing Club  
Issue 31  
September/October 2011

The 2012 season is now underway and a new Committee was installed at the August AGM. There have been a number of changes in key positions and on behalf of the Club, I'd like to thank the outgoing Committee members for their invaluable contributions in assisting in the management of the club. Of particular note are Belinda Brigham and Zoe Thomas who have stepped down from their respective Vice Captain positions. While they have stepped down from the Committee after very large work loads over the past few years, I'm assured both will continue to be involved in assisting with the club management.



The Corporate Regatta with 10 crews this year was down slightly in participants on last year and has shown a continual decline from our peak of 24 crews five years ago. Notwithstanding the reduced numbers, the organising team did a fantastic job organising the event. The companies participating all voiced their praise for the organisation and their enjoyment of the event.

The Corporate Regatta is a major fund raiser for the Club and previously has supported the running costs of the Club to reduce membership subs. With the decline in numbers and revenue, we have not had the surplus available to

purchase new equipment. In future years, it is anticipated that the operational costs for the club should be sourced fully from memberships with fund-raising efforts targeted at new equipment.

LRC is hosting the Iron Cove Classic on Saturday 5<sup>th</sup> November. For several years, LRC has had a vision for an event in Sydney that over time could provide a level of participation commensurate with the Head of the Yarra. Those Club members who have participated in HOTA will attest to what a great event this is in terms of the off-water participation as well as the on-water event.

Our goal for this years' event is to trial the course and understand the challenges for running this regatta. Timing is also a challenge. The RNSW Regatta Calendar is very full with multiple school and club regattas every weekend for the season. Our ability to secure a more favourable date in future years will depend in part on organisational success we achieve this year. We therefore need all Club members to pitch in to support the organisation and management of the event. In particular, we will need marshalls on the course and helpers to run the barbeque and associated fund-raising events. Please put the date in your diary and let Deanna know your availability.

Finally, good luck for the season to all crews. We participate to win, but most importantly we row for enjoyment.

Tim Clare  
President



**LEICHHARDT ROWING CLUB INC.**

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## The LRC Committee 2011/12

At the Annual General Meeting on Sunday, 21 August 2011, Leichhardt Rowing Club Members elected a new Committee for the 2011/2012 season. The 2011/12 Committee is:

**Patron:** Lionel Robberds

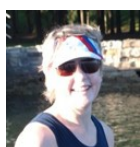
**Vice-Presidents:** Bob Stone, Len McPherson, Tony Potter, Vic Williamson, Steve Roll, Bill Monaghan, Rodney Moynahan, Barry Moynahan, Michael Bath



**President:** Tim Clare



**Captain:** Christiaan Fitzsimon



**Secretary:** Anne Parbury



**Treasurer:** Onno Van Ewyk



**Property Master:** Kerry Thorn

**Vice-Captains:**

**Female:** Sandy Rourke

**Male:** Nick Cassidy

**Junior:** Emma Thomas

**Assistant Secretary:** Kara Coleman

**Assistant Treasurer:** Andrew McCallum

**Committee Members:**

Andrew Morrell, Sue Philpott, Ross Tout, Nancy Wahlquist

**Other Responsibilities:**

**Communications:** Virginia van Ewyk

**Functions:** Deanna Fekete

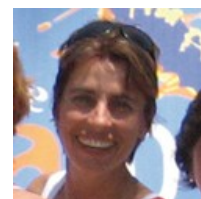
**Regatta Secretary:** Rebecca Storen

**Honorary Medical Officer:** Dr Diana Robinson

**Merchandise Co-ordinator:** Sue Andrews

## Congratulations

Congratulations to Deanna Fekete, who was elected to the Rowing NSW Board as a Director at the 2011 Annual General Meeting on September 27. Deanna received





exceptional support from both local and regional member clubs at the election. She joins returning Directors Bronwen Watson and Stephen Handley in a two-year term as a Director until 2013. A media release issued by Rowing NSW (available on their website) recognises Deanna's administrative and rowing experience, her networking capabilities and her willingness to fight for rowing causes as "a much-welcomed addition to the Rowing NSW Board".

### A Message from The Treasurer Pay Your Dues...

Some members still haven't paid their club membership subscriptions for 2011/2012. If you are one of those who have overlooked, postponed, or just plain forgotten to pay (despite our reminders), please pay now. Only financial club members will be entered in races. For crew entries this means all the rowers or the whole crew will be refused entry. If you are unsure about your situation or want to discuss fee payment, send an email to [treasurer@lrc.com.au](mailto:treasurer@lrc.com.au), or contact Andy McCallum, Assistant Treasurer, on 0400 510 590 or Onno van Ewyk, Treasurer, on 0403 331 604. Details of membership fees are on our web site at <http://www.lrc.com.au/21.html>.

## DATES FOR YOUR DIARY

**Saturday, 5 November**—the inaugural racing of the Iron Cove Classic, hosted by LRC. All hands on deck please to make this a great event.

 **Saturday, 17 December**  
**LRC Christmas Party**  
 Please keep the date free and further details will be provided in the next issue of Easy Oar and via admin closer to the day.

## Introducing new Vice Captain, Sandra (Sandy) Rourke

Sandy Rourke was elected as the Female Vice Captain at the 2011 Annual General Meeting. One of NSW's most successful women rowers in the late 1970s and early 1980s, rowing for Leichhardt RC and also representing NSW and Australia. Sandy returned to rowing in 2002, after 20 years absence, and rejoined Leichhardt in 2008 (?). She can be seen at the club pretty much every day, rowing her scull "Obsession", stroking the master women's 8+, quad and four or doing her weights in the gym.

*"When I returned to rowing in 2002, Leichhardt Rowing Club was a slab of concrete, so I joined Balmain Rowing Club (affectionately referred to as our sister club) who embraced me while LRC was being rebuilt. Even while I donned the Balmain colours, all who knew me understood it as an interim measure as I was and always will be, proudly Leichhardt (despite even monitory enticement to change clubs back in my representative years). This club is my soul and my dream is to inspire harmony within the club and mentor aspiring athletes to be the best they can be. Respect for teammates, club and equipment is integral to our success. Our Club is steeped in talent from social as well as aspiring athletes, to extremely generous volunteers and we have the basis to enjoy the best of all facets. We are all here to enjoy the sport first and foremost whilst respecting each individual's goals and ambitions. "*

### Sandy's Rowing Achievements

- July 1977 Started rowing, Age 24
- 1978, 79, 80 Represented NSW LW4+
- Victoria Cup—Ladies LW4+ 1980
- Herald & Weekly Times Cup for LW1x at nationals —winner 1980, 81 & 82
- Nell Slater Trophy for Ladies Sculls—interstate championship - 1981 & 82—(2<sup>nd</sup> to Mary Ranouf, Victorian Olympic rep).
- 1982 – Retired undefeated LW1x and Resident Open Champion W1x (2<sup>nd</sup> to Mary Ranouf, Victorian Olympic rep).
- Nationals 1979 won open 4x and state LW4+
- 1981, 82 – Also Nationals W4x and W2x Champion
- 1980/81 – Oarswoman of the Year
- Record holder – LW1x (1000m) (contested over 1000m until 1985 when it became a 2000m event)
- Winner of the Len McPherson Trophy for Highest Women's Point score at LRC 1979, 1980, 1981, 1982
- Represented Australia at Royal Canadian Henley Regatta 1980 & 1981
  
- Masters Champion – Prague 2002 W1x, Mixed 2x
- Masters Champion – Scotland 2005 W1x, Mixed 2x, W4x
- Record holder – W2x – Newcastle-Berry Park Marathon (2005)
- 2010 Australian Masters Championships: Silver Interstate WMD 8+, WME1x, Bronze in WME8+

- 2011 Australian Masters Championship Gold in Interstate Women's Masters D Quad Scull, Mixed Double with Brian Davis and Mixed Quad with Brian and David Hogan. Silver in WMD4x, WME2x and WMD2x. Bronze in WME1x.

Sandy was also the first woman member to hold office at LRC, being Secretary in 1978 and 1979.



*Rowing NSW Annual Report 1982*

The Selectors have nominated Sandra Rourke as Oarswoman of the Year. Sandy has been rowing with Leichhardt for many seasons and served as an administrator with the Womens Rowing Association.

Over the past few seasons, Sandy has really concentrated on her sculling and developed into one of the leading female competitors in the field. Apart from her State Championships and Australian Titles, she has represented Australia at the Canadian Championships the past two years, on each occasion taking second place only marginally behind a larger stronger competitor.

A great performance - well done!

# They Came, They Trained, They Raced...



# The 2011 LRC Corporate Championship Regatta



Incredibly – 4 weeks of training in 99% brilliant dawn mornings! Starting off in fleecies and “that look” WHAT AM I DOING HERE?? was quickly overcome by “that look” of a rowing addict – three crew members have enrolled in the latest Learn to Row, as well as the daughter of a winning TCA crew member (who was totally thrilled to follow dad down the course with the BROs on regatta day!) Coaches were fabulous and did a great job, and all club members who helped – thanks for doing it all – I have received many emails of thanks and congratulations to LRC. Photos and video clips are available as links from the LRC website homepage. How can we do it differently/better? Your feedback is really important. Please talk to Tim, Christiaan or me asap would be great. Thank you to everyone for making the Corporate Challenge a great experience for all the crews.

*Deanna Fekete—Corporate Challenge Organiser*



# REGATTA RULES

Hi all,

Just so we know that everyone is aware, the Regatta Secretary role has changed hands from Virginia to myself, Rebecca Storen, so from now on, could you all please send all relevant emails through to [lrc.regattas@gmail.com](mailto:lrc.regattas@gmail.com). As we are now moving into the new session, I thought it would be useful to reiterate some of the aspects of regatta entries that may be new to people and some that haven't always been enforced in the past. Given that the club is now a reasonably large entity, there are some changes that are now going to be implemented with entries so please make a note of them as none of us want to have to enforce this. Many thanks for your help in making the regatta entry process run smoothly. I look forward to another successful year with LRC and I'll see you on the water.



*Rebecca Storen*

- Entries will only be accepted up to the date listed within the alert email – these dates are also listed below. Late entries will only be considered at the discretion of the club captain and any additional costs that are incurred will be billed directly to the athlete/s.
  - Entries will not be made for anyone that is not financial with LRC and/or Rowing NSW – please be aware that this may result in entire crews not being entered.
  - Both composite crews and NSWIT TT entries require prior approval from the club captain.
  - Entries for popular events, particularly at away regattas, where resources are limited, may require crews to be deemed eligible for the event as seen by the captains – this will be based upon ability, training commitment and boat availability, crews will be informed if this will directly affect them.
  - Regatta entries are now going to be limited to up to either 6km or 4 races per athlete per regatta/day. Any additional racing undertaken will be at the expense of the individual who will be billed by the treasurer as necessary.
- Also, as a personal request to help make things run more smoothly – given that I am new to this and that I don't actually know everyone's full name, crews and coaching combinations could you please send complete entry information to me via email and please be sure to include a full crew list (i.e. a name for each seat) and coxswain where necessary. Below is a list of the regattas that the club will be looking at attending for the remainder 2011:
- The entries for the Head of the Yarra will be done in a slightly different manner and thus could I please ask that a representative from each crew planning on competing in Melbourne contact me so that I can be sure that all the information is sent out to everyone that needs it.

Regatta	Date of event:	Entries required by:
Iron Cove Classic	5/11/11	Entries closed
Head of the Parramatta	12/11/11	30/10/11
North Shore Regatta	19/11/11	6/11/11
Nepean Regatta	26/11/11**	13/11/11
Riverview Gold Cup	3/12/11	20/11/11
RNSW Premiership Regatta	10/12/11	27/11/11
NSW Sprint Champs	11/12/11	27/11/11
Taree Summer Regatta	13-15/1/12	Prior to Christmas

\*\*this is the same date as the Head of the Yarra – please take this into consideration when requesting entries especially in regards to the juniors.

# REGATTA ROUND-UP

The Rowing season traditionally starts with a series of time trials in singles and bigger boats. This year, Leichhardt's rowers have not only competed in the NSW "Head" events but also took the racing to the Victorians with a number of scullers competing in the Scullers Head of the Yarra. Congratulations to all the rowers who have competed already this season and good luck to everyone for the rest of the season.



## Scullers Head of the Yarra 27 August

On the same day, five determined scullers took to the water to compete in the Scullers Head of the Yarra in Melbourne. All competed well, completed the course and had a fabulous time. Our Yarra scullers were (L to R): Juliet Bourke, Dean Patterson, Anna Foley, Tim Tindale and David Hogan.

## Scullers Head of the Nepean 27 August

(L to R) Daniela Borgert winner WMB1x and third fastest womens master on handicapped time; Robert Hogan winner MOL1x; Kristian Bodell; Anna Hickey-Moodie; Jennifer Zongor; Kristen Moss; Nitya Varadarajan and Brigitte Hadley (front). Other competitors were Heather Hunt, Simon Cook winner of MMD1x and third fastest mens master on handicapped time; and Irene Armstrong winner of WMA1x



## Australian University Championships 28-30 September

Congratulations to Kristian Bodell for a fighting fourth in the A Final of the M2x at the Australian University Championships. Rowing with Charles McMahon for Macquarie Uni, they were only just beaten by Melbourne Uni, Monash and Sydney Uni. Kristian (bow seat) was also amongst a number of crews who sank during the M4+ B final in shocking weather conditions. Sydney Uni's M4+ (right) only just made it across the finish line before sinking. UTS attempted to "run" their 4+ across the line!. *Photos courtesy of Jane Spring*

## Big Boats Head of the Nepean 10 September

The Rexes were delighted to celebrate a win at the Big Boats Head of the Nepean, taking out the MM8+ category over St George composite and Drummoynne crews. The crew was (L to R back row) Justin Milne, Barry Moynahan (coach), Graeme Reid and (L to R front row) Justin Milne, David Cowlshaw, David Ross, Gordon Bevan, Rex Chadwick, David Hogan, Peter Gilder and Dean Patterson.



# TECHNIQUE TALK

## Technique when Rowing in Rough Water

### Don't Fight The Water

The biggest problem for scullers on rough water is their tendency to stiffen their upper body, arms and hands. Once this happens, the oars can no longer provide stability during the stroke, and every bit of roughness in the water is transmitted to the body of the sculler, compounding the stability problem. The strongest scullers are the most likely to fight the water, particularly by breaking at the elbow shortly after the catch. The first advice for rough water rowing is to relax and learn to work with the water. The same relaxed shoulders and light hands that allow good handling of a shell in flat water will smooth out the stroke and stabilize the shell in rough water by allowing the oars to stay with the water during the stroke.

If the boat gets caught in an eddy or tossed suddenly by large chop, and you feel in danger of capsizing, pause briefly with the blades feathered. This will stabilize the shell. Wait, relaxed, to find out how the shell will move before you take the next stroke. If the rough patch is small - just a couple of waves, a wake - you can ride it out with your blades feathered and on the water. If the rough water covers a large area that you must row out of, start with easy strokes, adding power only if and when you are confident of your balance. As you become more comfortable rowing in rough conditions, you will find yourself able to row comfortably in larger and larger chop.

The same technique should be used if the bow of your shell noses into a wave. You will feel your shell stall and may see the stern slide to one side, especially if your skeg is not big enough or mounted too far aft to stay submerged. To give the shell time to free itself, take the power out of that stroke and move your weight into the stern of the boat. In a few seconds the bow will be free and you can pick up the stroke again. When rowing in the same direction as good sized chop or waves, it is best to angle the bow slightly to one side to avoid nosing into waves. When in doubt, back off!

### Keep a Loose Grip On The Oars

Never put a death grip on the oars to handle rough water. This can be the single, biggest problem when rowing in rough water! Keep as light a grip as you can by easing the pressure of your thumbs on the ends of the oar handles and relaxing your grip so that your palm is not in contact with the oar handle. This will let your blades stay at the proper depth in the water during the stroke, thus helping to balance you. Loosening your grip also keeps the blood flowing, lessens the possibility of forearm cramps, and allows you to keep your feel of the water through your touch on the oars.

### Relax, Relax, Relax The Shoulders and Arms!

Relaxed shoulders are necessary whenever you row. In rough water, they are even more important. Loose shoulders allow the arms to act as shock absorbers in rough water, swinging to whatever position the blades require to stay at their proper depth during the stroke and the proper height during the recovery. If your blade hits a wave top on the recovery, a relaxed shoulder will allow the oar to bounce up and be repositioned at the proper recovery height, all without passing the shock through to your body. Think of the oars as being attached to the body at the shoulder; your arms are merely extensions of the oars and should respond to whatever movement the oars require to produce the correct positions during the stroke. So allow your arms to always swing at the shoulder.



### Shorten The Stroke

Keeping your knees low, by using 1/4, 1/2 or 3/4 slide, lowers your center of gravity and helps balance the shell. When the water is rough, you need shorter, more frequent strokes and steady, smooth power. The slightly higher stroke rate will make up for the loss of run (glide between strokes) that you will experience in rough water. Experiment with the length of your stroke when rowing long pieces in rough water. When you find the right stroke length for the conditions - both the size of the waves and the wave period (the space between wave crests) - the shell will settle down and handle more smoothly rather than bucking through the waves and stopping dead as it hits each wave.

In extremely rough water, stop your hands about 3 or 4 inches away from your ribcage at the finish of the stroke. This will allow more room to drop your hands and release the blades from the water. If you finish with your hands close to your ribcage, as you do in flat water, you risk jamming an oar handle into your hip if the shell is suddenly slapped to one side just as you are releasing the oars from the water.

*Acknowledgements to Open Water Rowing Centre, Sausalito. Photo courtesy of M Huijsse*

# CLUB CHAT

## Learn to Row – September 2011

The LTR program commenced on 17<sup>th</sup> September attracting 10 juniors and 12 adults. The weather was not kind to the new recruits, so we extended the program for adults for one more session finishing on 16<sup>th</sup> October. The juniors finished on 15<sup>th</sup> October. This is due to the difficulty in finding volunteers and consistent coaching. All juniors will be welcomed back with a confirmed date of 22<sup>nd</sup> October 2011 at 8.30am.

All adults are invited back as social rowers from 30<sup>th</sup> October 2011 so please make them all feel welcome. The feedback from the adults has been very positive, and they have enjoyed it immensely. With Matt Duly pushing them in the final session by do a 2 minute flat out erg to see who travelled the furthest!!! Special mention goes to Nitya Varadarajan and Matt Duly. They have been the most consistent of coaches covering every session allocated to them, with Nitya stepping in to do a session of Juniors as well. Other special mentions go to Margot Simington, Margaret Bailey, Rosa Clare and Anna Foley, Kristian Bodell and Dave Hogan.

A huge thank you to those who have been a constant support, regularly volunteering their time and effort to make the Learn to Row program successful.

*Belinda Brigham, Learn to Row Co-Ordinator*

## HEAD OF THE YARRA 2011

Rowing the Head of the Yarra this year? If so, you might enjoy an article from the Australian & International Rowing MagOZine Nov/Dec 2005 which Sandy Rourke found and submitted. It's available on the LRC website. Also, please take the time to check out the information on the Head of the Yarra website detailing the course, dangers and obstacles (snakes are a new danger this year, apparently!) and coming soon is a coxswain's video so you can do a "drive through" before rowing the course. The HOY website is [www.headoftheyarra.com](http://www.headoftheyarra.com).

## Website Design, Articles, Websites of Interest, Layout, Photos—anything!

I'd love some assistance in putting out the regular issues of Easy Oar and also revamping our website. Many members already contribute articles and photographs—please keep it up! Apologies to anyone who did contribute and it hasn't made it into this issue—there's always November/December. Please send anything you think Club members might be interested in to: [virginia@vanewyk.com.au](mailto:virginia@vanewyk.com.au). If you'd like to get involved in revamping the website or putting together Easy Oar, please call me on 9555 7256 or 0402 980 773. *Thank you... Virginia*

## Good Samaritans

When a sculler from another club took a swim close to our pontoon a few weeks ago, it was lucky that Susie Philpot and Lachlan Andrews were on hand to assist. Thanks to our "Good Samaritans".

*Hi,  
I wanted to send a note of thanks to good Samaritans and neighbours who came to my rescue on Sunday 9th October. I row with Drummoyne Rowing club and capsized my single scull close to your pontoon, Sue and Lachlan hopped into a tinny and came out to help me, which made the whole exercise a lot easier in choppy waters, and for me who is a novice rower in my mid-fifties! Thanks again for being great neighbours and Samaritans.*

*Regards,  
Deirdre Edmonds*

## Lights Still Required for Early/Late Rowing

A reminder to anyone who's out on the water in the early morning or taking advantage of the balmy evenings: Lights are required when rowing at any time that the streetlights are lit. Under the Boating Code,

Rowing/Paddle Vessels that are more than 4 metres long should exhibit two all-round lights either continuous, or combination of continuous and flashing white lights, positioned at either end.

There have been a number of collisions recently, so please make sure that you can be seen. LRC does not provide lights, except to Corporate crews and coaches. All members are expected to own their own set. If you have lights, keep them bright. Batteries cost a lot less than a new boat or hours of

physio. If you don't have lights, approved LED lights are available for \$50 each:

**SUPER BRIGHT LED BOAT LIGHTS** Order direct. Premium Tektite Boat Lights with soft suction cup for rowing shells

- \* Super bright and 360° visibility meeting NSW Maritime rules.
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