



Leichhardt Union of Old Rowers

(L.U.O.R.)

CHRISTMAS REUNION Sunday, 5th December 2010

The focus for this year's Reunion on December 5th reviews New South Wales Rowing's pioneering experience in sports physiology, having particular regard to the "Cotton Era". It will be an experience for all athletes young and old and is not to be missed.

Professor Frank Stanley Cotton (1890–1955) was an Australian lecturer in physiology who was responsible for the ergometer to test the athletic potential of sportsmen and women. In adjoining offices at Sydney University, a young man called Forbes Carlisle applied his systems to swimming – Frank Cotton applied research to rowers, cyclists, runners and weightlifters. By the early 1950s Cotton had formed a close association with Leichhardt Rowing Club through his identification of Rowing "guinea pigs", a select group of oarsmen which included John Harrison, Peter Evatt, Ted Curtain, Geoff Williamson, David Anderson and Nim Greenwood, several of whom represented Australia at the 1952 Helsinki Olympics. Frank Cotton was appointed scientific advisor to the 1952 Olympic Team.

The Cotton Ergometer was later superseded by the Leichhardt Machine, designed by John Harrison and built by Ted Curtain. One is stored at the National Maritime Museum here in Sydney.

Professor David Anderson, the youngest surviving member of the 1952 Olympic Eight, will talk of his experience as a "guinea pig" and will be joined hopefully, by others from that crew – Nim Greenwood, Phil Cayser, Merv Finlay, Ern Chapman. The National crew was a composite crew representative of Leichhardt, Sydney and Sydney University Clubs and newsreel film from that era will raise some very interesting questions.

Australian representatives of later eras are expected to be there including Olympians and Australian representatives, Max Annett, Graeme Allen, Vic Schweikert, Steve Roll and of course Leichhardt Club Life Member and Patron, Lionel Robberds QC.

- THE LUNCHEON:** Sunday, 5th December 2010 – prepared and presented by the Leichhardt Old Rowers Executive (THE BALCONY BOYZ)
- VENUE:** Leichhardt Rowing Club (Bottom of Glover Street, Leichhardt)
- THE INVITATION:** To all interested Oarsmen and oarswomen; Leichhardt Union of Old Rowers; NSW Union of Rowers; NSW Union of Oarswomen.
- THE COST** **\$25.00 per head** - payable to the
Leichhardt Union of Old Rowers.
Box 3, PO
Leichhardt NSW 2040
- OUR SPEAKER AND PANEL:** Professor David Anderson, Forbes Carlisle and his wife Ursula, Dr. Ian Stewart (Author of Paper on Prof. Cotton for Presentation July 2011)
- TO BOOK:** RSVP: 21st November 2010
- CONTACTS** Barry Moynahan OR Steve Jaques
- TEL:** (02) 9686 4290 (02) 9568 3163
- EMAIL:** philm1@bigpond.com s.jaques61@gmail.com

This occasion represents a wonderful informal opportunity to share the experiences of our sports elder statesmen and women over a traditional BBQ and refreshments.

Regards

Barry Moynahan
President / Leichhardt Union of Old Rowers