

**THE LEICHHARDT ROWING CLUB INC.**



**123<sup>RD</sup> ANNUAL REPORT AND BALANCE SHEET**

**2008-2009**

# **123<sup>RD</sup> ANNUAL GENERAL MEETING OF LEICHHARDT ROWING CLUB INC.**

## **AGENDA**

- 1. APOLOGIES.**
- 2. OBITUARIES.**
- 3. CONFIRM THE MINUTES OF THE 122<sup>ND</sup> ANNUAL GENERAL MEETING.**
- 4. RECEIVE THE ANNUAL REPORT AND BALANCE SHEET FOR THE YEAR ENDED 30 JUNE 2009.**
- 5. LIST OF TROPHIES PRESENTED FOR 2008-09.**
- 6. CONSIDER ANY MOTIONS FOR WHICH NOTICE HAS BEEN GIVEN, INCLUDING ELECTION OF LIFE MEMBERS (IF ANY).**
- 7. ELECTION OF CLUB OFFICE BEARERS AND ORDINARY MEMBERS OF THE COMMITTEE FOR THE YEAR 2009-2010**
- 8. CLUB MEMBERSHIP PHOTOGRAPH – TO CELEBRATE WINNING THE 2008-09 NSWRA PREMIERSHIP – FOLLOWED BY BBQ LUNCH.**

## THE LEICHHARDT ROWING CLUB INC.

***Minutes of 122nd Annual General Meeting,  
Held on Sunday 24<sup>th</sup> August 2008,  
In The Clubhouse, Lower Glover Street, Leichhardt.***

Meeting Opened: 11.20 am

Meeting Closed: 12.15 pm

Attendance: 31+ recorded

**WELCOME**

Club President, Tim Clare, occupied the chair and welcomed members and friends to the 122<sup>nd</sup> Annual General Meeting of Leichhardt Rowing Club.

**APOLOGIES**

Tim Tindale, Rebecca Chapman, John Goodwin, Geoff Williamson, Ross Ullo, Tony Potter, Kevin Bond, Mark Campbell, Ben Johnson, Rod Moynahan, Christiaan Fitzsimon, Sue Quigley.

**OBITUARIES**

A minutes silence was observed for the 5 members who passed during the last year:  
Ted Curtain (Club Patron); Peter Dickson, Dave Asimus, Jack Eddy, and Vern Reid.

**CONFIRMATION OF MINUTES OF THE 121st ANNUAL GENERAL MEETING**

The minutes of the 121st AGM held on Sunday 19<sup>th</sup> August 2007, were presented at this meeting for confirmation.

**Moved, B. Moynahan:-**

**“That the minutes of the 121st annual general meeting, as circulated, be received and adopted”.**

**Seconded, , M. Bath.**

**CARRIED**

**RECEIVE THE ANNUAL REPORT AND BALANCE SHEET FOR THE YEAR ENDED 30 JUNE 2008.**

**Club President, Tim Clare,** spoke briefly to the report thanking and acknowledging all the Executive and Committee members and Squad coaches who contributed this year's Annual Report. He mentioned that the excitement of being awarded the 2008

Premiership at the NSWRA awards night was dampened by the subsequent realisation that an administrative error in calculating the point score meant we were placed 2<sup>nd</sup>. Notwithstanding, the effort still places LRC as one of the top clubs in Australia.

The ongoing goals for the club were to provide a community based club with strong involvement at all levels. The new initiative for 2008 was to increase our focus on Junior Development. The goal was to develop a strong squad, focussed on state and national selection over a 3-5 year period. A modest start was made in 2008 and 2009 would see a strengthening of this commitment and continue as our major goal.

On the water – the President referred to the significant change in 2008 Regatta Calendar with the old ranking system replaced with the Grade Regatta system and the regatta calendar divided into Age and Grade regattas. LRC proved a dominance in the Grade regattas throughout the season, and he recognised the fact that rowing should be pursued at an enjoyable participation level as well as an elite level.

Off the water – the management team for the club had broadened the base of the committee. He thanked Jane for taking on the role of Captain and Deanna stepping into Vice Captain and all the volunteers that assisted during the year. Financially the club retains its strength under the outstanding stewardship of Treasurer Peter Trives. We managed to continue to upgrade the fleet while continuing to build our reserves to fund the new pontoon. In respect to the pontoon development he thanked Richard Stanistreet and Charles Bartlett for their continued efforts in negotiating with NSW Maritime and other government bodies to get approvals completed. Finally he thanked the entire rowing membership of LRC – It is the spirit and enjoyment of participation that makes LRC a special club in Australian rowing.

Michael Bath congratulated the Treasurer, Peter Trives and the finance team for job well done.

Gill Campbell spoke commenting that Pymble had 100 girls enrolled this year. They started training in August for the Head of Yarra which was a lot of fun After their senior camp at Thredbo the school progressed well in the season up to nationals where they came 3<sup>rd</sup> in the eight and won the U/17 single and double sculls. They had great competition with PLC Croydon during the season. Pymble also won the SG Head of River point score for 10<sup>th</sup> year in a row. Several girls were now in the USA on scholarships. They had lots of support from their social rowing support group and the new Principal Mrs Waters. They also purchased a new eight. Finally Gill thanked LRC for all the support during the year.

Richard Stanistreet gave an oral update report on the pontoon project.

The President then invited the Treasurer, Peter Trives to speak to the Financial Report.

### **Financial Report –**

The Treasurer, Peter Trives commented that while we are not specifically here to make a profit – I am here to ensure that we don't make a loss. Stating this year again the club had a very successful year financially as well as on the water and gave a big thanks to his team of Liz Brown who was replaced by Sue Quigley (Assistant Treasurer/Bookkeeper) and Club Hire Coordinator Deanna Fekete and the club Merchandising and subs collection team of Barbara Chapman assisted by Lee Hutchison for all the great work they willingly put in. He also congratulated Rebecca Chapman for her big efforts with fund raising via the junior members. He also thanked the Hon Auditor Bern Story for his assistance. He also offered sincere thanks to Pymble Ladies College for their

continuing strong financial support by way of club membership subscriptions and the cost sharing of Clubhouse utilities and maintenance expenses. The introduction of the new fee structure (subs & race fees combined) has proven to reduce administration and improve fees collection. Operating expenses have been reduced thanks to Frank & Kerry containing the costs of coaching. In summary we had a very sound financial year – increased revenue from Corporates program covering the expected costs for the pontoon upgrade and acquisition of several new boats and expecting further fleet purchases next year.

**The President invited comments on the Annual Report:**

**Comments:**

**Dave Rosenfeld**, responded, congratulating the President, Committee and coaches for a very successful year both on the water and financially and indicating that the new purchases would suit smaller rowers.

**MOTIONS:**

**Moved, M. Bath:-**

**“That the meeting accept the Annual Report and Balance Sheet for the year ended 30 June 2008.”**

**Seconded, D. Bodell.**

**CARRIED**

**Independent Audit Report –**

Peter Trives congratulated the Club Auditor Bern Story for a clear and concise Audit Report.

**Moved, P. Trives:-**

**“That the Independent Auditor’s Report for 2007-08 be received and adopted”**

**Seconded, B. Moynahan.**

**CARRIED**

**Moved, P. Trives:**

**“That the Club appoint Mr Bern Story as the Honorary Auditor for the new financial year 2008-09.”**

**Seconded, D. Bodell**

**CARRIED**

## **PRESENTATION OF TROPHIES**

The President, Tim Clare, congratulated the list of trophy winners included in the Annual Report. These awards were presented earlier in the year at the club's Annual Awards Presentation Dinner held in May 2008 in the clubhouse.

More details were provided in the various squad rowing reports however all the point scores were very close and very high. We went to lots of regattas and scored lots of points with many points up in the high 80 points plus. Outstanding efforts from James Hutchinson winning the Mens point score and Angela Conry winning the Womens point score and winning the Master's point score – a rare feat.

Big improvements were seen in the Juniors: Freya Cole, Georgia Girdler and Nick Andronikashvili. Our most improved Seniors were Anne Parbury and Brian Davis. The “Coxswain's Trophy” recipient was Sam Wayland.

Our coaching staff continue to perform well and are to be congratulated guiding our athletes to many great performances and wins. Frank Thorn our Head Coach has been at the club for 6 years and continues to bring a professional approach to rowing at Leichhardt. We can only get better.

## **CONSIDERATION OF MOTIONS FOR WHICH NOTICE HAS BEEN GIVEN**

**Nil:**

## **ELECTION OF OFFICE BEARERS**

Nomination of Patron: The position of Club Patron fell vacant following the passing of Ted Curtain during the later part of the season. Barry Moynahan spoke to the only nomination of Lionel Robberds. In reflecting on the clubs history he referred to many of the club's past Olympic and World Championship representatives and the need for the role of Patron as outlined in the club Constitution. Lionel started as a cox in 1947 and retired from active participation in approximately 1966-67. He represented at Commonwealth Games 1954 & 1958. In 1960 he was the only Australian cox to make a Final n Rome. He also coxed many NSW Kings Cup eights. Lionel's legal and Q. C. background was very prominent in assisting the club reaching the agreement with Pymble Ladies College. He was proud to submit Lionel Robberds as nominee to take over as Patron. He has huge esteem in the rowing fraternity in NSW and across Australia.

Lionel in reply said he accepted the nomination and it was a great honour that we had bestowed on him. The club has looked after him right from his youth and half of his life. He shares this position with many great people like Lord Carrington, Doc Evatt and recently Ted Curtain. Rowing is a lifestyle and becomes your life. The club has a great spirit and he is very proud of what we have done for him today.

**The meeting elected Lionel Robberds to the position of Patron.**

Nomination of Vice President: Barry Moynahan spoke to the nomination of Geoff Williamson for a Vice President position. In support for the nomination Barry referred to Geoff's past Olympic representative efforts in 1952 Helsinki and 1956 Melbourne. A very active tall man he joined the club before the war and had seen the transfer of the old club house from its earlier position where the old APIA club and now Function centre stands near UTS/ Haberfield Rowing Club. Geoff was involved with the law and retired as Senior Inspector of NSW Police Force after 20 years. He has also assisted with coaching over several recent years.

**The meeting elected Geoff Williamson to the position of Vice President.**

**The following members were elected unopposed:**

<b>PATRON</b>	Lionel Robberds	
<b>PRESIDENT</b>	T. Clare	
<b>VICE PRESIDENTS</b>	L. MacPherson, D. Bodell, A. Potter, S. Roll V. Williamson , B. Stone, K. Bond, B. Moynahan, W. Monaghan , R. Moynahan, M. Bath, G. Williamson.	
<b>CAPTAIN</b>	J. Hutchison	
<b>VICE CAPTAINS (2)</b>	R. Richardson (men) Deanna Fekete (women)	
<b>SECRETARY</b>	S. Jaques	
<b>ASST SECRETARY</b>	S. Philpot	
<b>TREASURER</b>	P. Trives	
<b>ASST TREASURER</b>	S. Delavere	
<b>PROPERTY MASTER</b>	T. Tindale	
<b>COMMITTEE (7)</b>	Richard Stanistreet, Anne Parbury, Kerry Thorn, Barbara Chapman, Charles Bezzina, Doreen Borg, Rebecca Chapman (Junior Vice Captain)	
<b>AUDITOR</b>	B. Story	

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**Tim Tindale – Property Master** – apologised for his late attendance and circulated a late “Property Master’s Report for 2007-08”. He briefly discussed the ‘adopt a boat’ program where crews were responsible for maintaining specific boats. Various maintenance and boat repair projects and working bees over the year, future requirements to keep the club and fleet in good working order and listed various achievements over the year. Tim was thanked by the President for his report.

**Dave Rosenfeld** – Spoke and congratulated the club and gave a vote of thanks for the new initiative of presenting financial members with a club shirt and cap.

**All members gave applause.**

**The meeting ended at 12.15 pm.**

**Members then adjourned and gathered for a club BBQ lunch provided on the clubhouse balcony for all members following the AGM, group meeting photo and boat christening.**

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**Steve Jaques**  
**Secretary**  
**25/8/2008.**

\*\*\*\*\***END**\*\*\*\*\*

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## PRESIDENT'S REPORT 2008-09

Leichhardt Rowing Club continues to grow and becomes more complex for our volunteer base to manage each year. As we close the 2009 season and look forward to a new season, it is good to reflect on the many areas of the club and the efforts of a significant number of members that keeps the club at the leading edge.

The most notable achievement for 2009 was to win the Premiership again. But significantly, not just win but to dominate the Premiership Pointscore and be more than double the points for the 2<sup>nd</sup> placed club. This achievement highlights the massive effort required to keep the club competitive.

We have a dedicated coaching team again led strongly by Frank Thorn that provided strong results at all levels – juniors, seniors and masters. Thanks to all the coaches for their continued time and dedication. As you are all aware, Frank retired as Head Coach in April to have a well earned rest. Thanks for all your efforts over the last 7 seasons. In that time, the club steadily improved performances and ranking in the Club Premiership to produce wins in 2007 and 2009.

The success of the on water management component of the club was thanks to the efforts of Jane Hutchinson and Deanna Fekete. They both spent considerable time coordinating training and competition. This is a tough and often unappreciated job, particularly with boat allocations for training and racing. I would like to thank them both for their great effort and support and remind all club members that they are volunteers and should have the appropriate support of the club membership.

In last years Report, I thanked Charles Bartlett and Richard Stanistreet for their continuing tireless efforts with gaining approval for the new pontoon. Their work is almost completed with the arrival of the new pontoon scheduled for installation immediately after the Corporate Regatta. This is a great result from over 3 years of work and we look forward to the luxury of plenty of pontoon space.

While the club committee provided great service, some standouts have provided excellent support. Anne Parbury has provided the initiative and drive as editor of Easy Oar to provide a new high level in communication for club members. For equipment maintenance, Tim Tindale and Bill Monaghan continue the drive and coordination to keep the fleet maintained.

We now look forward to the 2010 season with great anticipation. There is confidence that the strong performances will continue, particularly in C and D Grade competition where we have been dominant. The future challenge for the club is to lift our performance profile to include more strength in B and A Grades. It is with this challenge that we welcome our new Head Coach, Stani Slavova. Stani has already entered into the task with vigour that we expect will result in a higher profile in development and elite competition. As a note for the club membership, a focus for RNSW for the 2010 season is to build a strong base in B Grade competition to underpin strength of the elite performance level. A number of clubs will be actively recruiting school leavers and younger rowers to compete in a well defined B Grade competition as a pathway to elite development.

I hope you all look forward to the coming competition season with expectation and continue to build on your performance levels. But most importantly, remember that we all participate in the club for enjoyment.

**Tim Clare**  
**President**

## CAPTAIN'S REPORT 2008-09

The 2008-09 rowing season was my second as Captain of Leichhardt Rowing Club and has been a highly successful season for the Club.

Success can be defined in many ways:

In relation to Rowing New South Wales' premiership point score (the L.E. Stepto OAM Memorial Premiership shield), we were convincing winners by almost 1,000 points over second placed Sydney, and ended with more points than both second and third place combined. It shows fantastic breadth and depth of our club that we are able to win the point scores for all the following categories:

- open men;
- overall 'age/open' categories;
- B grade, C grade and D grade;
- Masters; and
- Overall premiership point score.

In relation to representative squads, Sarah Moxon & Rosa Brown were selected for the Rowing Australia National Elite Development Plan which was aimed at targeting potential national U23 rowers and monitoring their progress through to senior rowing teams. In relation to state & national championships, the Club proudly supported a number of members who competed. Of particular note is the Championship Womens U21 4x (Isobel James, Bryony Cole, Amy Van den Nieuwenhof, and Rosa Brown) won gold, and the Womens U16 Quad Scull (Emma Hart, Lucy Zell, Kiri English-Hawke and Thea Wheatley) who won bronze at the state championships. The Club was also very proud of the 12 Leichhardt Rowing Club rowers who travel to Tasmania for the National championships.

In relation to the masters competition, Leichhardt Rowing Club won 5 gold, 6 silver and 4 bronze at the state masters championships. We also had 6 of our members representing NSW in the state masters squad (Angela Conry (4x, 8+), Anne Parbury (4x, 8+), Deanna Fekete (8+), Di Williams (8+), Leslie Howatt (8+) and Tim Tindale (4x)). At the national masters championships in Rockhampton, Leichhardt won 4 gold, 1 silver, and 4 bronze medals including the women's NSW state 8+ and women's NSW state 4x winning gold. Masters continues to be very strong within the Club, with top Club point scorers being masters rowers.

The successful results above are indicative of a very important aspect to the Club – participation in the wonderful sport of rowing. Whilst state and national championship success is a very honourable and proud accomplishment, and certainly what we will continue to strive to achieve, there are many members for whom this is not a goal. And a fantastic trait of Leichhardt Rowing Club is that we are a community based club, which encourages participation at all levels.

The season also saw one of our largest groups of participants in our two Learn to Row programs and the annual Corporate Challenge. Together these programs provide an opportunity for us to share rowing with our community and provides us with a very important source of revenue. This revenue ensures we maintain the ability to invest in new equipment and Club improvements, such as the eagerly-awaited pontoon.

The Club is clearly more than just a place to train and compete in local regattas. We have a strong social rowing group which fosters the great community spirit of the Club and we continue to work closely with Pymble Ladies College to develop that valued partnership.

The end of the 2008-2009 season also sees the end of an era with Frank Thorn (Head Coach) and Kerry Thorn (Youth Development Coordinator) resigning from their coaching positions at the Club. Both Frank and Kerry contributed a huge amount to the Club and their efforts are certainly noted and appreciated. The hard work of our coaches is also very much appreciated - their assistance is instrumental in bringing together the hard work of the athletes. Our team of fabulous coaches over the season included Charlie Bartlett, Michael Bath, Dave Bodell, Tim Clare, Angela Conry, Nell Duly, David Elliot, Guy Elron, Steve Jaques, Rod Richardson, Steve Roll, Richard Stanistreet, Tim Tindale, Ross Tout, Peter Trives, Anne Parbury, Suzie Philpot.

We rely heavily on the generosity of volunteers to ensure the Club continues to run, and could not function without them, whether participating in or holding regattas, rowing in boats or training at the shed. In particular: Tim Tindale together with Bill Monaghan and others has done an excellent job in fixing and maintaining the boats; the army of helpers which appear for each home regatta (typically including Steve Jaques, Rod Richardson, Bill Monaghan, Peter Trives, Doreen Borg & Barbara Chapman) who make the day the success it always is; and Barbara Chapman who assists in relation to LRC clothing and merchandise. Thank you also to all the other helpers, members, family and friends who assist throughout the year in a variety of ways – it all contributes towards LRC being the successful and fantastic club that it is.

Overall, it was a very successful year for Leichhardt Rowing Club. We look forward with great enthusiasm to the season ahead and to continuing the honourable tradition of being proud Leichhardt Rowing Club members.

**Jane Hutchison  
Club Captain**

## MANAGER COACHING SERVICES REPORT - 2008-2009 SEASON

Leichhardt Rowing Club continued the success of the previous Season winning the following:

- Men's "Senior" and "Open" Shield
- Spencer Grace OAM "Combined Master's Shield"
- Bohemia Crystal "River Cup"
- "Age" and "Open" Point score
- Grade "C" and "D" Point score
- Grade "Total" Point score
- LE Stepto OAM Memorial "Premiership" Shield

This has been a wonderful achievement for the Club and proves if the Athletes and Coaches commit to the Program the Results will come. The Club in the last 5 years has now won almost every Trophy NSWRA has to offer.

The Training Program for the 2008-2009 Season started 19<sup>th</sup> May for the Athletes intending to compete at the National Championships at Lake Barrington Tasmania.

During the season, I continued the practice of having mini Rowing Camps during the School Holidays for interested juniors. This involved a four sessions a week and they then revert to their normal Coach and squad at the weekend.

The first 31 weeks of the training program involved endurance development. After an active rest period over the Christmas season, the Race Preparation Program started in the 34<sup>th</sup> week. The first 3 weeks of this program was the Annual Rowing Camp, followed by the very successful Port Macquarie and Manning River Regattas at Taree.

I would like to thank Rick Turner for towing the Trailer to Taree for the Camp and returning the Trailer to the LRC Boat shed for the next shipment of boats for the Taree Regatta weekend. Rick has been outstanding in his voluntary assistance to the Club.

The NSW Rowing Championships was marred with cancellations, postponements and delays because of excessive heat. Most of the junior, male and female school events were cancelled. Elliot Hunt and Isobel James our outstanding juniors were disappointed because their expectations were to be in the Finals. Most of the big boat events were still held.

The U/16 W4x was 3<sup>rd</sup> in the Final (Thea Wheatley, Kiri English-Hawke, Lucy Zell and Emma Hart), Steve Jaques has been tremendous with their development and Kerry prepared them for this event.

The U/21 W4x was 1<sup>st</sup> in the Final (Amy van den Nieuwenhof, Rosa Brown, Isobel James, Bryony Cole) this was a tremendous result considering Isobel at 15 yrs old stepped up from the Junior Development Squad to replace Liz Lester who was injured. The race was an outstanding performance and the execution very impressive with 8 even splits of 55 seconds each 250m.

Kerry and I took 12 rowers from Leichhardt Rowing Club to Lake Barrington, Tasmania to compete in the Australian National Championships. Those rowers were Sarah Moxon (open woman), Amy van den Nieuwenhof, Bryony Cole (U23 women), Rosa Brown (U23 lightweight woman), Isobel James, Georgia Girdler, Alex Hutchison, Emma Thomas (U17 women), Dean Robinson (open man), James Gerofi (open lightweight man), John Turner (U23 lightweight man) and Elliot Hunt (U17 man).

The week long Regatta favoured the heavier Athlete because of the gusty wind producing “white caps”, although the same conditions were experienced by everybody and who handled it best, survived. There were quite a few capsizes in the 1x’s and 4x events.

It was James and Sarah’s first season competing in Open Competition a big step up from U/23. James reached the *Semi Final* with Dean in the Open 2x and the *Final* in the Open 4x finishing a respectable 5th. Sarah was in the Open 1x *Semi Final* and the *Final* of the Open 2x. It was Amy, Rosa and Bry’s first season in U/23 a big step up from U/19 and they have two more years in this division and can only get better as they physically mature. Rosa reached the *Semi Final* in the U23 LtWt 2x.

Elliot went very well in the U/17 1x on his first day; unfortunately he became ill during the week and we considered withdrawing from the rest of the Regatta. He is very stoic and battled on. Elliot did reach the *Semi Final* in the U/17 1x, the *Semi Final* in the U/17 2x and the *Semi Final* in the U/17 4x.

Isobel James reached the *Semi Final* in the U/17 1x. Isobel and Georgia Girdler rowed a brilliant race in the U/17 2x heat and went straight to the *Semi Final*, (they created a lot of attention) unfortunately they could not repeat the performance.

Elliot, Isobel and Alex Hutchison also competed in the School Boys/Girls 1x. Isobel was 2<sup>nd</sup> in the “C” Final, Alex and Elliot was 3<sup>rd</sup> in the “D” Final. This was a good result considering Elliot is in Year 10 and Isobel and Alex are in Year 11.

I would like to point out here, the Athletes who reached the semi final are in the top twelve and the finalists are in the top six best Athletes in Australia, keeping in mind in the U/23 and Open events invariably there would be competitors who have competed in recent World Championships and Olympic Games.

I am very proud of the behaviour, commitment and effort the 12 Athletes gave, with the Team contesting **8 *Semi Finals*** and **2 *Finals***.

I would like to thank all the coaches who support the coaching program at LRC, and commend Steve Jaques and his team who coach the junior squads, Kerry Thorn, Rod Richardson, Peter Trives, David Bodell, Richard Stanistreet, Guy Elron, James Walton, Michael Bath, Steve Roll and Ross Tout who all commit to the season and give so much time to their squads.

**Frank Thorn,  
Manager Coaching Services.**

**LEICHHARDT JUNIOR DEVELOPMENT SQUAD 2008-2009**

**GOAL:** To develop from the experience and to compete successfully at the state, national and schoolgirl championships.

**EXPECTATIONS:** To train with the squad up to 5 on water sessions and to participate in additional cross-training and strength work.

**REALISATION:** “Champions are not born. They are a product of courage, passion, strength, stamina and dedication.”

**THE FACTS:** The season began with Isobel James, Alex Hutchison, Freya Cole, Georgia Girdler, Emma Thomas, Grace Dwyer, Connie Sloane and Elliot Hunt in May 2008. Soon after Marissa Banu-Lawrence and Thea Wheatley joined the group and at that time school and music commitments prevented Freya continuing and Grace went to France on exchange. During the season Erin Spencer, Liz Lester and Rebecca James rowed with the group, but school and final year HSC commitments were their priority. Back and hip problems prevented Connie to continue her training after the rowing camp in Taree. At this time Kiri English-Hawke joined the group. Prior to the state championships Emma Hart and Lucy Zell paired up with Thea and Kiri and produced a very successful U16 quad.

This committed group followed the excellent detailed training program that was prepared by Frank Thorn, LRC's Director of Coaching. The rowers undertook the program, committing to on water training time, cross-training sessions and the required weights sessions. As a result, the junior development squad were well represented at all the ITC regattas, the JB Sharp Regattas, club regattas, state age and grade regattas and the national championships in the 2008-2009 season.

For the first part of the season, Michael Bath coached the J4 group, which consisted of Rebecca Chapman, Ella Collins-White, Zoe Thomas and Maddy Van Ewyk. Michael's work commitments prevented him from his usual full time coaching and the group suffered from school and university work overload.

**PERSONAL DEVELOPMENT:** I took the opportunity to take Isobel, Alex, Emma, Georgia, Connie, Marissa and Thea to the 2008 Sydney Schoolgirls' Breakfast with the Stars at the Sydney Olympic Park Sports Centre on the 30<sup>th</sup> October, 2008. This was a wonderful opportunity for these enthusiastic young athletes to mix with high achievers in the rowing community and also many other sporting avenues.

**TAREE CAMP:** Another excellent camp was held at Riverside Homestead in Taree. This residential camp lasted two weeks and is based on 8 training sessions per three day cycle: three sessions are programmed for day one and two and two sessions on day three. Weights and swimming sessions are conducted at the Taree Aquatic Centre. Isobel, Alex, Connie, Georgia, Emma, Marissa, Thea, Liz and Elliot attended and executed this heavy program. This gave the group a wonderful opportunity to experience training at the senior level.

**RESULTS:** I am very proud of the behaviour, commitment and effort that each member of this group displayed in the 2008-9 season.

**OVERALL:** Elliot won the Steve Roll Trophy for the Club's Men's Point Score; Most improved junior female was won by Kiri and Thea; Most improved junior male was won by Elliot; The Bath

Family 'junior' Trophy [most outstanding all-round junior] was won by Isobel James and Encouragement Awards went to Emma Hart and Lucy Zell.

**Season begins:** The 2008-2009 season had a great start with Elliot, Emma, Grace, Liz, Alex, Connie, Erin and Georgia successfully competing in the first ITC regatta on the Nepean River on the 28<sup>th</sup> June, 2008. They, with Isobel continued to improve their successes with the following ITC regattas where LRC was very well represented.

The first club regatta was hosted by Endeavour Club "Henley on Hunter" with Elliot, Isobel, Alex, Georgia and Emma being part of the very successful group that travelled on the 14<sup>th</sup> September to bring home *seven gold*, and *eight silver* medals out of 15 entries that gave us a fantastic start to the season, winning 88 points.

**Season continues:** All the rowers competed very successfully at all the regattas during the season.

**At the NSW Age State Championships:** The U16 quad of Thea, Kiri, Lucy and Emma won a bronze medal; Isobel joined Bry Cole, Amy Van den Nieuwenhof and Rosa Brown and they won a gold medal in the WU21 quad scull.

**At the Trickett regatta Championships:** Isobel, Georgia, Alex and Emma won a silver medal in the WC4x, Elliot a bronze in the MC2x with John Turner and Elliot a silver medal with John, James Geroffi and Dean Robinson in the MB4-.

**At the Schoolboy and Schoolgirl regattas:** Elliot won a silver medal for the year 10 M Single Scull, Kiri won a bronze for the Year 9 W Single Scull and Lucy Zell and Cassandra Kottaras won a silver for the Year 9 W Double Scull.

**At the nationals:** Isobel James, Georgia Girdler, Alex Hutchison, Emma Thomas (U17 women), and Elliot Hunt (U17 men) represented LRC at Lake Barrington, Tasmania.

Elliot progressed to the Semi Final in the U/17 1x and the Semi Final in the U/17 2x. Isabel James progressed to the Semi Final in the U/17 1x. Isobel and Georgia rowed a brilliant race in the U/17 2x heat and went straight to the Semi Final. Elliot, Isobel and Alex Hutchison also competed in the School Boys/Girls 1x. Isobel was 2<sup>nd</sup> in the "C" Final, Alex and Elliot was 3<sup>rd</sup> in the "D" Final.

**The full season:** The group began their training on the Monday 19<sup>th</sup> May 2008 and continued successfully till the Trickett Regatta on the Saturday 4<sup>th</sup> April, 2009 with great enthusiasm and some wonderful achievements. I have watched the physical and personal development of these great young LRC members and wish them all great successes in the future.

**THE FUTURE:** ....take opportunities, strive for improvement, create goals, do things. Contribute. Make a difference no matter how small. Be proud of your achievements. Know that you have done something every day, smile and be happy.

**Kerry Thorn,  
Junior Development Coach, 2008-2009**

## WOMEN'S MASTERS SQUAD - REPORT 2008-2009

The Womens masters rowers of LRC have again been great contributors – in many areas and at all levels - to the clubs success – on and off water.

From rowing in JB Sharp to representing NSW (winning) at the National Masters Championship, from assistant secretary to Captain, from running the Corporate program to managing catering and merchandise – masters women are the lynchpin of the club.

We are a large contingent so need to mention quite a few (and hopefully all):

**Rowers:** Debbie Chun; Lucy Chen; Nancy Walquist; Sarah Norris; Mandy Sargood; Sue Andrews; Annette Dasey; Mary Finegan; Jane Moxon; Sally Bartlett; Irene Armstrong; Margot Simington; Anna Foley; Lynne Riley; Juliet Bourke; Margaret Bailey; Dianne Williams (State 8); Angela Conry (State 8/Quad); Leslie Howatt (State 8)

**Intermediate masters:** Belinda Brigham; Liz Williams; Charmaine Wells; Sarah Downton; Kate Robinson; Daniela Borgett; Mel Houston; Rhiannon Barnard; Kat Collings; Sarah Eldridge

**Fleet Inventory/shed plan/boat loading:** Kara Coleman

**Youth Development Coach and Regatta Secretary:** Kerry Thorn

**Social rowing liaison:** Doreen Borg

**Merchandising and catering:** Barbara Chapman

**Assistant Secretary:** Sue Philpot

**Corporate graphics/brochure:** Sue-Ella McDowell

**Corporate Newsletter and Regatta Secretary:** Virginia van Ewyk

**Captain:** Jane Hutchison

**Easy Oar:** Anne Parbury (State 8/Quad)

**Vice-Captain:** Deanna Fekete (State 8)

**Deanna Fekete**

## INTERMEDIATE MEN'S GROUP REPORT - 2008-2009

The Intermediate group started with Andrew Morrell, Brian Davis, Michael Hall, Robert Downton, and James Hutchinson. As the season progressed and as usual other commitments and family and Jobs made it necessary on some occasions to have additions to the group at regattas. We were greatly helped by the following:- Dean Patterson, Roger Graham, David Elliot, Will Schouten, Charles Bezzina, John Bransby, Tim Clare, Charles Bartlett, Christian Fitzsimon, Steven Duff, John Turner, Aubrey-Pointer, Kristian Bodell, Elliot Hunt, Guy Elron, Andrew McCallum, Tim Tindale,

**Drummoyne/ Balmain, 11th October 2008:** We had a 5<sup>th</sup> in MB grade 2X, MD grade Quad Scull 3<sup>rd</sup> and in the MB1X a 6<sup>th</sup> place.

**StGeorge regatta 18<sup>th</sup> October 2008:** In various divisions we had 6<sup>th</sup>, 2<sup>nd</sup>, 5<sup>th</sup>, 4<sup>th</sup> but no final placements.

**Nepean regatta 19<sup>th</sup> October 2008:** 3<sup>rd</sup> in Final of Men's Masters Quad Scull with Brian Davis, Andrew Morrell, John Bransby, Will Schouten.

**NSW Spring regatta 25<sup>th</sup> October 2008:** 3<sup>rd</sup> in Men's B grade Quad Scull with

Robert Downton, Andrew Morrell, Brian Davis, David Elliot

**Shoalhaven Sprint regatta 1<sup>st</sup> November 2008:** 2<sup>nd</sup> in MB8 with Morrell, Patterson, Davis, Tracy, Clare, Bartlett, Fitzsimon, Duff.

1<sup>st</sup> Men's B grade Quad Scull with Morrell, Patterson, Davis, Downton.

**Drummoyne regatta 6<sup>th</sup> December 2008:** 2<sup>nd</sup> Men's C grade 8 with Davis, Bezzina, Morrell, Kristian Bodell, John Turner, Aubrey-Pointer, Pollett, Hunt.

**Port Macquarie regatta 17<sup>th</sup> January 2009:** 4<sup>th</sup> Men's C grade Coxed Four

Davis, Morrell, Downton, Bezzina.; - 2<sup>nd</sup> Men's C grade 8 Bartlett, Clare, Duff, McCallum, Morrell, Davis, Downton, Bezzina.

3<sup>rd</sup> Men's C grade Quad scull with Davis, Downton, Morrell, Bezzina.

**Manning River regatta 18<sup>th</sup> January 2009:** 2<sup>nd</sup> in Men's Masters 8, Morrell, Davis, Graham, McCallum, Elliot, Bartlett, Clare, Duff.

2<sup>nd</sup> in Men's Masters Quad Scull with Downton, Morrell, Bezzina, Davis.

2<sup>nd</sup> in Men's Masters Double Scull Brian Davis, Andrew Morrell.

**Glebe regatta 15<sup>th</sup> February:** 3<sup>rd</sup> in Men's C grade coxed four Davis, Hall, Morrell, Bezzina.; - 3<sup>rd</sup> in Men's C grade 8 Davis, Patterson, Morrell, McCallum, Duff, Clare, Tindale, Bartlett; -

5<sup>th</sup> Men's C grade Quad Scull Davis, Hall, Morrell, Bezzina.

**Sydney regatta 21<sup>st</sup> February 2009:** 3<sup>rd</sup> Men's Masters coxed four Hutchinson, Davis, Morrell, Bezzina.; - 4<sup>th</sup> Men's Masters 8 Davis, Neal, Morrell, Hutchinson, Clare, Duff, Tindale, Bartlett.; --

4<sup>th</sup> Men's Masters Quad scull Davis, Morrell, Hutchinson, Bezzina.

**Leichhardt Regatta 7<sup>th</sup> March 2009:** 3<sup>rd</sup> Men's C grade coxed four, Hutchinson, Hall, Morrell, Bezzina.; -- 1<sup>st</sup> in Division 1 of Men's C grade single scull Robert Downton; - 3<sup>rd</sup> in Division 3 of Men's C grade single scull Brian Davis

2<sup>nd</sup> in Men's C grade 8 Davis, Hutchinson, Morrell, McCallum, Clare, Duff, Tindale, Bartlett.; --

3<sup>rd</sup> in Men's C grade quad scull Hutchinson, Morrell, Davis, Bezzina.

1<sup>st</sup> in Men's D grade 8 Abeni-Davis, Graham, Van Ewyk, Morcombe, Roberts, Hall, Downton, Bransby.

**Autumn regatta 22<sup>nd</sup> March:** 2<sup>nd</sup> in Men's C grade coxed four Downton, Hall, Morrell, Hutchinson.; - 5<sup>th</sup> Men's C grade quad Scull Elron, Hall, Morrell, Davis.

**Trickett Regatta 4<sup>th</sup> April 2009:** 3<sup>rd</sup> in Men's D grade 8 Abeni-Davis, Morrell, Davis, Madanayake, Roberts, Hall, Patterson, Downton.

**Drummoyne Masters:** 1<sup>st</sup> Men's A-C 8 Davis, Downton, McCallum, Terry, Morrell, Bezzina, Elron, Hutchinson

As can be seen from the above results the group were at or very near the top in most of their races, the enthusiasm of the whole group was infectious and spread through the shed and encouraged others to achieve very good results on a consistent basis.

**Rod Richardson  
Coach**

### **WOMEN'S INTERMEDIATE SQUAD 2008-2009**

This season the Women's Intermediate squad was largely a continuation of the group from the previous year, with a few comings and goings. From the previous season we started with Rhiannon Barnard, Daniela Borgert, Belinda Brigham, Kara Coleman, Liz Foster / Williams, Mel Houston, Leslie Howatt, Kate Robertson and Charmaine Wells. Annie McHugh also joined in at the start of the season and then as the season progressed we also welcomed Kat Collings, Laura Milner, Sarah Downton and Sara Eldridge. Additionally, Natelle Ball, Jacqui Bokor and Kylie Dodd rowed in a successful D Grade eight towards the end of the season. Bernie Desmond was a great asset to the

Squad through her coxing during the season. Unfortunately part-way through the season, Rhiannon relocated to Singapore and Laura moved out of the district.

The season was a very successful and satisfying one for the ladies. They built upon the experience and confidence gained in their D Grade eight Championship victory at the end of the previous season. After a strong pre-season preparation, they started this season with good gains in fitness, strength and technique.

They achieved several wins and placings across the types of sweep and sculling boats in the first regatta of the season. This then became the trend throughout the season with the squad winning over half of the D grade races they contested. Additionally, in three quarters of the D grade races entered, they placed first or second. A great reward for their commitment.

These successes resulted in the majority of the squad being elevated to C grade for sweep-oar and a few to C Grade for sculling. The squad continued to be successful in C Grade, placing first or second in around half of the races contested. Similarly, they competed successfully in Masters Regattas also placing first or second in around half of the races entered.

A highlight for eight of the squad was the trip to Melbourne for the “Head of the Yarra” nine kilometer time trial. The event attracts over two hundred eights, usually of a high standard. The twisting Yarra course is very challenging, and the local knowledge of the river gives the Melbourne-based crews a distinct advantage. The squad crew rowed courageously, and were excellently steered by Bernie. The crew was the highest placed non-Melbourne crew in the Women’s C Grade category, coming fourth with a margin from the winners of only one minute and eight seconds. A great result first up, and an incentive for next year’s attempt.

The ladies can reflect on the season with pride knowing that they achieved the goals they set themselves, whilst making a valuable contribution to the Club’s winning of the Premiership. The squad now has the goals for 2009-10 of consolidating their C Grade status and progressing to competitive level in B Grade. This will be a real step-up and will require continued development of their strength endurance, and technique.

I certainly enjoyed my involvement with the squad and thank them for their support, and again, I say well done for a great season.

**Peter Trives**  
**Coach**

### **COMBINED JUNIOR GIRL’S J1, J2 & J3 SQUADS - UOWING REPORT – POR8-2009**

This season like most previous ones saw the large beginner “junior/novice” squad of rowers divided into smaller manageable groups according to their skill levels. The junior girls head coach Steve Jaques took the J3 squad of 8 girls. He was supported by alternate coaches Dave Elliot & Sue Philpot taking the J1 & J2 groups with guest appearances from Angela Conry & Charles Bezzina on alternate weekends. After February 09, Nell Duly joined us full time taking her own J2 squad. The girls were mostly selected from graduates of our very successful learn to row (LTR) programs with a few members transferring from other clubs. To all the coaches who contributed their time, efforts and skills – Thankyou.

At the early part of season the Junior 3 squad of about 8 regular girls from the May LTR trained well, showed great eagerness and promise with early success at the Balmain JB Sharp regatta winning the novice quad (Emma Hart, Niki Papas, Ashley Aubeelaus, Lucy Zell) and placing in the novice sculls races. As the more formal season began the J3 girls showed more confidence at MLC regatta (3<sup>rd</sup> Yr9 4x+ Emma Hart, English-Hawke, Niki Papas, Ashley Aubeelaus, & Lucy Zell cox – 3<sup>rd</sup> Yr9 2x Tait/English & 4<sup>th</sup> Hart/Zell) and the DRC regatta winning the WD 4x (Hart, Papas, Aubeelaus, Zell). Also a close 2<sup>nd</sup> in WD2x (Romy Tait, Kiri English-Hawke).

From late November with a large group of 16 from the Oct/Nov LTR program were merged into one big group with the more experienced girls assisting the new girls and developing into a stronger large group of Juniors most of whom attended the club Summer Vacation Rowing Camp in January school holidays and improved their rowing, technical & social skills enormously.

Promising juniors Connie Sloane & Sara Delavere both sustained knee or back injuries after January and were unable to train/race for rest of season. - Sara later emerged as a much needed club cox supporting many club crews.

In February Nell Duly took a big group of the Oct/Nov LTR girls forming her novice J2 squad. The girls consisting Alex Vass, Alexandria Semyonov, Harriet Scandol, Poppy Cook, Cleo Myerscough, Madz Gibson, Imogen Stahel, Natasha McQuade, Lauren Flinn, trained well and scored 3 x 3<sup>rd</sup> & several 4<sup>th</sup> & 5<sup>th</sup> places in Yr 9 quads and competed in some club novice quad & double events.

Also in February Cassandra Kottaras & Imogen Smith were brought up into the J3 squad. Then three girls Emma Hart, Kiri English-Hawke & Lucy Zell joined Thea Wheatley for two weeks intensive training with Kerry Thorn, Junior Development Co-ordinator, in preparation for the NSW State Championships under 16 women's quad scull - where they gained a magnificent Bronze (podium finish) – Well Done to all and coach.

The J3 girls coached by Steve Jaques went on to acquire numerous excellent results adding greatly to the clubs magnificent record breaking premiership pointscore results:

Glebe Regatta: 1<sup>st</sup> WD1x Emma -, 2<sup>nd</sup> WD1x Kiri, -- 1<sup>st</sup> WD4x Emma/ Marisa Banu-Lawrence/ Kiri/ Thea ; 2<sup>nd</sup> WD4x Ashley/ Lucy/ Niki/ Romy / - - WD2x – 1<sup>st</sup> Kiri/ Thea

PLC Regatta: Yr9 4x -2<sup>nd</sup> Lucy/ Emma/ Kiri/ Thea - Yr9 2x 1<sup>st</sup> Kiri/Emma; 2<sup>nd</sup> Romy/ Niki - Yr9 1x Thea; – Yr9 4x+ 3<sup>rd</sup> Stahel/ Flinn/ Semyonov/ McQuade–Cook (cox).

LRC Regatta: WD1x 1<sup>st</sup> Thea / 2<sup>nd</sup> Kiri/ 3<sup>rd</sup> Ashley – D2 3<sup>rd</sup> Lucy/ 4<sup>th</sup> Marissa  
WD4x 1<sup>st</sup> Lucy/ Emma/ Kiri/ Thea - 3<sup>rd</sup> Scandol/ Smith/ Kottaras/ Aubeelaus. –  
WD2x 2<sup>nd</sup> Hart/Zell, 3<sup>rd</sup> Kiri /Thea

Gold Cup: Yr9 4x+ - 3<sup>rd</sup> D5 Tait/ Smith/ Kottaras/Aubeelaus & Papas (cox) – D2 Zell/ Hart/ English-Hawke/ Wheatley – D Bhuta (cox).

LRC Autumn Regatta – WD 1x – D1-1<sup>st</sup> English-Hawke; D2-1<sup>st</sup> Wheatley; D4- 2<sup>nd</sup> Hart, 3<sup>rd</sup> Zell; WD4x 1<sup>st</sup> – Zell/ Hart/ English-Hawke/ Wheatley ; - 2<sup>nd</sup> Tait/ Smith / Kottaras / Aubeelaus; - 3<sup>rd</sup> Gibson/ Stahel/ McQuade/ Flinn ; – 4<sup>th</sup> Scandol/ Cook/ Semyonov/ King; – WD2x D3 – 1<sup>st</sup> English-Hawke/ Wheatley – D4 - 2<sup>nd</sup> Tait/ Smith – 3<sup>rd</sup> Cook/ King – 4<sup>th</sup> Hart/ Zell.

SG Head Of River – SGYr 9 1x Final – Bronze- Kiri English-Hawke – 4<sup>th</sup> Emma Hart / Ashley Aubeelaus missed out on final - SG Yr9 2x - Silver - Lucy Zell / Cassandra Kottaras. Well done all.

Trickett Championships – CWD4x -5<sup>th</sup> – Zell/ Hart/ English-Hawke/ Wheatley;  
CWD2x –5<sup>th</sup> - English-Hawke/ Wheatley.

Unfortunately a common factor after training really gets into full swing is that many young beginner novice rowers tend to drop out or have irregular attendance due to other school, travel or

sporting interests taking over. It is hard to keep young minds focussed with so many interests for today's young athletes.

Congratulations to the following Juniors who won club awards this season: Most Improved: - Thea & Kiri; Encouragement: Emma & Lucy; Coxing: - Sara Delavere.

Finally, as always, I must not forget the parents - for without their continued support and assistance getting these rowers to and from regattas and training and some catering we would not have a great Junior squad. I extend my whole hearted thanks.

Also I must give a big welcome to the very large group of junior girls who have just completed the April/ May 2009 LTR program and look set to do big things next season.

**Steve Jaques**  
**Junior Girls Coach**

### **JUNIOR BOYS SQUAD 2008 – 2009**

The Junior Boys Squad was composed of a small number of regular members but their development and enthusiasm was pleasing. Senior members Kristian Bodell and Nick Andronikashvili achieved regular wins and placings during the season despite limited training due to study commitments. Levan Andronikashvili and Robert Bodell are to be congratulated in medalling in the NSWRA Sprint Regatta in the U164X. During the later part of the season some of the younger members Austen Hunt and Hayden Rabone demonstrated pleasing development with placings in the winter regattas.

All boys are to be congratulated on their whole hearted application in the recent JB Sharpe Regatta Series in winning the junior point score and I feel confident that the experiences gained will be invaluable in the summer regatta program.

Thank you to Steve Jaques and Rod Richardson for their continued assistance and support.

**David R. Bodell**  
**Junior Boys Coach**

### **“NOVICE” MEN’S SQUAD**

My report this year should, by rights be short, as the on-water successes of this squad should speak for itself and doesn't need my words to embellish their performances with too many details.

This group of guys started the season as raw beginners – graduates from the October'08 *Learn to Row* program. Aidan Abeni-Davis, Steve Garner, Tim Morcombe, Mark Roberts and Brad Ward all embraced rowing with enthusiasm and quickly gained skills and a strong sense of collaborative teamwork. Against some reasonably strong objections the squad members travelled north to Taree in January for their very first regatta. With a degree of relief their coach watched them deliver

some impressive performances that weekend, with Steve actually taking out a win as a substitute in a Leichhardt four, just a length or so ahead of his teammates who came in third, in front of the other 3 or 4 crews that made up the start list for that race. Indeed, that weekend, whether they were in a quad, a four, doubles, or helping fill up an eight I don't believe that any of them finished out of a place in races with usually 6 or 7 entries, and in all those races they were never very far from the winners.

This pattern of success set the standard for the balance of the squad's season. Unfortunately on that weekend, though, in an accident, unrelated to rowing, Brad injured his shoulder and could not return for the balance of the season. At this point Rob Downton joined the squad to make up the numbers as Steve was scheduled to travel overseas till this October. In quads, fours, doubles and eights (and Rob in a single as well) these guys were not unplaced again for the rest of the season, and won about 15 gold medals between them. Aidan was adjudged the *Most Improved Oarsman* of the year – an award he justly deserved, but failing him could just have easily been awarded to any other member of this squad.

Not only have they had success on the water they have contributed very generously to other Club activities and have set a very high standard of service to the shed and its equipment. As a coach I could not have asked for a more pleasant and agreeable group of young men to work with. They have made my season a delight.

Congratulations guys!

**Ross Tout  
Coach**

### **LRC MASTERS / NOVICE SQUAD REPORT 2008 – 2009 Season**

I was privileged to have coached one of the most committed squads at Leichhardt this past season. The squad comprised \*:

- Margaret Bailey;
- Lyne Riley;
- Anna Foley;
- Juliet Bourke;
- Rick Turner; and
- Adam Wheatley.

[\*Initially the squad also included Sue Andrews, Melina Burns and Virginia van Ewyk (with guest appearances by Barbara Chapman, Doreen Borg, Sue-Ella Day, and Sally Bartlett)]

The squad commenced last season as complete novices. Having received little or no coaching previously, they had understood the challenges associated with becoming competent on the water, not to mention competitive. Following early consultation between the squad and coach, goals were set for the season, including benchmarking performance levels at club regattas, and reaching the finals at the NSWRA Masters Championships.

With some advice from LRC's former head coach, Frank Thorn, a specific training program was devised, and then followed to the letter by the squad. Noting that the squad had little to no experience with formal competition, it was not long before they displayed significant technical

improvements and made their mark. They competed at Grade regattas (D grade) and in masters (D category) in 2x, 4x, 4-, 4+, and 8+, and achieved certain success in each boat class. Specifically:

- Drummoyne/Balmain Regatta (Grade): WD4x – 2<sup>nd</sup>/4
- Spring Regatta (Grade): WD4x – 2<sup>nd</sup>/6
- Port Macquarie Regatta (Grade): WD4x – 1<sup>st</sup>/6; WD 4+ - 2<sup>nd</sup>/4
- Glebe Regatta (Grade) WD4+ - 2<sup>nd</sup>/4; WD4x – 2<sup>nd</sup>/3;
- Leichhardt Regatta (Grade): WD8+ - 1<sup>st</sup>; WD4x – 2<sup>nd</sup>/5; WD2x – 2<sup>nd</sup>/5;
- Autumn Regatta (Grade): MD4x – 2<sup>nd</sup>/4; WD4+ - 2<sup>nd</sup>/5; WD4x – 1<sup>st</sup>/4; WD2x – 1<sup>st</sup>/5;
- Drummoyne Masters: WD4x – 4<sup>th</sup>/6; WD2x – 2<sup>nd</sup>/4; MD2x – 5<sup>th</sup>/7; MixD4x - 3<sup>rd</sup>/5; MixD2x – 4<sup>th</sup>/6;
- Iron Cove Masters: WD4x – 3<sup>rd</sup>/6; WD2x – 3<sup>rd</sup>/5; WD4- - 2<sup>nd</sup>/3; MixD4x - 3<sup>rd</sup>/5;
- NSWRA Masters Championships – WD4x – 3<sup>rd</sup>/9 (Heat) and 7<sup>th</sup>/9 (Final).

Given their rowing journey is only one season long, this squad has made tremendous gains. To say the least, they achieved their goal of qualifying for the WD4x final – and this, in their first season of competitive rowing. Given there is always room for improvement, I am immeasurably proud to have been involved with this squad's progress. The squad's magnificent first season results demonstrate their collective and unwavering determination to succeed together – testament to the spirit and heart of the Leichhardt Rowing Club. For future seasons – watch this space!!

**Guy Elron**  
**Coach**

### **SOCIAL ROWERS REPORT – 2008-2009**

The past year has been quite an eventful time for LRC Social members. Sunday mornings have continued to be a hub of activity on the pontoon with two or, on occasions, three 8+'s going out.

The involvement of Social rowers hasn't stopped with the Sunday row, with a number of our old and new members being actively involved on the Boat maintenance days helping to strip the 8+'s down, clean and replace parts, and then piece them back together with the help of Bill Monaghan, Tim Tindale and Steve Duff. Let's not forget the contribution Social Rowers make to regatta days both on the pontoon, in the canteen and those delicacies they prepare for sale on the day.

Three events during the year stood out as highlights for the Social Rowers, when all LRC members came together to participate in joint activities:

- The Christmas morning row which saw crews rowing to the Sydney Harbour Bridge singing carols and eating fruit cake and rum balls.
- The spine tingling Anzac Day Dawn service row to the Anzac Bridge, with the rowing and surf life saving fraternities joining to mourn the loss of our fallen servicemen.
- The exciting LUOR Social Regatta with five crews competing in earnest. The competitive events were followed by the scattering of Kevin Bond's ashes, giving his family and club members the opportunity to pay their respects to a person who contributed so much to making LRC what it is today.

Many thanks to Bill Monaghan and David Rosenfeld (and their helpers) for their enduring contribution to Social rowing - without them it wouldn't be what it is today.

David Rosenfeld adds his thanks to Bill Monaghan, Barbara Chapman and Doreen Borg who took his place in the Cox's seat so he could do other things!

**Doreen Borg**

### **J B SHARP (WINTER) SERIES OF REGATTAS - 2009**

This year's 85<sup>th</sup> J B Sharp regattas have just ended. The overall pointscore was won by the new Tara Rowing Club (219) with Leichhardt gaining 2<sup>nd</sup> place on (208) and Balmain 3<sup>rd</sup> (173), Glebe (100) & Drummoyne (90). LRC won the Sid Sharp Plate [Men's Novice & U16 ps] and equally won Kevin Webb OAM Cup [Men's Novice Scull ps] with Balmain. Again, as last year, the club was strongly represented by all the Junior squads members gaining several places in the Novice sculls and the Under 16 single sculls events. The same junior girls competed in all women's novice quads winning two races and WI 2x gained two 2<sup>nd</sup> places & valuable racing /competition experience for the coming season. An added group of rowers came from our Winter Training Program and mature ladies novices both groups further developed their rowing skills. Many thanks to coaches Dave Bodell and Ross Tout for enthusiastically supporting the events and to Virginia van Ewyk assisting with registration & administration. Even though the regular rowing season is quite long lets hope that the club can be more truly represented at the next year's series of winter regattas.

**Steve Jaques**

### **COXES REPORT 2009**

We are always indebted to our club coxswains who are now being called on more and more because of the club's dedication to support the many 8+s and 4+ crews. A big effort came from all of our rower/coxes both men and women. In particular this year Sara Delavere, junior girl, had to stop rowing due to a knee injury but who enthusiastically turned to coxing, won the club's award the Coxswain's Trophy. Congratulations Sara.

**Steve Jaques**  
**Coach**

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### **PYMBLE LADIES COLLEGE - ROWING REPORT 2008 – 2009**

This year was another busy one for the Pymble Rowing squad with several trips away as well as the usual busy schedule of racing in Term1. There were 100 girls in total in the squad this year, and they were supported by a wonderful team of coaches. It is a rewarding situation for all involved when the coaches keep returning for another season, and we thank them for their dedication and enthusiasm.

The season began with an information evening in early August to introduce the new parents to the sport. Following this the girls took part in the learn-to-row program at the school and the mini camps in the Term 3 break. These were well attended and allowed the girls some extra time to become acquainted with the boatshed and the initial requirements of the sport.

This year the Senior squad had a mini-camp on Cockatoo Island. Although the scenery and water was essentially the same as our normal training, the girls always enjoy the chance to have a training weekend away and some time together without the pressures of school. Following this the 2 eights travelled to Melbourne to compete in the Head of the Yarra, where the First Eight defended the title won by the 2008 crew and the Second Eight finished second in their division – a great effort by both crews.

Boat camps were held in January and were well attended. The seniors completed a fantastic week of training in Thredbo and the year 9's and 10's had their summer holiday at the Sydney Academy of Sport at Narrabeen! Blisters were at no extra cost!

Racing season again included the Pymble regatta. It has been great to have this regatta as an annual event as it gives the parents a chance to get to know one another. Thank you to all our helpers, boat drivers, officials etc and especially to Cindie and Mike Raleigh and the support group for hosting the Pymble Rowing Cocktail Party on the same weekend.

Term 1 continued with regattas each weekend. The National Championships returned to the beautiful Lake Barrington this year. Although the logistics are a little more difficult for this venue, the girls and especially the parents enjoyed their week away. Many thanks to all those involved in helping throughout the week, and especially to the trailer drivers. Unfortunately we returned without a medal this year – leaving a challenge for this season.

The main regatta for the squad is of course the Schoolgirls Head of the River. The First Eight had experienced close racing throughout the season and their final race as a crew was no different. They had a great race and managed to capture the title. This was extremely exciting as it was the twelfth successive win in this event for the College. Crews from all divisions raced well and as a team the college was awarded the point score trophy for the eleventh year – a great effort over many seasons! At the end of the season we received the Pointscore shield for Schoolgirls Rowing in NSW. I have a feeling that this may get harder and harder to emulate in the next few years!

Our Boat Captain, Lauren Boehm, was also a wonderful support for both the students and staff. Lauren always led by example and her personal results, as well as those of the squad are a credit to her.

Some of our students continue with rowing after they leave school either locally or internationally. At the moment there are several girls on scholarships in the USA. Most of the rowing in these programs is done in eights which the girls really enjoy. They have the opportunity to study as well as travel extensively for competition. From last year's group, Kaitlin Honson is leaving to begin a scholarship at Indiana University. It's great to see Briony Clare (First Eight 2000 and '01) who has been rowing with great distinction at Ohio State, back rowing at Leichhardt.

Following the school season, Eliza Flint (Year 11) attended a National Identification camp at the AIS. Eliza was selected in a quad which travelled to New Zealand to compete in a high performance regatta against New Zealand Junior rowers. I'm sure this is the first of many adventures and international experiences for Eliza. Congratulations!

The Rowing Support Group has been steered this year by Mike Raleigh. Each president brings a different flavour to the position, and Mike brought with him experience from similar groups with other sporting associations. Again the willingness to become involved and the high attendance at the many functions were in no small part due to his enthusiastic approach and great organisational skills. The coaches and students are all very grateful for the input of the Support Group – we simply could not function without them. In particular their assistance with the Anzac Day row was much

appreciated – I hope that this event is now firmly etched in the NSWRA calendar. It is a wonderful experience and the girls always thoroughly enjoy participating.

The College Council and Mrs Waters have continued to support our endeavours and for this we are extremely grateful. We look forward to the installation and opening of the new pontoon early in the new season.

To Leichhardt, for another season of shared activities, thank you. Congratulations on winning another NSWRA Premiership – and multiple other awards and shields! Well deserved, as it was a true team effort. Congratulations to all those members who were part of NSW crews – a fantastic effort.

I would also like to thank Barry Moynahan for his never-ending support, both on and off the microphone. We are all indebted to him for many hours of enthusiastic commentary, as well as enthusiastic support of the Pymble program.

The beginning of the new season is almost here - hopefully everyone has had a good break and is ready to begin again. New crews and new friendships are all a part of the boatshed experience and we look forward seeing you again and welcoming many new families.

**Gillian Campbell**  
**Head Coach – Pymble Ladies College**

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## COMMUNICATIONS REPORT FOR 2008–09

Communication is an important component in making sure all members in the club hear what's happening – and apart from direct contact through coaches, for example, we spread the news by admin emails, *Easy Oar* the club's newsletter, and the website.

*Easy Oar* contains information members must know and we make an effort to include information of interest to all members. The newsletter is celebrating its second birthday this month. The eight editions during the year have endeavoured to contain information members must know as well as information of interest to all members who respond in kind by contributing stories and photos (and more are always welcome). *Easy Oar* is distributed in print (about 100 copies are printed each month), and on the website, and members of the local council, the Leichhardt Library and the principal of PLC also receive copies.

The LRC website continues to attract browsers and readers – there is always a lot of interest in the learn to row courses and the rowing program and hiring the hall for functions. The content on the site is regularly revised and updated so that it is a useful resource for members as well as other users.

During the year, members of LRC have featured in the local papers, such *The Glebe* recording their opposition to the duplication of the Iron Cove Bridge, and the *Village Voice* highlighted the success of the masters' women who rowed in the NSW crews and won both the interstate eight and quad at the Australian Masters Championships.

The Leichhardt Corporate Challenge 2009 brochure was produced again as a marketing tool for the corporate regatta.

Thank you to everyone who has contributed articles and ideas and photos this year, but particularly to Virginia van Ewyk for her help preparing articles for *Easy Oar*, Onno van Ewyk and Margaret Bailey for their steady supply of photos, and Richard Stanistreet for his printing prowess.

I look forward to everyone's contributions in the coming year.

**Anne Parbury  
Communications**

### **LEICHHARDT UNION OF OLD ROWERS (L.U.O.R.)**

Younger and many of the new members of Leichhardt Rowing Club may not be aware of the "LEICHHARDT UNION OF OLD ROWERS" (L.U.O.R).

It was established in 1946 by Club stalwart Robert (Stan) Jones O.A.M. to maintain contact with former members, particularly following World War 2. Its first major activity was to organise the 60<sup>th</sup> Jubilee Celebrations of the Rowing Club.

Since that time the L.U.O.R. has continued to provide limited financial support through its Executive, currently referred to as the "Balcony Boyz".

This year the Clubs active membership has given much excitement to the Old Rowers and your success in winning the Premiership twice in the last three years is sincerely applauded.

At the same time the L.U.O.R appreciated the appointment by the Club President, Executive and Committee of Lionel Robberds Q.C. as Patron and of the shared involvement by the Club membership in:-

- the memorial service held for the L.U.O.R. President Kevin Bond who passed away early in 2 009.
- the L.U.O.R Luncheon held last May at the Club in conjunction with the Mini Regatta organised by Doreen Borg, Steve Jaques and Peter Trives.
- the Christening of a new Double Scull financed by the L.U.O.R.

The L.U.O.R. will always welcome new members who for one reason or another cannot attend the Club on a regular basis. This year saw the reunion of the successful NSW 1959 Kings Cup Squad which featured 13 Leichhardt members representing New South Wales out of a total of 19 oarsmen.

The Club Members are welcome to attend the next L.U.O.R. Christmas reunion in early December 2009, when it should be well placed to further show its appreciation.

**Barry Moynahan  
(LUOR President)**

**LEICHHARDT ROWING CLUB  
TROPHY WINNERS 2008-2009**

Presented at the Club's Presentation Dinner  
May 2009

**STEVE ROLL TROPHY****"Mens Point Score"**

Elliot Hunt

**LEN McPHERSON TROPHY****"Womens Point Score"**

Angela Conry

**BOB STONE TROPHY****"Masters Point Score"**

Angela Conry

**GEORGE ELMSLIE TROPHY****"Most Improved Oarsman"**

Aidan Abeni-Davis

**THE LEICHHARDT CLUB TROPHY****"Most Improved Oarswoman"**

Rosa Brown

**MOST IMPROVED JUNIOR FEMALE**

Kiri English-Hawke and Thea Wheatley

**MOST IMPROVED JUNIOR MALE**

Elliot Hunt

**MICK LOWREY TROPHY****"Most assistance with Development of Novices"**

Ross Tout

**MOYNAHAN FAMILY TROPHY (Est 2003)****"Coaching Excellence"**

Steve Jaques and Kerry Thorn

**BATH FAMILY "Junior" TROPHY (Est 2004)****"Awarded to the most outstanding all-round Junior Rower"**

Isobel James

**COXSWAIN'S TROPHY (Est 2007)****"Best efforts in coxing"**

Sara Delavere

**ENCOURAGEMENT AWARDS****(Juniors & Novices)**Emma Hart, Lucy Zell, & Charmaine Wells,  
Jacqueline Boker and Juliet Bourke**CAPTAIN'S TROPHY****"Most assistance to Captain over the year"**

Zoe Thomas

**PRESIDENT'S AWARD****"Special Recognition"**

Kara Coleman

***Congratulations to all the winners – They were well deserved.***

## TREASURER'S REPORT 2008 - 2009

Along with our very successful on-water results, we enjoyed a very solid year financially, thanks to the support of all Members and in particular to the excellent work of many people. I'd especially like to recognise and thank our Assistant Treasurer Suzanne Delavere. Suzanne has taken over as assistant Treasurer this year and puts in a great deal of time and work keeping track of our accounts as well as administering receipts and payments. Barb Chapman adds great assistance with collection of payments for subs and merchandise. Lee Hutchinson has been a great help in collecting subscriptions and Learn to Row monies. Thanks to all.

I'd also like to mention Deanna Fekete who has done a great job our Hire Coordinator. This role involves a great deal of time spent dealing with Hirers. Last year Deanna the revenue from hire of the Club continued to be an important source of funds

Our sincere thanks also go to Pymble Lades College for their continuing strong financial support by way of Club Membership subscriptions, and the cost-sharing of Clubhouse utilities and maintenance expenses. This year we undertook some major stages of the wharf and pontoon project and PLC also shared in those costs. The relationship with PLC is very important to the Club, and we again thank them for all their ongoing support. Thank you to all at PLC.

In this year's report, we are presenting a summary P & L only. With the very significant costs associated with the pontoon works, we are in the process of finalizing the full audited accounts and these will be approved by the Club Committee at the first available meeting.

Looking at the key elements of the year's finances, our Income was somewhat ahead of last year. Corporates, and subs/racing fees were up on 07-08, whilst we had a small decline in Hire revenue. Fundraising was stable, as we did not have a fundraising event again this year, and we really need to return to having one annually in the coming years. The change of the incorporating racing fees into annual Members subscriptions continues to work well and has certainly reduced administration all round. To assist Members we have not increased the Membership subscriptions for the coming year.

Our ongoing Operating Expenses were generally consistent with last year, and the cost of repairs to the fleet and outboard motors continues at a very high level. We again ask Members to take special care with all the Club equipment, as we do need to contain these costs as much as possible. There were costs incurred for materials for repainting the interior of the Clubhouse. As mentioned above, we incurred very significant expense required for major work to the staging in preparation for the pontoon installation, as well as making the first 50% progress payment for the installation of the ramp and pontoon.

Other key expenditures for the year were the acquisition of several very good boats: - a Filipi Quad scull "Wade Hewett"; a Lightweight double scull "Miss Leichhardt"; a double scull/pair "LRC Masters"; and three single sculls "Lionel Robberds", "Corporate Challenge 2008" and "LRC Juniors". These boats represent a very worthwhile upgrading of the Club fleet. Additionally, the damaged "Ted Curtain IV" double/pair was replaced under insurance.

The pontoon works will be completed in September and the costs will utilise the provisions we've accumulated for the project over the past three years. We need to be mindful of the potential impact to the Club from the Global financial situation. Already we are seeing a drop in revenue for the Corporates programme and your committee will closely monitor the Club's incomes, as we move into the 2009-2010 year. Finances permitting, we will look for continuing opportunities to prudently upgrade the fleet

Thanks to all Members for your support and here's to another great year!

**Peter Trives - Treasurer**