

# FALCON newsletter

Falcon Rowing and Canoeing Club

Issue 8, July 2014

## SUMMER ISSUE

### CLUB BBQ: SATURDAY 16 AUGUST

WE WILL BE HAVING A CLUB BBQ and picnic on **Saturday 16 August**, which coincides with City of Oxford regatta. We hope as many will attend as possible, and enjoy a lovely day out on the meadow. We are looking for volunteers to help out on the day – one or two people to do the cooking (bbq provided!), a couple of people to make and bring cakes, and another couple to help get out chairs and tables etc. Please email [lorna.high@gmail.com](mailto:lorna.high@gmail.com) if you might be able to lend a hand on the day.

The event will start at 2pm. We hope to see you all there!

*Lorna*

### PHOTOS

I received over 500 photos for this edition of the *Newsletter*. This is absolutely brilliant, but it's also a bit unfortunate, because I can only fit about 50 in the newsletter. So apologies to everyone who sent me pictures that I haven't used.

It would be good to have a photo gallery on the website, so that a few more pictures could get an airing. For the moment, here are a few of the photos that didn't make it on to the inside pages. No rowing ones, I'm afraid: I don't get spares from the rowers.



# LORNA'S LOG



WELCOME TO THE LATEST edition of the ever-growing *Falcon Newsletter*! We have some wonderful successes to report on this month from the juniors at National Schools and Marlow Town, to the women at Masters' Champs and Henley Women's.

I would like to draw your attention to a couple of things in particular- firstly, the deadline for entries to City of Oxford regatta and the Isis Sculls. I know it seems a long

way away, but I would recommend getting the wheels in motion before people disappear off for the summer.

Secondly, some of you may have noticed that each boat now has a label on the rack, telling you what weight, restrictions and so on that boat has. Please do read them, especially now that more people are going out in sculls whilst the weather is nice. In the past couple of weeks, we have had two situations where a racing boat has been used by someone nearly 30kg too heavy for it (and in one instance, capsized) and a boat anonymously and completely broken in the week it was supposed to race- we have so few boats, especially sculls, we cannot afford to have things like this happen. Please just double check on the rack whether or not the boat is suitable for you before taking it out.

I hope you all have a lovely summer, and enjoy the river!

Much love,

*Lorna*

## ENTRIES FOR CITY OF OXFORD REGATTA AND THE ISIS SCULLS

Both events are usually big for Falcon. The entry deadline for City of Oxford regatta is Thursday 31<sup>st</sup> July.

At the Isis Sculls last year, we had about 35 crews, and I expect to top that *easily* this year. What this does mean, though, is a mad rush for boats, blades and equipment. To make things worse, I will be away and out of contact between the 1<sup>st</sup> and 12<sup>th</sup> September. In order to guarantee first choice divisions, boats and so on, I **MUST** have your entries by Friday 29<sup>th</sup> August at the absolute latest. The entries will be going in before I leave, and they will be final. If you would like to add a crew once I'm back, you run the risk of not having a boat available to you, or a third or fourth choice division. I cannot stress this enough! Please, please, please send me your entries in plenty of time!

## CONTENTS

Lorna's log	2
Summer 2014 Rowing calendar	3
Club sessions	4
Race reports	5-9
National Schools Regatta; Marlow Spring Regatta; Marlow Town Regatta; Egham Regatta; ; Master's National Championships; Henley Women's Regatta	
Blade painting	10-11
Cheney Falcon	12-13
Nick's log	14
Summer 2014 kayaking schedule	15
Sprint regattas	16-18
May; June; The MacGregor Paddle Ghent 2014	
Hasler races	20-21
Falcon Hasler 2014	22-23
The Cheshire Ring	24-25
Canoe camping on the Thames	26-27
Catch-up on canoeing 2014	28-29
Grand Canyon trip	30-31
GO Canoeing	32

## A MESSAGE FROM GRAHAME NASH

We have been rowing at the Real Club de Alicante. This is a club with similar set up to Falcon. They have club sessions on Monday, Wednesday and Friday and have a strong junior section.

If any of our members were on holiday in the Alicante region of Spain I am sure they would be made most welcome by the Club Captain Lionel, contact [liopin@hotmail.com](mailto:liopin@hotmail.com).

# SUMMER 2014 RACING CALENDAR

Sunday 11th May	BALL CUP, DORNEY LAKE (CHENEY FALCON)
Sunday 11th May	ISIS SPRING HEAD. An IWL-style event with priority to coxed crews. Entries ASAP.
Saturday 17 May	WORCESTER SPRING REGATTA. Entries by Friday 2nd May.
Sunday 18th May	MASTERS CHAMPIONSHIPS, NOTTINGHAM. Liaise with Lil Cochrane re entries, but cc in LEH.
Friday 23 Sunday 25 May	NATIONAL SCHOOLS REGATTA, NOTTINGHAM. Juniors, selection only. Trailer will leave Oxford Thursday 22nd May pm.
Saturday 24–Sunday 25th May	MONMOUTH SPRING REGATTA (trailer to be arranged with CORC or MCS)
Saturday 31 May–Sunday 1st June	METROPOLITAN REGATTA
Saturday 31 May	PETERBOROUGH REGATTA
Saturday 14 June	MARLOW TOWN REGATTA. Entries by Monday 26th May at the very latest please!
Friday 20–Sunday 22 June	HENLEY WOMEN'S REGATTA
Saturday 21 June	MARLOW REGATTA. Men's crews only.
Sunday 22 June	THAMES VALLEY PARK. Junior crews only.
Friday 27 June	HRR QUALIFIERS
Sunday 29 June	GB V FRANCE J16 MATCH TRIALS, NOTTINGHAM (selection only)
Wednesday 2–Sunday 6th July	HENLEY ROYAL REGATTA (including Falcon Juniors' picnic on Sunday 6th June)
Friday 11–Saturday 12 July	HENLEY MASTERS
Saturday 19–Sunday 20 July	BRITISH ROWING JUNIOR CHAMPIONSHIPS, NOTTINGHAM (selection only)
Saturday 16–Sunday 17 August	CITY OF OXFORD REGATTA AND SPRINTS

This is comprehensive up until the end of June, and we will add more summer events nearer the time.

## KEEP IN TOUCH

Twitter: @Falcon\_Rowing

Web: [www.falconrcc.co.uk](http://www.falconrcc.co.uk); [www.falconjuniors.webs.com](http://www.falconjuniors.webs.com)

Email: we send regular emails out to all our members, including the minutes of both General Management and Sub-Committee meetings.

Captain: [lorna.high@gmail.com](mailto:lorna.high@gmail.com)

Membership: [frcc.membership@gmail.com](mailto:frcc.membership@gmail.com)

# CLUB SESSIONS

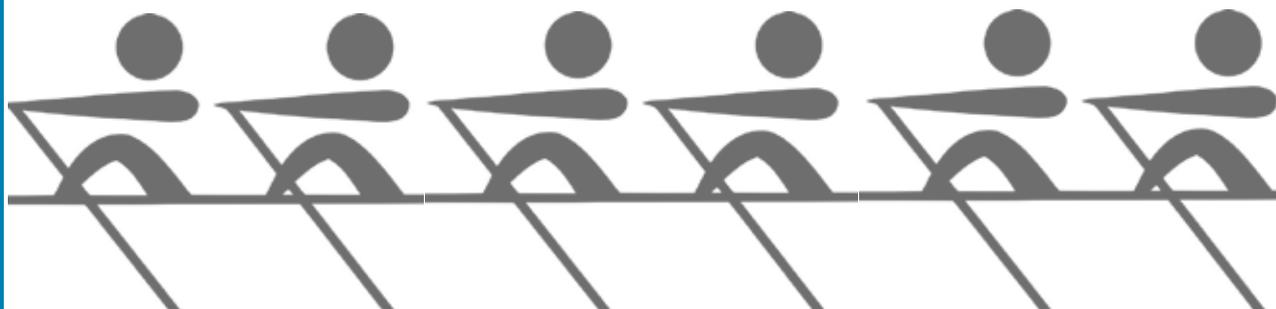
## Adults

Tuesday 8 am	Uncoached session for daytime rowers. Sign up online.
Tuesday 6.30 pm (April–October only)	Open to all adults with basic ability (such as completion of a beginner course). Sign up online.
Thursday 8 am	Non-coached session for daytime rowers. Coaching available from Christy Job on the first Thursday of each month. Sign up online.
Thursday 6.30 pm (April–October only)	Uncoached sculling session, available to all with basic sculling ability. Sign up online.
Saturday 8 am	An optional slot for selected crews in the build up to races. Does not replace the 10 am session.
Saturday 9.30 am	Touring group outing. Please sign up online or contact <a href="mailto:ruthieward@me.com">ruthieward@me.com</a>
Saturday 10 am	Whole club session, for all weekend rowers. Please sign up online.
Sunday 8 am	Heads. Sign up online, but for competent rowers only.
Sunday 10 am	Whole club session, for all weekend rowers. Please sign up online.

Juniors (contact [lorna.high@gmail.com](mailto:lorna.high@gmail.com) for info. N.B. session times are different over the summer)

Monday 6–7 pm	High Performance (@ MCS)
Wednesday 4.30–7 pm	High Performance
Thursday 7–9 pm	Whole Junior Squad land fitness session (@ MCS)
Friday 4.30–7 pm	High Performance
Saturday 10 am–12 pm, 12–2 pm, 2–4 pm	Water sessions
Sunday 8 am	Heads, for selected juniors only
Sunday 10 am–12 pm, 12–2 pm, 2–4 pm	Water sessions

Please note: the last weekend of Junior sessions is 12/13 July, and the last Thursday will be 17 July. Sessions resume on 13/14 September.



# RACE REPORTS

## NATIONAL SCHOOLS REGATTA, FRIDAY 23–SUNDAY 25 MAY

FALCON JUNIORS HAD THE MOST SUCCESSFUL WEEKEND in their history at the National Schools Regatta in Nottingham. The regatta is one of the most prestigious and toughest events in the junior calendar. Over over 1500 crews took part, across 3 days.

In 2012 Falcon attended for the first time, taking just one crew. 2013 saw five crews attend (although four didn't race due to the cancellation of racing), but in 2014, eight crews made the trip to Nottingham.

The J14 2× of Martin Benfeghoul and Rory Pearce became the first Falcon crew ever to qualify for the semi-finals, finishing 11th in their time trial and therefore earning the right to race again. They finished 6th in their semi-final.

The success was continued through Tom Downes, Falcon Juniors' top sculler. Tom has been attending Great Britain trials and training camps this year, and has had some excellent results. He qualified comfortably for the semi-final in the J16 1×, finishing the time trial 10th of 32 scullers. He had a brilliant race in the semi-final, finishing 4th – Falcon's highest-ever placing. He also competed in the J17 1× to gain experience, and was up against a fearsome draw – 52 of the best junior scullers in the country. Only 18 qualified for the semi-finals from the time trial. Tom finished 30th, and had a great scull, even catching the sculler in front of him.

Also seeing success was the J16 2× of Aengus Allen and Matt Timms. The draw was extremely tough, but the boys pushed themselves to the limit to earn themselves a semi-final place after finishing 16th. They had another great race in the semi-final, and were neck and neck with the crew from Yarm School for most of the 2000m course, but pulled away in the final 500m to finish in 5th place.

Other Falcon crews also had some great results. The WJ15

2× of Millie Powell and Ciara Keown had 61 crews racing in their event, with only 18 to go through. The girls finished 36th, beating a number of excellent crews, and only 9 seconds off the qualifying spots. The WJ16 2× of Ellie Bowley and Maddie Morrison finished 29th of 41 in another tough category. The doubles then joined forces to race in the WJ16 4×-, finishing 17th of 22 in only their third outing together.

The J15 4×+ of Peter Vickers, Martin Benfeghoul, Rory Pearce, Joel Garden and Kieran Todd were racing a year up, due to exam clashes on the day of the J14 quads. They exceeded their own expectations, more than holding their own and finishing 25th of 35, a great result given that it was a new combination.

The 2014 National Schools Falcon contingent.



The J16 double on the start line of the semi-final.



## MARLOW SPRING REGATTA, MONDAY 5 MAY

AFTER A FRUSTRATING DOUBLES RACE, where rigging problems cost them a win, Susie Smith and Lil Cochrane joined Ali Grunewald and Camilla Scarf to race in the Women's Mas C quads. The crew won their semi-final to go through and meet their never-defeated nemesis Eton Excelsior in the final. Conditions were windy and choppy and very reminiscent of the conditions the crew had trained in over the winter. Trips to Dorney twice a week for two months to do 18km training outings paid off. With a perfectly executed row the crew won the event.

The juniors also saw success, with a number of good results. The J13 double of Aeneas Chapman and Gabe Smith put together a performance the likes of which has never been seen at Falcon before, and is unlikely to ever be seen again. In a straight final of two Staines crews and two Falcon crews (both to race in the quads later on), Gabe and Aeneas set off in Lane 8 (important later!) at rate 40, storming clear of the field. At halfway, their rate was still clocked at an impressive 37½, albeit at half slide. It was at this point that things started to go awry, with Gabe in the bow seat seemingly taking a liking to the faster of the two Staines doubles, over in Lane 4, and proceeding to mistake Dorney Lake for a bumps course, crossing four lanes and heading straight for their opposition. They crossed the line ahead of the Staines crew, and after a nervous wait, the umpire thankfully raised the white flag. An exceptional win, and one that will live long in the memory – not least for the near heart attack suffered by Lorna cycling alongside!

The J13 quad were unfortunately unable to match the 'heroics' of the double, finishing in second place to the Staines quad, but well ahead of the two other crews.

The J14 quad started brightly, winning their heat by several lengths of clear water. In the final, they came up against strong opposition, and despite leading at the halfway mark finished in a close third position. Two J14 doubles were also entered, with Joel Garden and Peter Vickers just missing out on a place in the final.

Bonnie Coughlan and Cicely Lobreglio were entered for their first regatta in WJ13 doubles, and put in a great effort, despite a gate coming

open midway through! A valuable lesson learned. Emily Tadesse and Camilla Billari were also racing in their first regatta, and put up a strong fight in the WJ14 doubles.

Millie Powell, racing against Falcon alumnus Lauren Kay in her heat of the WJ15 single, tried to withdraw before the race, saying it would be impossible to win. In fact she had a great race and finished joint second in the heat.

Tom Downes was also competing in the J16 and Novice singles. As a lightweight sculler, he struggled with the strong headwind, losing his blade while leading the heat in the novice scull. He recovered admirably, finishing a narrow second. He won a great race in the heat of the J16 sculls, going on to finish second overall.

The J13 doubles winners, Gabe Smith and Aeneas Chapman.



## MARLOW TOWN REGATTA, SATURDAY 14 JUNE

SIXTEEN FALCON JUNIOR CREWS entered Marlow Town Regatta on Saturday 14 June, the most we have ever entered at a regatta. The day was a great success, with four crews winning their events and a further four reaching finals.

Matt Timms and Aengus Allen, building on their excellent result at the National Schools Regatta in May, won their heat of the Novice doubles easily, and went on to win their final in a similar style. The final result was a satisfying three and a half lengths, and they now move up into IM3.

The Novice four of Ed Podgorski, Dominic Feil-Roots, Noah Gutjahr and Will Pagel, coxed by Chris Headland, had an interesting draw,

which saw them take on a crew from Magdalen College School, giving the race extra intrigue. It was tight the whole way, but the Falcon crew eventually won by the smallest of margins. In the final, the crew had another good race, finishing two lengths clear of their opposition from Eton Excelsior, and therefore taking the win.

The J14 boys' 'A' double of Joel Garden and Rory Pearce were expecting big things. Due to the weather conditions over the winter and exams this was their first race together, despite setting up as a crew back in September! They won their heat convincingly, and continued this form in the final- winning with an overall margin of 'easily'. The J14 'B' double of Martin Benfeghoul and Peter Vickers were in only their second outing together, but put a great effort in to finish third in their heat.

The J14 doubles then teamed up with cox Kieran Todd to race in the J14 quads, a really tough event. They had a tight race in their heat, but prevailed to go through to the final. Another difficult race ensued, with the lead changing hands regularly. A massive push by the boys saw them take the win by half a length over the crew from Claire's Court School. The J14 'B' quad also had a great race, but unfortunately a seat malfunction ended their chances of reaching the final, finishing third in their heat.

The J13 quad reached the final easily, with a comfortable victory in their heat, and went on to finish second in the final. The girls' J14 quad, with 3 girls in the boat only J13, also recorded an excellent victory in their heat, before finishing third in their final- doing commendably well against some exceptional crews.

The success continued through Tom Downes in the Novice single, reaching the final after a tough heat- but he was unfortunately piped by a length in the final, finishing second.

The girls' IM3 four, bumped up after having no opposition in Novice fours, finished third in their final against some well drilled and more experienced crews. For the girls, it was their first time in the boat together and they put together a wonderful performance. Two of the girls, Maisie Watson and Paula Fuentes, also raced in the Women's Novice doubles, finishing third in their heat.

The WJ15 double of Millie Powell and Ciara Keown have been making steady progress

all season, and this really showed, finishing second by only a few metres in their heat to the crew who eventually won overall.

Matt Timms, Aengus Allen and Tom Downes all entered the J16 singles in the afternoon. Tom had a tight race, but unfortunately just missed out on the final, after being squeezed out on the final bend by the eventual event winner. Aengus had a difficult draw, coming up against some of the country's top scullers, and performed exceptionally well, finishing third by a few metres in his heat. Matt also performed well, despite having spent little time in a single recently, also finishing a narrow third in his heat.



## EGHAM REGATTA, SUNDAY 29 JUNE

SUNDAY 29 JUNE SAW TEN Falcon crews, comprising 21 juniors, race the 650m Egham regatta. There were two stand-out performances – Matt Timms and Aengus Allen in the J16 double, and Martin Benfeghoul and Josh Simmons in the J14 double. The J14s dealt admirably well with some dodgy blade work to win their heat and semi-final, just missing out in the final. The J16 double had a difficult draw, coming up against a Molesey crew in the heat and then a strong Windsor Boys' crew in the semi-final. On both occasions, they rowed exceptionally well to beat the opposition. They just missed out in the final to a huge crew from Shiplake.

Other crews on the day included a WJ13 and WJ14 quad, and J13, J14 and J15 quads. In almost all instances these were extremely novice crews, and in many cases the juniors were taking part in their very first race – some had only been in a boat a handful of times. All had great races, and were a credit to the club. This bodes well for next season, with 44 juniors having represented the club since May.

## MASTER'S NATIONAL CHAMPIONSHIPS, SUNDAY 18 MAY

Nottingham Holme Pierrepont can be a beautiful place if the sun is shining, and the women's veteran quad were in luck for the Masters Championships in June. Lil Cochrane, who is never one to under-commit herself or her crew mates, had entered the squad in three different Championship Women's Quad categories, Mas B, C and D! Alison Salvesen for good measure added some sweep rowing to the day, stroking a Mas C 4+ to a bronze medal. Cam Scarf, after picking up a silver medal in the WC IM3 singles' event, joined Lil, Ali Grunewald and Naomi Scharma for a straight WB 4x final. At 250m to go Falcon were leading the field of five, when Cam caught a perfect crab, with her spoon touching the hull. In a gold-medal winning response the whole crew stopped, Cam extracted her blade and the boat roared into action to pull back through Broxbourne for a first-place finish. Alison Salvesen scrambled off the medal podium after her fours final to row up to the start for the WC 4x final. Unfortunately Falcon's long-time rivals Eton Excelsior beat Susie Smith, Alison, Ali and Lil into silver



The WJ13 and WJ14 quad.

medal position. By the time the Mas D final took place in the early evening, most of the crews had already raced three, four or even five times. With the least-favoured lane of the regatta, due to the strong cross-headwind, four tired women only managed 4th place. Christy Job, Falcon's ex-daytime rowing coach, was victorious with her Wallingford crew.

The weekend women's racing squad also took part this year, entering a quad and an eight. The 8+ was up first, and after an eventful start where the adjacent crew threatened to collide with us, we had a good race and put in a good performance, which turned out to be a great warm-up for the quad!

Anne Louise Hansen, Sarah Ward, Susie Prince and Aria Johnston.





The women's quad.

The crew in the quad was Aria, Anne, Susie and Sarah, aka Canada, Denmark, Britain and Australia ("ABCD"). We got off to an excellent start. Half-way, at the 500m mark, the footplate came loose and the boat lost steering! However Aria kept this to herself, and the crew kept up the pressure and powered to a good lead at the finish.

The girls were proud to hold up their first medals. Well done Falcon!!

## HENLEY WOMEN'S REGATTA

WITH THE WORDS FROM THEIR COACH, "I'll be amazed if you qualify" ringing in their ears, Naomi Sharma, Cam Scarf, Ali Grunewald and Lil Cochrane set off to try to qualify in the time trial in the Women's Quads event at the Henley Women's Regatta. They were without a doubt the oldest crew at the regatta, racing women young enough to be their children. Ali had last rowed at the event two decades before. The sun shone, Lil steered a brilliant course and Sir Matthew Pinsent helped the crew off the pontoons when they'd finished. When the announcement came through saying who was "in" for the next round, Falcon had made the cut! Their coach, Piers Barnett, was suitably impressed. The whole crew were so exhausted they needed to recuperate with a sleep on the grass before the afternoon event. Half-way into the 1500m afternoon race, Falcon were still holding

their Cardiff/Llandaff opposition, but youth eventually triumphed over age and that was the end of Falcon's women's quad hopes.

The weekend women had also been training hard for this event, entering Intermediate Club Eights. Luckily, they weren't required to qualify, as there weren't quite enough entries. They had a tough draw in their first round, drawing a City of Oxford crew! In the event, the girls had a phenomenal race, cheered on by assorted supporters in the launch and on the bank, and beat the local rivals by two lengths. They celebrated the result with brownies and cider afterwards. Unfortunately they came unstuck in the quarter-finals on the Saturday, against a well-drilled Lea RC crew. But it was the first time a Falcon crew had reached this stage of the competition. An amazing result!

Quarter finalists at Henley Women's! Jenny Griffiths, Mairi Brookes, Anne Louise Hansen, Susie Prince, Cathy Carr, Aria Johnston, Sarah Ward and Nai Hodge.



# Blade painting



# for dummies

THE WOMEN'S RACING DEVELOPMENT SQUAD have been on a learning curve all year. Blade painting was no different. Characterised by our typical enthusiasm and equally typical and inordinate number of emails, here is what we learned...

## DAY 1: REALISE THAT YOU NEED TO PAINT YOUR BLADES

It's going to take at least three sessions to paint the blades. Two coats for the yellow/blue and one for the black stripe (or so we thought). So comprehending the logistics of blade painting with one week to race day was cutting it fine to say the least.

## DAY 2: SANDING DOWN & FIRST COAT

### *Ingredients*

- sandpaper
  - paint
  - paintbrushes
  - paint-stirring thing
  - thick masking tape
  - cider
  - music
  - sunshine
1. Our blades were already painted, so to get the primed surface that was needed for the new paint, we just had to sand them down till the surface was matt. This was hyped up as hard work, but it didn't take that long with a few hands on deck.
  2. Next, mark up the distance from the end of the blade to the black stripe and wrap the masking tape around the blade.

3. Paint the blue and gold (mustard?!) onto the blades.

*Top tip:* if in doubt seek supervision from Mr Miyagi (aka Jeff).

## DAY 3: SECOND COAT

Fully in our stride now, we gathered at the boat club for a post-work painting session on Monday. All went well, despite a creeping feeling that the yellow (gold? mustard?) paint was going to need about 10 coats.

## DAY 4: THIRD COAT

The blue looks amazing. Not so the saffron (yellow? gold? mustard?), which was clearly going to need another coat.

## DAY 5: FOURTH COAT

With the yellow end of the blade still looking more like an old school bus and less like the bright and shiny example of John's hat, a fourth coat was added in a pre-circuits blitz.

## DAY 6: THE BLACK STRIPE

Finally the mustard reached an acceptable quality. We pulled off the masking tape, re-taped along the outside of the stripe and added the black stripe.

*Top tip:* do not forget the white spirits for this paint!

## WINNING BLADES

With shiny blades like these, who wouldn't whip CORC's butt at Henley!



# Cheney Falcon Rowing Club

## CHENEY & FALCON PADDLERS' COOPERATION WINS NEW NATIONAL WATERSPORT HUB STATUS

CHENEY AND FALCON RCC HAVE WON a landmark opportunity to give many young athletes in East Oxford a new opportunity and love of water sports. Cheney has been selected as a Watersports Hub School, a programme developed by British Rowing, British Canoeing, and the Young Sport Trust to raise the profile and participation of watersports among young people. The scheme aims to support schools to become flagships of best practice in advocating these non-traditional school sports.

Cheney has been selected by both the National Governing Bodies of Sport and the Youth Sport Trust because of our commitment to sport. It is a great achievement as Cheney as one of only a handful of schools nationally to be chosen.

The scheme will support Cheney with additional funding, training for instructors, help with new equipment and wider opportunities for students to get involved.

Ali Oliver, Managing Director of the Youth Sport Trust said of the scheme: "We are delighted to be working with British Rowing and Canoe England on this new and innovative project.

"As well as increasing young people's access to watersports, it will create a network of schools equipped to work in partnership who can think differently about the wider educational value of watersports."

## TRIPLE LAUNCH

Wednesday 4 June was the official champagne naming and launch of the CFRC Triple. many Friends joined us. This unique training boat is possibly the only 3x wooden sculler in the world. It was donated to CFRC by Nick Randall, and is named *Victoria Randall* after his daughter. The Triple is the third CFRC boat to be launched in 3 years, since our foundation 2011. We have also raised the funds to buy 16 sets of Dreher sculls.

Victoria Randall christens the boat that is named after her.



A fully reported story (with an album of photos) of the conception and birth of the Triple can be found on our website ([www.cheneyfalcon.co.uk/proudly-launching-our-third-boat-on-isis/](http://www.cheneyfalcon.co.uk/proudly-launching-our-third-boat-on-isis/)). CFRC First Head Coach (2011-2013) Peter Haining MBE played a key role in the acquisition and conversion of our 3 old wooden racing boats (2 Octuples 8x+ and the Triple 3x).

The Triple takes to the water for the first time.



## ROWING NEWS

We continue to enjoy rowing and benefit from our efficient Head Coach Christy Job, who designs detailed and demanding training programmes which continue to attract students and develop better technique and commitment for many indoor and river rowers. We are blessed also with superb spring & summer Wednesday sessions on the Isis.

The Indoor Rowing Quad Relay Teams have completed the monthly rounds of the online Concept2 National League for Schools 2013–14. Everyone has shown good progress, with the WJ13 and J14 squads showing the most impressive improvements for the season.

Phil Rees, (Head of PE), has introduced many pupils to our sport during PE lessons, using CFRC's 11 ergs. More rowing machines are wanted for next year. From the CFRC after-school squad, the most committed pupils join the River Rowers Squad of about 30 scullers.

Thanks always to the volunteer coaching team: Ali, Zena, John, Ruth, Jutta and Julian, assisted by CFRC J16 rowers, particularly, Ella, Katie, Alice, Matt and Tom D. Several more of our talented rowing pupils are now also active with Falcon RCC and CORC. Club spirit grows too, with special fun events for families, as recorded in our flamboyant Facebook Posts and website: [www.cheneyfalcon.co.uk](http://www.cheneyfalcon.co.uk).

## KAYAKING TOO!

Cheney is the only state school in Oxfordshire to offer rowing (since 2011), but from September students will now be able to learn kayaking with the support of Falcon RCC. School says that this exciting development is part of Cheney's commitment to achieve sporting excellence by offering our students a wide variety of learning opportunities.

## A THANK-YOU NOTE

Our Rowing and Canoe Club is famous for and reliant on its volunteers, who deserve and sometimes receive special commendation. After the Launch Day at Falcon Boathouse, our school VIP visitors sent the following warming note of thanks to Cheney Falcon RC, from Phil Rees Head of PE and the Cheney PE staff, with Deputy Head Phil Waters. They asked us to forward this to everyone involved with Cheney students.

*Thanks again for Wednesday.*

*It struck us all once again what a fantastic deal our Cheney students get from you and the whole rowing scheme. You handle them superbly and teach them so much related to life skills as well as the art of rowing itself. You are all wonderful, caring role models who give so much of your time and energy. The impact that you have on these individuals is clear to see and I'm sure will be long-lasting.*

*Thank you.*



Tom helps CFRC juniors get their boat off the water.

## GOODBYE TO TOM

Our special Outreach coach Oxford Blue 2014 Tom Watson attended the Launch and was presented with Oxford Blue Cheese by his young Cheney rowers. On Wednesday 2nd July, we said goodbye and thank you to him for his inspiring coaching.

Tom (with new PhD) returns to his home in Victoria, Canada to trial for the Canadian Rio Olympics squad.

## FESTIVAL IN THE PARK

There was fun for all at Headington Festival in the Park, where competitors paid to race on two of our school ergs, and many delicious cakes were sold, all to raise a few hundred pounds for CFRC funds.

## SUMMER RAFFLE

Our BIG SUMMER RAFFLE is relied on next as our main fundraiser each year. One top prize is a flight over Oxford for 2, donated by pilot and Grand Dad Coach Falcon Flyer Julian Morris.



Dads get competitive on ergs at Headington Festival in the Park.