

FALCON newsletter

Falcon Rowing and Canoeing Club

Issue 10, November 2014

WINTER ISSUE

PADDLE SUPERSTARS!

FALCON'S CANOE SECTION is playing a starring role this week in the musical *Carousel* at the Oxford Playhouse. The paddlers themselves aren't on stage, but their paddles are! Falcon has loaned six paddles to the

Oxford Operatic Society for one of the dance numbers in the show.

The show is on until Saturday. 29 November, and there are still tickets left! If you are interested, here's the link: <http://www.oxfordplayhouse.com/show/?eventid=3236>.





NICK'S LOG

WELCOME everyone!

Some great things have happened since the last newsletter. We had a good day at the Hasler finals in Richmond with a bunch of fabulous performances leading to Falcon coming 4th overall. This was an excellent result, the best the club has ever done! We've also started the new Hasler season with races at Pangbourne, Henley and Banbury. All races went well but the result at Banbury was particularly impressive with over 80 paddlers from Falcon making sure of a win. So now we go into the Winter sitting in the top spot in the regional Hasler table.

It's really pleasing to see the increasing number of under 12 year old (Lightning) paddlers racing recently. We need to make sure we maintain this momentum with Winter training so we have these numbers racing when the season starts again after Easter. If we can do this we might be in with a chance of becoming National Lightning champions!

We've now moved to the new Winter training sessions. Midweek evening paddling has been replaced by land-based circuit training on Tuesdays and Thursdays. These sessions are very well attended by juniors and seniors but there's always room for more. River based training sessions are now mainly on Saturdays and Sundays – keep an eye on Teamer or ask me if you'd like to know more about times when you can paddle. Anyone paddling at this time of year needs to be familiar with the Environment Agency's (EA) River Thames River Conditions warning system and website. <http://riverconditions.environment-agency.gov.uk/> The general club rule is that club boats should not be taken on the river if the EA class the river conditions as being "red board" or "red flag". Ask one of the coaches if you're not sure what to do.

With the change in weather please ensure you/your children are suitably dressed on the water. That means woolly hats, several layers of thermal tops and maybe pogies (gloves) and spray decks. Also, bring warm clothes to change into, a towel (if a hot shower is needed) and some money for a hot drink and snack.

We've had a few jobs done around the boathouse to keep the weather at bay; some roof repairs, new shelter for the Lightning boats and new LED floodlights (thanks Nick Kay). Sadly we have just heard that Sport England is not going to give us funding for a new boathouse. So now more than ever there's a real need for us to ensure we have a strong sub-committee to take the club to the next phase. We need people to help with more fundraising and either planning for a plan B. I hope you can help us out

Finally, if you haven't done so already, remember to book your place at the Falcon Christmas dinner. It's going to be another great event and a chance to celebrate the end of a glorious 2014!

Best wishes

Nick

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ADULTS & JUNIORS

Day	Time	Group	Coaches/Notes
Saturday	09:00	Div 9+	Nick, Roger. Contact Nick or Roger to join
	09:00	Divs 5-8	Jason
	09:00	Red Lightnings	Doug, Lucy P
	09:00	Blue Lightnings	Doug, Lucy P
	10:30	Lightning racers	Jeremy
	10:30	Divs 7-9	Jen, Andy, Oli
	11:00	Divs 3-6	Cath
Sunday	10:00	Div 9+	Jo, Dan. Improvers: Andy
Monday	07:00	Div 8 & quicker	Interval training. Not coached Contact Jeremy if you want to join
	16:00	Divs 1-4/5	Dan
		Divs 4-8	Jo
Tuesday	07:00	Div 8 & quicker	Strength training
	17:30- 19:30	Circuits	Dan, Jo
Wednesday	07:00	Div 8 & quicker	Interval training. Not coached Contact Jen if you want to join
	17:30- 19:30	Circuits	Jo, Dan
Friday	07:00	Div 8 & quicker	Not coached. Contact Andy if you want to join

KEEP IN TOUCH

Twitter: @Falcon_Rowing

Web: www.falconrcc.co.uk;

Teamer: we send regular emails out to all members via Teamner. If you aren't on Falcon Teamer, email Nick B. to be added.

Captain:
n_barnett@btconnect.com

Race captain:
jobatesfalcon@gmail.com

Membership:
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Coaches:
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Andy: solway3@gmail.com

Roger: rogertritton@hotmail.com

Cath: cathgreehy@hotmail.co.uk

SPRINT DISTANCES

You may already have your own markers for sprint distances on the canal at Wolvercote, but if not this might help.

- Start at lock at Wolvercote, going towards Oxford (low wooden post with white paint)
- 300 m - red brick bridge
- 500 m - collapsing shed (very close to the water) with blue plastic roof, on LHS)
- 200 m - start at red brick bridge and paddle to collapsing shed
- 1000 m - start beyond grey metal bridge, paddle to short white wooden signpost on LHS.

GMC AND AGM MATTERS

THE CLUB ANNUAL GENERAL MEETING was held on 6 November at the Tree in Iffley. The annual accounts were presented, next year's membership fees were proposed and approved and the General Management Committee (GMC) was elected. Paul Munsey was also voted onto the committee, increasing the representation of the rowing side of the club.

At the AGM there was some discussion regarding the application for funding for the new boathouse project. It was agreed that as soon as we hear the outcome of our application to Sports England an Extraordinary General Meeting (EGM) will be called to discuss next steps (see Late news on boathouse bid).

The club President proposed that the club changes its status from a CASC (Community Amateur Sports Club) to a Company Limited by Guarantee. It was generally agreed that members needed more time to research the implications of such a change and that the proposal would be discussed again at the EGM.

Methods of improving communication between the GMC and the rest of the club were discussed. Several ideas were proposed including more regular emails, articles such as this one in the *Newsletter* and better use of the website. It was agreed that the committee would look at all these suggestions and come back with a proposal at the EGM.

THE GENERAL MANAGEMENT COMMITTEE have met a couple of times since the last *Newsletter*. The issues discussed by the GMC over recent months have included:

- Best ways to develop and support satellite kayak clubs without putting too much pressure on current coaches
- Club security and the purchase of new personal effects lockers
- Repairs to boathouse roof, the landing stage and the flood lights
- The need to investigate problems with plumbing within the boathouse
- Purchase of more bike racks and the need to have them secured in place.
- Methods of encouraging members to keep the boathouse clean and tidy
- Organizing the Club Christmas dinner

If you have any ideas for improving things at the club or questions regarding the GMC please contact Peter Travis or one of the other committee members.

Nick Barnett

LATE NEWS ON BOATHOUSE BID

In October Falcon put in a bid to Sport England for funding to build a new boathouse. The Sport England representative who came to visit Falcon was very positive, and Oxford City Council were also suggesting they might be able to contribute. The initial reason given for the rejection was there was not enough money in the pot to go round.

As part of the planned Emergency General Meeting (see GMC and AGM matters) we will talk collectively about where we go next with plans for improving or replacing the boathouse.

Up and on...

THE FALCON ROWING AND CANOE CLUB CHARITABLE TRUST

DID YOU KNOW that part of Falcon is a charity? It is known as the Falcon Rowing and Canoe Club Charitable Trust – The Falcon Trust for short.

The Falcon Trust was set up by mistake. Some years ago a club member, now no longer with us, set out to change the club into a charitable trust to help with fund-raising and by saving some VAT. What he did in fact was to set up a parallel body distinct and separate from the club.

At the time, before the government gave sports clubs Community Amateur Sports Club [CASC] status, with much the same VAT benefits as a charitable trust, trusts had a value regarding capital projects, so the then committee decided to keep the Trust as a fund-raising arm of the Club. It should be noted that there are some external grant-giving trusts which then, and still now, only give to other charitable trusts, so keepin the Falcon Trust seemed a good idea, and still probably is.

The Falcon Trust trustees are Jeff Bethray, Phil Sowden, Bryan Humphris and Peter Travis, all Falcon members. We meet annually and sometime use the Trust to raise money for the club. The most recent example was Jeff raising £6,000 to buy a boat for the men's rowing.

The Trust holds very little money and has not proved as great a value as we thought it might be all those years ago. But the trustees think it is worth keeping, because the original fund-raising value is still there.

Peter Travis



BOAT NUMBERING

NEW MEMBERS ARE NEARLY ALWAYS CONFUSED by the way that Falcon's kayaks are labelled. Each label starts with a letter (A, B, C or D) followed by a number. The letter is a rough indication of the boat's stability (A being least stable, D most stable), while the number is... well, a number, to indicate which boat is which.

Now you understand how the numbering system works. Great! But actually, it's not so great. Half the boats aren't labelled at all, and our A,B, C, D system is different from the stability number system that nearly everyone else uses.

To fix this, in December we are going to put new labels on all the boats. They will use a different labelling system, with a stability number first (10 = most stable, 1 = least stable), followed by a letter to distinguish boats of the same stability. Finally, if the boat is a K2 or a K4, the label will have either a 2 or a 4 on the end.

Simple, isn't it? But just in case you haven't quite got it yet, here are some examples of old and new numbering.

Boat	Old no.	New no.
Elio Cobra 60	D19	10a
Elio Cobra 51	D16	9o
Raven	C5	6a
Tor	[none]	5f
Cougar	[none]	2f
Lightning	[none]	L1
Condor (green) K2	D1	8a2
Magician K2	C1	6a2
Nelo Scorpion K2	[none]	1a2
Rocket K4	[none]	6b4
Kobra K4	[none]	2a4

Note that the Lightnings aren't labelled in the same way as the other boats, because they are all the same as each other.

Pop-up Café

Your cafe needs you!

THE POP-UP CAFÉ has been running for two years and has been a great success.

It has created a social space for people to meet up on a Saturday morning and have a chat over a bacon butty, a cup of coffee and a piece of cake. It is also a way for new members to find out about the club in a friendly way.

The cafe has raised over £3,000 for Falcon. Some of the money has been used to buy paint, chairs and other equipment. The rest has been given to club funds. It is a straightforward way of raising money for the club.

To continue with this successful venture we urgently need people! We need about 14 regular volunteers to help on a Saturday morning between 9 am and 1 pm. With this many volunteers, each person only has to help once a month.

There is a weekly rota list at the boathouse, for sign up., so please, if you enjoy your bacon butties, sign up!

The cafe thus far has been organised by Cath Greehy, ably assisted by Jayne Rose and Karen Staff. Thanks to everyone else who has helped, or made cakes to sell.

The team organise each week the buying of, bacon, eggs, rolls, milk, juice etc. They bring a cake, and encourage others to do the same.

Cath and Jayne will be stepping back from doing the organising at the end of the year, and are currently looking for two people to oversee the rota and float/cash book. They will however, continue to help at the cafe on an *ad hoc* basis.

We want to pass on this legacy for others to enjoy, as the club continues to grow and develop.

Cath



Volunteers Karen and Becci running the Pop-up Café



CANAL CIRCUIT RACE

FOR YEARS THE CANAL CIRCUIT has been a good winter workout for Falcon paddlers. It's great endurance training for the Riverside and Thameside races, or for the Devizes to Westminster. The 11-mile circuit, with 7 portages, involves paddling up the Isis to just beyond Osney, then transferring to the canal and north to Wolvercote and beyond. A left turn then brings paddlers back onto the river above King's Lock, and then it's downstream all the way back to Falcon.

In the past, the club organised races around the canal circuit. Now there are plans afoot to revive the idea. On Sunday 23 November, the club invited paddlers from Banbury to join Falcon paddlers in a trial race, with the aim of running a race open to all comers next year.

The race day was perfect for a winter race – cold, wet and miserable! Despite this there was a good turnout, with 22 boats racing. The spread of times was remarkably narrow: nearly all the boats took between 1 hr 30 min and 2 hr. The overall winners were a mixed-club team of Timo and Josh. Thomas and Jamie came second, with Sam and David (Sam and Dave for old soul music fans) in third place.

Andy

Names	Divs	Time
Timo Morris/Josh Westwood	2/2	1:27:48
Thomas Leising/James Wedlake	3/3	1:28:21
Sam Glover/David Stubbs	2/2	1:34:50
Billy Butler/Nick Kay	2/4	1:37:42
Alice Murphy/Sam Jones	3/5	1:43:32
Isla Johnson/Max Harper	5/4	1:43:39
Annelies Flack/Andy Flack	5/4	1:43:43
Arthur Urquhart/William McCracken	3/5	1:43:55
Joe Peterson/Robin Flack	2/4	1:44:00
Matt Pickin/Rachel Bennett	6/6	1:44:41
Jason Bennett/Maria Musgaard	4/8	1:47:11
Alan Archondakis/Ian Robson	5/7	1:48:57
Roger Tritton/ Rob Sibley	6/8	1:49:05
Morten Lidegaard/Trevor du Plooy	6/7	1:51:06
Seiko Makino/Chris Booth	7/6	1:51:21
Lucy Hield/Kate Clark	4/4	1:51:35
Chris Hills/Ray Pearce	6/6	1:52:15
Nick Herbert/Becci Morris	5/8	1:55:13
Nick Barnett/David Waters	4/9	1:55:30
Annie Webster/ Andy Solway	7/6	1:56:47
Jess Long/Sophie Long	5/7	1:57:27
Jess Knight/Julian Knight	7/7	2:13:29

Sadly it wasn't this sunny for the canal circuit, the weather was drizzly and cold.



LORNA'S LOG



IT SEEMS LIKE SUCH A SHORT TIME since the last newsletter, but so much has happened! The AGM has taken place, with the new committee voted in and the sad news about the boathouse project reported back to members. There is a meeting at The Tree at Iffley on Tuesday 25 November at 8pm for the rowers. I would really like as many people as possible to attend. The plan is for the meeting to have two sections. – first, to identify and discuss vacant positions, the make up

of the committee and any urgent matters that the rowing club needs to address (and to prioritise them), and second, to discuss the racing and training plans for the rest of the season, so that all athletes and coaches have an understanding of what races and/or opportunities might be available to them.

In other news, there are race reports from recent races, including Upper Thames Autumn Head, Henley Sculls and Pairs' Head. There is a review of the year, covering all areas of the rowing club, and an updated training timetable.

Just a reminder to get yourselves signed up for the Christmas Dinner, taking place at Balliol College on Friday 12 December – you'll find a link on the website.

We are in need of more volunteers to sit on the rowing committee and to help out with the running of the club, doing things like organising crews, boat repairs and so on. Please get in touch with me if you think you might be able to help out.

Another reminder as the winter sets in, the river will no doubt increase and the potential for red boards is great. Please do not put yourself in danger. Remember – "If in doubt, don't go out". We will organise trips to Dorney Lake over the winter to make sure everyone still gets water time.

See you at the club soon!

Much love

Lorna

INTRODUCING THE NEW JUNIOR ROWING CAPTAIN FOR THE 2014–15 SEASON



HELLO, AENGUS HERE, speaking as your new Junior Captain. I've been rowing here at Falcon for around two and a half years now and I've learnt a lot from my time here. I've taken part in many events at the club and have lots of race experience; so if you're new to racing or have any other questions feel free to quiz me at Thursday sessions or any time at the weekend sessions. I hope to help you all on your path to success/ tell you jokes and stuff.

KEEP IN TOUCH

Twitter: @Falcon_Rowing

Web: www.falconrcc.co.uk; 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.hermes@gmail.com

Membership: frc.membership@gmail.com

ROWING CALENDAR

Please remember that all entries should be submitted to lorna.hermes@gmail.com no later than two weeks before the event. If you are hoping to enter a Tideway head, entries should be submitted no later than four weeks beforehand.

A reminder: if you wish to submit an entry, please remember to include the boat and blades you would like to use if you have a preference!!

Sat 29 November	Scullers Head of the River	Tideway
Sun 30 November	Isis Winter League 'B'	Falcon
Sun 7 December	Wallingford Fours and Eights Head	Wallingford
Sat 13 December	Falcon Juniors Christmas Races (12-3pm)	Falcon

<i>Selected other races</i>		
Sat 24 January 2015	Northampton Head of the Nene	Northampton
Sat 14 February	Henley Fours and Eights Head OR	Henley
Sun 15 February	Bedford Fours and Eights Head	Bedford
End of Feb, date tbc	Bruges	Bruges!
Sat 14 March	Women's' Head of the River	Tideway
Wed 18 March	Oarsport Junior Sculling Head	Dorney
Sat 21 March*	JIRR Thames Upriver Trials (J16 and below)	Dorney
Sun 29 March	Head of the River	Tideway
Date TBC (early Apr)	Abingdon Head	Abingdon
Sat 25 April*	Junior Inter-Regional Regatta	Nottingham
Mon 4 May*	Marlow Spring Regatta	Marlow
Fri 22–Sun 24 May	National Schools Regatta	Nottingham
Sat 13 June	Marlow Town	Marlow
Date TBC	Novice Junior regatta (Egham/Bedford or similar)	TBC
Sat 18–Sun 19 July*	National Championships	

* Date based on 2014 event and not yet confirmed.

CLUB SESSIONS (NOVEMBER–APRIL)

Wednesday 4.30–7 pm, High-Performance Juniors
Thursday 6.30 pm, Adult erg, maintenance and cleaning session 7–9 pm, Junior fitness session (MCS)
Friday 4.30–7 pm, High-Performance Juniors
Saturday 8–10 am, Racing crews (in addition to the 10am sessions) 10 am, Whole-club session 10 am–12, 12–2 pm, 2–4 pm, Junior sessions
Sunday 8–10 am, Sunday Morning Heads (approved crews only) 10 am, Whole-club session 10 am–12, 12–2 pm, 2–4 pm, Junior sessions

Juniors (contact lorna.hermes@gmail.com for info. N.B. session times are different over the summer)



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REVIEW OF THE YEAR

WEEKEND ROWERS

IN RECENT TIMES it has been a struggle to produce a representative Falcon 8+ to enter competitions.

This last summer has seen something of a resurgence and we have been able to compete in the Oxford Regatta and now have an eight in the IWL. The first race date of 9 November in the IWL A saw the Falcon crew of Hiro, Paul, Dai, Jamie, Dan, Roger, Grahame, and Howard, with cox Charlotte, achieve a quite respectable time of 5 minutes 43 seconds. This places us in 27th position of the 41 competing crews.

As is sometimes the way with our club in a city like Oxford many rowers pass through and we lose Hiro who is now returning to Japan. He sent a very nice message to all the crew saying how much he had enjoyed his stay at Falcon and he would miss us all. This connection with rowers from abroad can only enhance the friendship and welcome that the members of Falcon extend, and further our reputation as a club. We urgently need to recruit more rowers to join in the eight crew squad, anyone interested should get in contact with Howard. We may of course have some new recruits from John's beginners in due course.

All in all a promising start for the club to be represented in the men's eight. We look forward to an interesting 2015, fuelled by bacon butties from the Pop-up Cafe.

Not all good things have to end. The women's development squad is still going strong (featuring a few new personalities!!) It's been a fantastic year of achievement for them, culminating in a win at the Masters' National Champs and reaching the quarter-finals for intermediate club eights at Henley

Women's Regatta – the result of a spring/summer season of hard work

Preparations for 2014 started late in 2013 after a meeting with coach John Hill. "You win your medals in the winter and merely pick them up in the summer", he reminded us. We recognised that not everyone could be available

for every session, but there was a huge amount of enthusiasm and determination. John set out a plan which allowed everyone to be included. It was tough, but not did not demand too much time for most of us busy people. Initial erg scores (a 100m burst, a 500m sprint and a race distance of just 1000m) were tested and the training started.

Over the course of the winter, as we built up our fitness, the target test distance gradually increased from 500m. By the arrival of summer everyone was noticeably fitter, with those who had been following most of the training plan having reduced their split times for 1000m by over 10secs (i.e. about 20sec quicker).

It was amazing!

The series of rowing talks kindly organised by John also provided welcome mental stimulation, particularly when the river was too high to row. Certainly the advice and tips shared by Amy and Gavin remain with me today, and I think that several of us changed our habits as a result of their insights.

The first major challenge of 2014 for the women arrived with entry to the Women's Head of the River on 22 March. This was a fantastic race for the squad, with the boat running really smoothly.

The crew was Mairi Brookes, Catherine Carr, Jane Burgoyne, Jenny Griffiths, Anne Hansen, Susie Prince, Aria Johnston and Naomi Hodge, coxed by Howard Jacobs. We finished 144th overall and within our target of the top half of IM3 boats, which was a fantastic result and a great motivator for the season ahead.

Then followed Abingdon Head on 6 April, where we submitted two WIM3 eights. The first eight was disappointingly beaten by Green Templeton by *one second* – AARGH!! We were still consolidating our race experience for the two major summer regattas.

Success at last came at the Masters' National Champs on 18 May, where the crew of Aria Johnston, Anne Hansen, Susie Prince and



The women's eight at Abingdon Head

Sarah Ward took gold medals in the novice category (in spite of Aria's footplate coming off). A proud moment!

In preparation for the race we had all been training for – Henley Women's Regatta on 20/21 June – the squad took time out to learn another new skill (building on our knowledge of 'what not to forget to take to Dorney'... blades, riggers, cox...). This was blade painting, a rather fiddly task and one which requires some technical skill (really?). However we were determined to have super-shiny blades for Henley.

The Henley crew of Sarah Ward, Aria Johnston, Anne Hansen, Susie Prince, Jenny Griffiths, Mairi Brookes, Catherine Carr and Naomi Hodge had a tough draw in the first round,

drawing a City of Oxford crew. However we had a phenomenal race, beating the local rivals by two lengths to get through to the quarter-finals! This was the first time a Falcon crew had reached this stage of the competition. An amazing result which made all the hard work worthwhile.

In spite of all this training, we did manage to fit in a lot of fun. The squad 'singles scull challenge' on 2 August definitely fell into this category. There was more swimming than rowing as the challenges got harder and harder (standing up sculling anyone?) Not for the faint-hearted!

Another notable event was making John Hill cry! Yes that is the truth. On presenting him with his JH 0 2 ROW number plate, he shed a



The men's eight at IWL A



City of Oxford regatta

little tear. Thank you John for all your support and your ongoing commitment to the club, you are truly brilliant!!!

In the past few months, John's Learn to Row courses have provided welcome new rowers to the squad and the City of Oxford regatta on 16 August saw us enter two WIM3 eights and a WMasB double. This was followed up with success in Isis Sculls on 20 September, where our quad of Montse Sanchez, Jenny Griffiths, Helen Burkhalter and Jane Akazi won the Women's Novice category, Montse and Jenny also winning the Women's Novice doubles.

Most recently the Isis Winter League has enabled us to provide our Learn to Row graduates with welcome race experience. IWL A on 9 November was raced in a 4+ by

Elizabeth Cottrell, Margaret Crick, Mary-Lou Aitken and Joanne Humphries, ably coxed by our junior hero, Kieran Walker. The ladies were delighted to overtake a men's eight! A great start to the winter season!

We have been sad to see departures from the squad, Anne returning to Denmark, Runa off on her travels, Cathy off to focus on cycling, Jen C. moving to Wallingford RC and Aria focusing on her Balliol crew. However we are looking forward to the next few months racing with new members and building on the success we have seen during 2014.

Grahame Nash and Jane Akazi

DAYTIME WOMEN

THE BEGINNING OF 2014 saw the river flooded and out of bounds to all rowers. Wanting to get as much time on the water as possible, the women's daytime squad with coach Piers Barnett decamped to Dorney Lake. Their hard work paid off and they were rewarded with excellent results throughout the season. Thanks for the excellent results of the year go to all the very dedicated busy mums who trained so hard and the brilliant coaching of Piers Barnett.

Vets HRR

46 Overall and 7/22 in WMASC 8+ Cox: Floss Smith the composite Falcon/CORC crew: Anne Ridgeway, Emma Robinson, Camilla Scarf, Lil Cochrane Naomi Sharma, Julie Summers, Susie Holmes Smith, Mary Murray. (Satisfyingly beating the CORC MASC mens 8 by 10 seconds!)

Abingdon Head: Winners WIM3 4x: Lil Cochrane, Camilla Scarf, Ali Grunewald, Susie Holmes Smith

Marlow Spring Regatta

Winners WMASC4x: Lil Cochrane, Ali Grunewald, Alison Salvesen, Susie Holmes Smith

National Masters Champs

Gold Medal WMASB 4x: Lil Cochrane, Ali Grunewald, Camilla Scarf, Naomi Sharma



The WMasC eight at Vet's Head



The WMasC quad in Nottingham



The WMasD quad at Henley Masters'

Silver Medal WMASC 4x: Lil Cochrane, Ali Grunewald, Alison Salvesen, Susie Holmes Smith

Silver Medal WMASC 1x: Camilla Scarf

Bronze WMASC 4+: Composite Falcon/CORC crew Alison Salvesen, Naomi Sharma

Henley Women's Regatta

Qualified W Senior 4x: Lil Cochrane, Ali Grunewald, Camilla Scarf, Naomi Sharma.

Henley Masters

Finalist WMASC 2x: Julie Summers, Naomi Sharma

Finalist WMASD 4x: Lil Cochrane, Alison Grunewald, Camilla Scarf, Alison Salvesen

Semi Finalists WMasC 4x: Lil Cochrane, Ali Grunewald, Alison Salvesen, Susie Holmes Smith

Worcester Regatta

Winners W MASC 2x: Camilla Scarf, Naomi Sharma

Runner up WIM3 2x: Camilla Scarf, Naomi Sharma

Lil Cochrane

TOURERS

IT HAS BEEN GOOD TO WELCOME several new members to the Falcon Touring Group this year. Our new members have a habit of saying the same thing – that sculling with us gives them a new perspective on our river, City and surrounding countryside. Like the old lager advert, we see parts of The Thames other crews do not reach – whether that be the highest navigable stretch of The Thames up at Lechlade, or parts of the developing waterside here in Oxford. And we don't limit our Thames exploration to the river. This summer's expeditions to Eynsham and Abingdon also included good pub lunches!

This picks up another character of the Falcon touring group – its strong social focus. During 2014 we have extended our network of touring friends even further. We play an active role in the British Rowing National Touring Group, and this year Falcon tourers joined the annual dinner in March at Leander Club and the 21st National Tour in September on the River Severn and Sharpness Canal (see the photo).

In March 2015 there will be a dinner at Leander Rowing Club, when next year's location is announced. All should consider this as an event worth going to, to meet and scull with other clubs.

Internationally, we have established links with a number of groups facilitating rowing trips across the world, and have welcomed scullers from both sides of the Atlantic and across Europe to our own stretch of The Thames.

Ruth Ward

Messing about on the river – the National Tour at Gloucester Docks



JUNIORS

THE JUNIORS HAVE CONTINUED to go from strength to strength in 2014. In February, Tom Downes became the first ever Falcon junior to attend GB trials in Boston, where he finished 16th- and was then invited to attend the J16 GB sculling camp in April. In March, three crews competed at the Junior Sculling Head, with the J14 quad finishing eighth of 40-odd crews. The same crew then went on to qualify to represent the Thames Upper Region at the Junior Inter-Regional Regatta, held at Nottingham in April. Sadly, they suffered equipment problems in the heat, but recovered well to finish second in the 'B' final, as the region took top honours.

Abingdon Head saw success for the J14 quad and Novice double, followed soon after with a win at Marlow Spring for the J13 double. The National Schools regatta is the most prestigious junior regatta on the season, and Falcon exceeded all expectations. Of eight crews entered, three made the semi-finals for the first time in Falcon Juniors' short history. June saw the most successful single day ever for Falcon Juniors, at Marlow Spring regatta. Of sixteen crews competing, exactly half of them went on to reach the final- with exactly half of those crews winning their event. There were wins for the Novice double, Novice four, J14 quad and J14 double.

At Bedford Sprint regatta in July, the three crews entered all won their events. This was followed a week later by the National Championships in Nottingham. There was success for a number of crews, but most significantly, there was a first ever junior national medal – a silver for the J16 pair of Matt Timms and Aengus Allen. City of Oxford regatta also saw success for the J14 double and IM3 double.

Over the course of the summer term (April–August), 44 separate juniors represented the club at races, with a total of 13 race wins in that time.

The 2014 season started successfully, with wins at Isis Sculls, Upper Thames Autumn Head and Henley Sculls (elsewhere in this newsletter).

We continue to build on early successes, as well as expanding the coaching team and reducing the junior numbers slightly.



The junior contingent at the National Schools' Regatta





UPPER THAMES AUTUMN HEAD, SUNDAY 26 OCTOBER

On Sunday 26 October, Falcon Juniors took 11 crews to race over the 3000m of the Upper Thames Autumn Head.

Division 1 saw three J15 doubles, a WJ14 quad, a J14 quad and a Women's Novice four competing.

The J15 doubles comprised Alex Morrison and James O'Reilly in the 'C' crew, Martin Benfeghoul and Gabe Smith in the 'B' crew, and Joel Garden and Rory Pearce in the 'A' crew. The wind picked up over the course of the morning division, but Joel and Rory used the experience gained at Pairs' Head of the River earlier in the month to their advantage, racing well in the wind. Confidence was high going into the event, and it proved well-founded, with the 'A' crew winning the event by 20 seconds, and the 'B' crew finishing in third, despite Martin rowing feet out for 2000m!

The WJ14 quad of Bonnie Coughlan, Molly Chambers, Cicely Lobreglio and Emily Tadesse were competing in a tough event, up against two Henley crews and three LEH crews. The girls had a great race and finished in fourth place, ahead of two of the LEH crews.

The J14 squad at Falcon has great depth, comprising 11 juniors, but due to a combination of holidays, other commitments and injury, it was a weakened quad that took to the water to race. An unfortunate virus for one of the crew ruled him out the night before, and it was left to a J13 who had only been in a boat a handful of times to fill the gap. The boys had a storming race, and despite finishing last in their event showed what great guts they had to go out onto a long course and give their all.

The Women's Novice four, made up of the top four girls, was a new combination, recently moved across from their quad. They also had a strong race, staying with the crew ahead of them, but struggled to compete against the might of Oxford University women and Oxford University lightweight women.

The afternoon division had five crews racing – a J15 quad, a Women's Novice eight, a J14 double and two WJ14 doubles.

The J15 quad, made up of the top two doubles and identified as a strong crew for the summer racing season, were in the early stages of their training together. They nevertheless worked well to finish second in their event, just 8 sec

Upper Thames Autumn Head





The junior squad at Henley

behind the winning Henley crew.

The Women’s Novice eight, again a new combination at this early stage of the season, put up a good fight against strong opposition, beating a crew from LEH.

The J14 double of Joe Mullett and Joe Bowley, also a new combination that had a good result at Isis Sculls, had a solid race which sets them up well for the rest of the season.

The WJ14 doubles were split into an A crew of Emily Tadesse and Cicely Lobreglio and a B crew of Bonnie Coughlan and Molly Chambers. Both crews found the conditions tough, but raced well to finish second and third respectively.

HENLEY SCULLS HEAD, SATURDAY 15 NOV

Despite the amber boards and the threat of wind, rain and fog, Henley Sculls turned out to be a gorgeous autumn day, and a successful one too!

Falcon Juniors had 17 crews entered, with a real scheduling and trailering headache – seven singles and a double in Division 1, and three quads, a double and five singles in Division 2!

Of the seven sculls in Division 1, five were entered into J15 – a really tough category with a field of fifteen. Joel Garden finished in a very successful fourth place, and Martin Benfeghoul and Rory Pearce just behind in sixth and seventh respectively.



Winners of the J15 doubles, Rory Pearce and Joel Garden



Gabe Smith racing the in J14 singles – he went on to overtake all three of the crews al



Emily Tadesse on her way to winning the WJ14 singles



head of him in this photo

Gabe Smith raced in the J14 singles – another tough field of twelve, and had storming row, overtaking all but one of the seven scullers ahead of him. He finished in second place, nearly a minute ahead of the third-placed crew. Emily Tadesse also had a fantastic scull, dealing admirably well with the strong stream and taking the win in the WJ14 singles- a great result!

In the afternoon, Aengus Allen and Ed Podgorski had good results in the IM3 singles, finishing 9th and 13th respectively.

Joel Garden and Rory Pearce, fresh from their win at Upper Thames, had a much tougher ask, coming up against some extremely quick crews from AB Severn and Stourport, including national medallists. Their goal was to finish fourth, but had a good technical scull to improve on that target, finishing third.

The J15 'A' quad, but second J15 boat after the double, also finished third in their event.

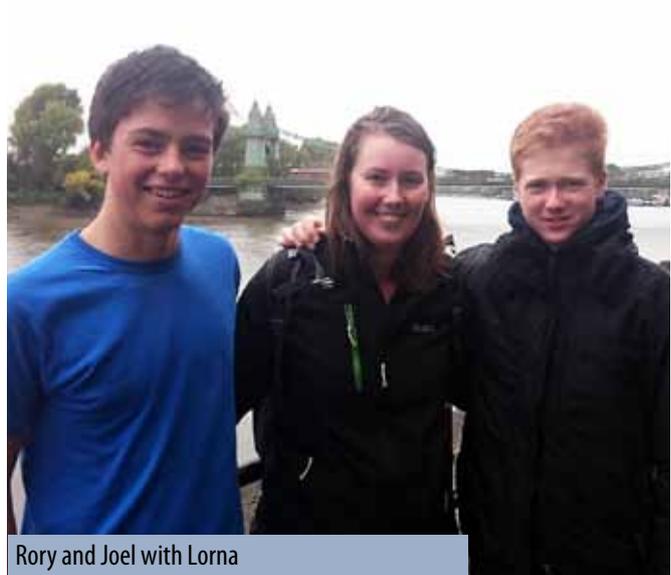
There were other good races from the WJ16 double of Millie Powell and Ciara Keown, the J14 quad and the J15 'B' quad (who had been thrown into chaos by a drop out the night before the race).



Rory Pearce and Joel Garden in the Pairs' Head of the River

PAIRS' HEAD OF THE RIVER

On Saturday 4 October two Falcon crews raced the tidal Pairs' Head. Camilla Scarf and Naomi Sharma competed in the WMasC doubles, and Joel Garden and Rory Pearce competed in the J16 doubles. For Joel and Rory, both only 14 and racing up a year, it was their first opportunity to race the difficult course from Chiswick to Harrods. The boys were also very lucky to be able to boat from the Fulham Reach Boat Club, and race in a brand new boat, just out of the wrapping (and yet to be set up properly). The conditions on the day were truly terrible, with a strong south-westerly wind blowing down the course, and driving rain on and off over the day. The WMasC crew had a great race, finishing fourth in their category. The J16s also had a fantastic row, dealing with the conditions admirably to finish 17th in their event.



Rory and Joel with Lorna

Lorna Hermes

JUNIOR PRESENTATION EVENING, SATURDAY 27 SEPTEMBER



Some of the juniors who attended, with their prizes

ON SATURDAY 27 SEPTEMBER over 80 juniors and parents gathered to celebrate the achievements of the Junior Squad from the 2013–14 season. There were wins from Upper Thames Autumn Head, Abingdon Head, Marlow Spring, Marlow Town, Bedford Sprint, National Championships, City of Oxford and Isis Sculls to reflect on, while a number of

awards were handed out, and the new Junior Captain was appointed. There was also a special award for Matt Timms and Aengus Allen, for being the first Falcon Junior crew to win a national medal.

Jo Walker put on a wonderful spread, after which the juniors enjoyed a disco.

The award winners are listed below.

Junior of the Year	WINNER: Matt Timms and Aengus Allen
Overall Contribution to the Junior Squad	WINNER: Rory Pearce
Performance of the Year	WINNER: Gabe Smith, J14 1X ISIS SCULLS RUNNERS UP: J14 QUAD MARLOW TOWN, J16 1X BOSTON, J16 2x NSR
Juniors' Junior (voted for on the night)	WINNER: Aengus Allen RUNNER UP: Joel Garden
Cox of the Year	WINNER: Kieran Todd
Most Improved Junior	WINNERS: Martin Benfeghoul, Sebastian Johnson RUNNERS UP: Joe Mullett, Rohan Jacob
Most Promising Junior	WINNER: Emily Tadesse RUNNERS UP: Gabe Smith, James O'Reilly
Capsize of the year	WINNER: Martin Benfeghoul RUNNER UP: Tom Downes
Most Capsizes	WINNER: Rory Pearce
Dodgiest Steering of the year	WINNER: Gabe Smith and Aeneas Chapman RUNNERS UP: Matt Timms, Rory Pearce
Worst Core	WINNER: Ruby Stalley
Baptism of Fire	WINNER: Patrick Harrington RUNNERS UP: Gabe Smith, Joe Mullett
Nutritionist of the Year	WINNER: Dan Ward
Most Embarrassing Story of the Year	WINNER: Millie Powell
Manstrength of the Year (voted for on the night)	WINNER: Peter Vickers RUNNERS UP: Matt Timms, Aengus Allen

CHENEY FALCON ROWING CLUB PAGES FOR FALCON RCC

Newsletter October 2014 From Dr John Forster

Cheney Falcon Paddlers' New Term Begins Well with Added Coaching Resources

Catching up with summer news that missed the last Newsletter, we record that two CFRC coxed quad crews WJ15x+ and J15x+ enjoyed racing in the **Bedford Regatta** on beautiful River Great Ouse, on sunny Sunday 13th July 5, 2014.



Head Coach Christy was trailer driver and regatta captain on the day, helping us to perform to our best, backed by our famous family fan club of supporters. CFRC Captain Matt won his event for Falcon RCC (in a pair with Angus); and their boat was transported on our shared Falcon trailer.



This new school year, we continue to help more eager young pupils to enjoy rowing and watersport.



Two new CFRC Captains have been appointed, Katherine and Ella who are J17 and have been outstandingly committed since 2011 to practicing on the water and indoors, being most helpful with their careful coaching of younger pupils.

Invaluable volunteer Falcon coaches benefit from our efficient **Head Coach Christy Job**, who designs detailed, demanding training programmes which continue to attract students and develop better technique and commitment for many indoor and river rowers. We have been blessed also with superb weather on Isis for our Fall Wednesdays.

An efficient addition to our teaching staff is most welcome: **Connie Spoor** is employed by Cheney School as our new Rowing/Watersports Lead and brings her energy and skills, from rowing and organizing with Oxford UBC Boat Race crews, where she was Women's President. Connie has already attracted to our training sessions some inspiring **new Outreach Coaches from Oxford University Boat Race squads**.

Connie is also working with Phil Rees, (Head of PE), introducing and recruiting many pupils to our sport during PE lessons on 11 ERGs; (but more rowing machines are wanted here £££).



Our new Year 7 recruits are highly enthusiastic, energetic and keen to learn.

From the CFRC after-school Monday sessions, (indoor rowing and work in the re-equipped new machine gym), the most committed pupils will win places in the River Rowers Squad of about 30 scullers.

Cheney is the only state school in Oxfordshire to offer rowing (since 2011), but the plan now is to enable students to learn kayaking with the support of Connie and depending on new Falcon RCC volunteers. For 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. 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.

The coaching team are gaining greatly this term from several senior pupil rowers who are coming to practices as junior coaches and role models. Connie is arranging special training of these young volunteers to attain British Rowing Junior Leaders training and certification. Oxford City Council have awarded funding for training 4 Rowing Leaders.

The club thanks these young helpers and **the volunteer coaching team:** Ali, Zena, John, Ruth, Jutta and Julian. CFRC continues to transfer several more of our talented rowing pupils to be active with more advanced crews at Falcon RCC, Hinksey SS and CORC, where they can have many outings each week and more racing.

We can congratulate our sixth form rowers, who this summer have won good results also in their GCSE exams, confirming the hypothesis that good rowers also succeed in disciplined academic work.

I remember at Tiffin’s School in July 1956, my dashing with the crew between Henley Royal Regatta practices and my Advanced & Scholarship Level exams, back in Kingston on Thames; and proudly we all did well enough to go to good Universities.

Club activities are recorded colourfully on our **Facebook Page Posts** and website www.cheneyfalcon.co.uk, with albums of photos.

We are limited currently to a few agreed regattas. Next, all are looking forward to CFRC crews entering again the **Monmouth Winter Head** on The fast stream in the picturesque valley of the River Wye, on Sunday December 7th.



Again Head Coach Christy will control this Welsh expedition, backed by our supportive family fan club.

We wish all at FRCC happy winter rowing, (with CFRC using our fleet of 3 boats, together with sharing of selected Falcon Boats) on **River Isis**.



Goddess Isis on Henley Bridge looking upstream to River Isis

For the new bridge that replaced the wooden one.

Sculptored 1795 by Mrs Anne Seymour Damer

Photo from Rowing & River Museum Henley

CHENEY FALCON ROWING CLUB PAGES FOR FALCON RCC

Review of 2014: Fourth Year for Friendly Cheney Falcon Paddlers: Growing Well, with Added Coaching Resources

From Dr John Forster

We continue to help more young pupils to find and enjoy rowing. Our new Year 7 J12 recruits are highly enthusiastic, energetic and keen to learn. From the CFRC after-school Monday sessions, (indoor rowing and work in the re-equipped new machine gym), the most committed pupils will win places in the River Rowers Squad of about 30 scullers.

Cheney is the only state school in Oxfordshire to offer rowing (since 2011). Now the plan is to enable students also to learn kayaking, working with new Falcon RCC volunteers. For Cheney has been selected (in mid-2014) 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.

CFRC continues to fulfil a “nursery club” aim to transfer several of our talented rowing pupils to be active with more advanced crews, at Falcon RCC, Hinksey SS and CORC, where they can have many outings each week and more racing.

We can congratulate our sixth form rowers, who this summer have won good results also in their GCSE exams, confirming the hypothesis that good rowers also succeed in disciplined academic work.

This year our team of invaluable volunteer Falcon coaches (Ali, Zena, John, Ruth, Jutta and Julian) have benefited from leadership by our efficient Head Coach Christy Job, who designs detailed, demanding training programmes which continue to attract new students and develop better technique and commitment for many indoor and river rowers. Christy has herself raced successfully this year. She is also trailer driver and captain for our regatta outings, helping us to perform safely and to our best, backed by Cheney’s famous family fan club of supporters.

Connie Spoor is employed part time by Cheney School as our new Watersports Lead,

adding her energy and skills, from rowing and organizing with Oxford UBC. She has attracted to our training sessions some inspiring new Outreach Coaches from Oxford University Boat Race squads. These fine role models replace Oxford Blue Winner Tom Watson, who came and coached cheerfully every Wednesday until returning in August to Canada.

Oxford City Council have awarded funding for training 5 Rowing Leaders. Connie is arranging special training of these volunteers to attain British Rowing Junior Leaders certification. The club also gains greatly from these senior pupil coaches and role models. Connie is leading the new Watersports Hub development and working with Phil Rees, (Head of PE), introducing and recruiting many pupils to our sport during PE lessons; (and is fundraising to acquire more indoor machines for 2015).



In June, many Friends joined us to celebrate a historic Champagne Naming & Launch of the CFRC Triple; for we have all worked to launch 3 CFRC-created boats (in 3 years, since our foundation 2011) and we won awards to acquire 16 sets of new Dreher best sculls, with impressive ongoing fundraising.

We acknowledge many donors and CFRC’s First Head Coach (2011-2013) Peter Haining MBE who played a key role in acquisition and conversion of our 3 old wooden racing boats (2 Octuples 8x+ and the Triple 3x).

We have to raise thousands of pounds for needed CFRC funds. Fun for all was had again in May at Headington Festival in the Park, where competitors paid to race on 2 school ERGs; and many delicious cakes and Raffle Tickets were sold.

Good to be appreciated in a thank you letter from school staff this summer, who said “ Thank you again. It struck us all once again as to 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.”

In early 2014, sadly the dreadful flooding lost rowers the use of the river for several weeks, though keen indoor rowing training kept the club together, on our well maintained 11 school rowing machines. More quad relay teams J12 to J16 entered and scored well against hundreds of school teams, until July, in the monthly online indoor National Schools contest, (which disappointingly is not being run this Michaelmas term, with sponsor trouble at Concept2 ?!). We won again the Oxfordshire Schools Indoor Rowing Championships.



We like our major annual happy March outing to London for the massive Competition Day when 27 pupil rowers and 4 coaches in two buses hit the National Indoor Junior Rowing Championships, with great energy and good behavior. Indoor Rowing technique rewarded months of hard training at Cheney School Gym. Medals were won again and all teams were well placed against large numbers of rowers - 3000 entered Y7 to Y12. Medals

were won also at the South East Indoor Rowing Championships at Brookes Uni in February.

We are limited currently to a few agreed regattas. So we were hit by the cancellation of the Ball Cup (by strong winds at Dorney Lake, in May), where we aim to enter each year!

Luckily the weather was kinder at our first great racing day out in March, on the wide unflooded canal at Gloucester, where the refurbished octuple won medals for our mixed J13 crew. Two doubles also competed well over the 4 km course and many family fans enjoyed walking the pretty tow path.



On a sunny Sunday in July, two CFRC coxed quad crews WJ15x+ and J15x+ raced well in the Bedford Regatta on beautiful River Great Ouse again with happy family supporters. Two new CFRC Captains have been appointed, Katherine and Ella who are J17 and have been outstandingly committed since 2011 to practicing on the water and indoors, being most helpful with their careful coaching of younger pupils. We have been blessed also with superb weather on Isis, for our Fall 2014 Wednesdays.

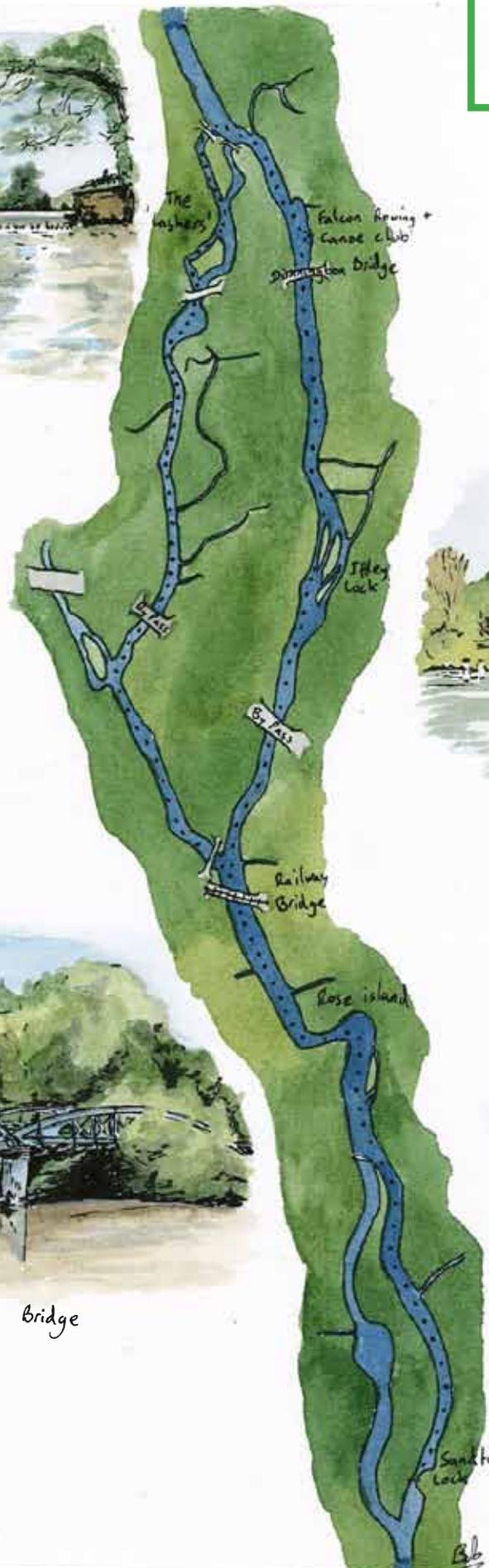
To end 2014, we are looking forward to CFRC crews entering again the Monmouth Winter Head on the fast stream in the picturesque valley of the River Wye, on Sunday December 7th. Again Head Coach Christy will control this Welsh expedition, backed by our supportive family fan club. We wish all at FRCC a happy new year of harmonious watersport, with friendly Satellite Cheney Falcon RC working with our fine fleet of 3 boats, together with sharing of selected Falcon crafts.

Rose Island Trail

OXFORD PADDLE TRAILS



The 'Lashers'



Iffley Lock



Railway Bridge



House with flag pole on Rose island

Sandford Lock