


FALCON newsletter

Falcon Rowing and Canoeing Club

Issue 14, November 2015

~~DECEMBER~~
~~NOVEMBER~~ 2015

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- A photograph of three kayakers in blue vests and Santa hats racing on a river. They are using black paddles and their kayakers have 'NELO' written on the side. The water is splashing around them.
- Hasler Finals
 - Banbury Hasler
 - Leighton Buzzard



EDITORIAL

As you will see from the cover, this was meant to be a November Newsletter, but for various reasons it has been delayed. It's now so late that I'm in danger of missing even Christmas,

so I have indiscriminately added Santa hats and snow, and stolen some photos and bits of news from Facebook and Teamer to try and bring it up to date.

Compiling enough material for a Newsletter at a particular time is getting more and more difficult. Generally people use Facebook, Teamer or (very occasionally) the website to send out news and information. So I have decided that this will be the last *Newsletter* for now. This should give me a bit more time to work on the website, which I think is a quicker and more flexible way to get out news and information. I would encourage all Falcon members to sign themselves up on the website. Once you are a member can add news items, put up small ads, respond to other posts and generally be interactive. The more we use the website, the better it will get!

Andy

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Winter sessions 2015

| Date | Time | Session | Coach/contact |
|------------------|----------|---|-------------------|
| Monday | 7:00 AM | Adults paddle (peer-led, divs 7+) | Jeremy |
| | | | |
| Tuesday | 7:00 AM | Strength and conditioning | Dan, Jo |
| | 5:00 PM | Circuit training (juniors) | Dan |
| | 6:00 PM | Circuit training (seniors) | Dan |
| Wednesday | 7:00 AM | Adults paddle (peer-led, divs 7+) | Jeremy |
| | | | |
| Thursday | 7:00 AM | Strength and conditioning | Dan, Jo |
| | | Circuit training | Dean |
| Friday | 7:00 AM | Adults paddle (peer-led, divs 7+) | Jeremy |
| | | | |
| Saturday | 8:15 AM | Juniors div 4-6 | Cath |
| | 9:00 AM | Beginner juniors | Keith, Amie |
| | 9:00 AM | Novice Lightnings | Lucy, Andy |
| | 9:00 AM | Novice/improver Lightnings | Jen |
| | 9:00 AM | Novice adults | Roger |
| | 9:00 AM | Adults Divs 4-8 | Jason |
| | 10:15 AM | Juniors Divs 7-8 | Cath |
| | 10:00 AM | Divs 1-4 paddle | Abi, Callum |
| | 10:30 AM | Juniors Div 9 & faster Lightnings | Jeremy, Andy, Jen |
| | 10:30 AM | Junior beginners/Improvers | Doug, one other |
| | 10:30 AM | Teens | Nick B, Roger |
| | 11:30 AM | Beginner Lightnings | Doug, Nick B |
| Sunday | 10:00 AM | 10 km time trial, Canal circuit or race | Jo, Dan |
| | | Swimming pool sessions: safety and rescue, skills | Nick, Doug |



RACE REPORTS

HASLER FINALS

THIS YEAR WE CO-HOSTED the Hasler Finals (the national inter-club marathon competition) with Banbury at St Edward's School boathouse in Wolvercote. Over 700 paddlers from as far afield as Cornwall and Scotland came to race, the sun shone down on us, and it was a great day of racing.

We had an incredible 28 lightning paddlers race at the Hasler Finals, where Falcon were crowned winners of the Geoff Sanders Cup for the best lightning club. A fantastic achievement - well done to all of you! Harry was 2nd in the U10M and Katie 3rd in the U10F.

In the divisional racing, Fred won division 3 K1, Frankie & Kieran won division 6 K2, and Morgan & Henry were 2nd in division 9 K2. The divisions were huge so those are really great results! Overall, Falcon finished 5th, which is a pretty good for a club who only qualified for the first time 3 years ago.

Thank you so much to everyone who helped make the event run so well. The feedback from all the other clubs racing was overwhelmingly positive.

If you missed the race, you can [watch the video on YouTube!](#)

2015/16 HASLER SEASON

FALCON SCORED PERFECT 10s at both the Pangbourne and Henley Hasler races, before being pipped to the win by Banbury at their home race. A very impressive start to the this year's campaign!

At Pangbourne, there was a 1-2 finish in division 2 for David and Timo, and Fred won division 3. Peter was 3rd in division 9. Division 9 K2 saw a Falcon 2-3-4-5-6 with Morgan & Henry and Richard & Ollie taking the podium



places. In the lightnings, Harry and Gabriel were 2nd and 3rd in the U10M and then teamed up to win the U10 K2., Klara and Catherine were 2nd in the U12F and U10F respectively and then together were 3rd in the U12 K2. Adam, Enya and Bob were all promoted to Div 5, Heribert to Div 8, and Peter to division 8.

Henley saw a slightly depleted team, as some of us decided that running a half-marathon around Oxford would be a better way to spend a Sunday (we were wrong!). We were not, however, missed! Lizzie and Andy were 2nd and 3rd in Div 6. Some great K2 results saw wins for Jeremy & Thomas (Div 3/4) and Kitty & Izzy (Div 9), and 2nd places for Nick & Anna (Div 5), Mike & Anna (Div 7) and Julian & David (Div 8). Catherine was our sole lightning representative and was 2nd in U10F. There were promotions for Nick & Dennis (to Div 4), Lizzie & Andy (to Div 5), Tessa, Rebecca & David (Div 7), and Julia (Div 8).

The final Hasler race of 2015 was at Banbury. Division 5 was a Falcon clean sweep for Frankie, Matt and Thomas, who were all promoted to Div 4. Alfie was 3rd in Div 7. George & Alex won division Div 3/4 K2, and Morgan & Henry won Div 8 K2. Michael, Jago and Alan were promoted to Div 8. Five Falcon Cheney girls raced for the first time, which was great to see. Catherine was 2nd in the U10F, and paddled with Matilda to take 2nd in the U10 K2. Koen was 8th in the U10M, and with a partner from Southampton he came 4th in the U10 K2.

Special mention should go to Peter, who is so keen that he raced at Gloucester, Elmbridge and Chelmsford as well as doing the three races in our region! Also to Harry, Charlie and Rory who raced in Div 9 this autumn although they are still U12s (or U10 in Harry's case!)

(more on next page)

PHOTOS FROM THE BANBURY HASLER

Thanks to some excellent photos from Trevor, Banbury was one of the best-recorded Haslers this year.





JUNIOR EUROPEAN SPRINT CHAMPIONSHIPS & OLYMPIC HOPES REGATTA

Following some great national sprinting performances this year, 3 of our juniors were selected to race for Great Britain at international regatta this autumn.

Sam was selected to race in the K4 1000m event at the Junior European Sprint Championships in Romania. He is the first home-grown Falcon paddler to be selected for the full British team, which is a fantastic performance. His crew comfortably made it through to the semi-final where they finished 8th.

The Olympic Hopes regatta is for U17, U16 and U15 athletes and attracts teams from all over the world, making the competition very strong. Ava and David were both selected to race at this event, which again is a great achievement. Ava was one of only 2 GB athletes to make a final, finishing 6th in the 500m and 7th in the 1000m. She also made the semi-final of the 200m finishing 6th. David raced his K1 1000m, doing well to make the semi-final where he finished 7th. He also raced K2 500m and K4 200m, reaching the semi-final in both events.

The junior team have made impressive progress this year and it should make for an exciting 2016 to see what they can achieve.

WINTER RACES

IF YOU CAN'T WAIT until the Hasler season restarts in May, how about trying one of these races?

4 January

Frank Luzmore (Elmbridge to Richmond), 13 miles & 3 portages. K2 race (downstream on the Thames)

31 January

Waterside A (Great Bedwyn - Newbury): 13 miles & 21 portages. The first of the Waterside Series and probably the only one to do unless you're doing DW. If you want to do it BOOK NOW: if you leave it until next year you won't get a place.

7 February

Thameside 1 (Aldermaston to Reading). 12 miles & 13 portages.

21 February

Thameside 2 (Reading to Marlow). 19 mile & 8 portages (downstream on the Thames).

LEIGHTON BUZZARD CANOE CLUB REMEMBRANCE RACE

8 NOVEMBER 2015



A FALCON CONTINGENT of Em Allen, Tom Dawson, Lucy Perry and myself were at Great Linford Wharf, Milton Keynes, on 8 November for the start of the Leighton Buzzard CC Remembrance Race. The course was 15 miles long, with 4 portages, finishing at Leighton Buzzard Canoe Club on the Grand Union Canal.

I had never paddled more than 6 miles before so I was a bit apprehensive about doing 15 miles. But somehow the fact that it was one-way made it seem not quite so bad. There were about 100 competitors, grouped together into 3 classes based on Hasler divisions. Lucy and I were in the same race, Em and Tom were racing K2.

At the start all the competitors were huddled together on the water for a 2-minute silence to remember The Fallen.

We all got off to a good start, especially the man on the paddle board. I saw an elderly gentleman in our race and thought to myself I should be able to beat him. How wrong I was! He went on to win literally by a mile!

One of the 4 portages, one contained 3 locks together, which was quite a long hike. The portages enabled me to get some feeling back into my legs. Yes, I know you should use your legs when paddling, but the reason why I'm in division 8 and not 7 is that like a fool I'm still

ignoring all the good technique advice from our coaches.

At the final lock I was in 3rd place behind a paddler from Bedford Viking, I caught him up at the lock, and I thought I had a chance of coming 2nd. We wished each other good luck and got into our kayaks and set off. However my kayak kept turning towards the bank. I tried several times to correct the boat, thinking it must be the current. I could hardly feel my feet with fatigue, but surely I must be turning the rudder the right way? I looked down and to my horror saw that both my feet were on the same side of the rudder!

Eventually I passed a Marshall who said, "Almost there, only a mile to the finish!" That last mile felt like ten. I finished in 3rd place, in a time of 2h 56 min. Lucy came in 10 minutes later and Em and Tom won their K2 race. Leighton Buzzard raised several hundred pounds from the event for the Poppy Appeal. Their new clubhouse cost £1 million – it looks spanking fantastic!

My lasting memory of the race will be of the finish, when Leighton Buzzard Canoe Club members cheered me on. "Never again" I moaned, and one of them hollered "Yes, you'll be back next year."

You know what? I think they might be right.

Peter Rothery

FALCON 70s DISCO

Everyone who went said it was a great event (I was ill, I'm afraid), and if the photos are anything to go by, it was a total riot! Don't take my word for it – the photos speak for themselves! If you want to really get a sense of the event, [check out the video](#) on the Falcon Seniors Facebook site:

Can you identify all the weird and wonderful characters in the photos? If you can't, you will have to ask someone who was there...





JUNIOR CHRISTMAS PARTY

JUST TO LET YOU ALL KNOW that the Junior Christmas Party went really well, with 20 youngsters present. Some good games organised by Cath, pass the parcel... musical statues, oh and not forgetting that dance programme on telly ... A huge thank you to Keith and Jo for organising access to the hall, decorating it, and providing the sound system and lighting. Cath was fantastic at organising games, and Lucy Greehy was a great DJ, doing an awesome job of twiddling of knobs and sliders. Also a big thank you to Sue Glover for helping out in the first hour, and to Koen's Mum for helping to clear up afterwards.

Jen

FALCON CHRISTMAS DINNER

Sadly there were no reports posted about the Falcon Christmas dinner on **Friday 11 December**. However, there were a fair few Falcon regulars absent for the sessions on Saturday morning, and some with sore heads!

DUATHLON RESULTS

OAt 10 am on **Sunday 20 Decmber** a hardy bunch of paddlers took part in the annual duathlon – a 3 km run followed by a 5 km paddle and a final 1 km run. The challenge was to beat the records set in 2014: 50:44 for Jason (fastest male) and 53:37 for Ava (fastest female). In the event, Ava beat her own 2014 record, but no individual beat Jason's 2014 record. So – a challenge for 2016!



DUATHLON RESULTS

| Name |
|--------|
| 2014 |
| Jason |
| Dean |
| Ava |
| Rache |
| Matt |
| Rob |
| Jo |
| Emma |
| Lucy |
| Thoma |
| Kate |
| Jess |
| Sophie |
| Jenny |
| Sam |
| Fred |
| Timo |
| 2015 |
| Kath/S |
| Georg |
| Ava |
| Thoma |
| Chris |
| Matt |
| Emma |
| Franki |
| Roger |
| Kate |
| Jacob |
| Jack/B |
| Jo |
| Elena |
| Rob |
| Nick H |
| Enya |
| Lucy |
| Fred |
| Kieran |
| Frank |
| Madi |

ATHLON RESULTS

| | Cat. | Run 1 | Run 1 position | Run 1 + paddle | Paddle | Paddle position | Run 2 | Run 2 position | Rotal | Overall position | |
|----------------|------|-------|----------------|----------------|--------|-----------------|-------|----------------|---------|------------------|-------------------|
| Results | | | | | | | | | | | |
| | SM | 13:10 | 1 | 44:40 | 31:30 | 2 | 06:04 | 1 | 50:44 | 1 | 1st senior man |
| | SM | 13:50 | 2 | 45:26 | 31:36 | 3 | 06:37 | 3 | 52:03 | 2 | |
| | JF | 15:10 | 5 | 46:38 | 31:28 | 1 | 06:59 | 5 | 53:37 | 3 | 1st junior woman |
| l | SF | 15:04 | 4 | 48:42 | 33:38 | 8 | 06:35 | 2 | 55:17 | 4 | 1st senior woman |
| | SM | 15:17 | 6 | 48:39 | 33:22 | 7 | 07:18 | 7 | 55:57 | 5 | |
| | SM | 14:42 | 3 | 50:44 | 36:02 | 9 | 06:37 | 4 | 57:21 | 6 | |
| | SF | 17:36 | 12 | 49:40 | 32:04 | 4 | 08:00 | 10 | 57:40 | 7 | |
| | JF | 17:35 | 11 | 50:44 | 33:09 | 6 | 07:16 | 6 | 58:00 | 8 | |
| | JF | 17:43 | 13 | 50:44 | 33:01 | 5 | 07:26 | 9 | 58:10 | 9 | |
| as | SM | 15:23 | 7 | 51:40 | 36:17 | 10 | 07:19 | 8 | 58:59 | 10 | |
| | JF | 17:50 | 14 | 58:10 | 40:20 | 13 | 08:20 | 12 | 1:06:30 | 11 | |
| | JF | 20:50 | 15 | 58:10 | 37:20 | 12 | 08:41 | 13 | 1:06:51 | 12 | |
| e | JF | 21:54 | 16 | 58:40 | 36:46 | 11 | 09:20 | 14 | 1:08:00 | 13 | |
| | JF | 17:21 | 9 | 41:00 | 23:39 | | 08:17 | 11 | 49:17 | * shorter paddle | |
| | JM | 16:39 | 8 | DNF | | | | | | | |
| | JM | 17:30 | 10 | | | | | | | | |
| | JM | DNF | | | | | | | | | |
| Results | | | | | | | | | | | |
| Sam | TEAM | 16:10 | 11 | 42:30 | 26:20 | 1 | 06:40 | 4 | 0:49:10 | 1 | first team |
| e | JM | 14:53 | 2 | 44:57 | 30:04 | 2 | 07:00 | 11 | 0:51:57 | 2 | first male |
| | JF | 15:23 | 8 | 45:42 | 30:19 | 3 | 06:29 | 3 | 0:52:11 | 3 | first female |
| as | VM | 15:12 | 5 | 46:30 | 31:18 | 7 | 06:50 | 7 | 0:53:20 | 4 | first VM |
| | SM | 14:45 | 1 | 46:45 | 32:00 | 10 | 06:51 | 8 | 0:53:36 | 5 | first SM |
| | SM | 15:04 | 4 | 47:04 | 32:00 | 9 | 06:54 | 9 | 0:53:58 | 6 | |
| | JF | 18:14 | | 48:55 | 30:41 | 4 | 05:15 | | 0:54:10 | 7 | paddled all of it |
| e | JM | 15:28 | 9 | 47:55 | 32:27 | 12 | 06:25 | 2 | 0:54:20 | 8 | first U16M |
| | VM | 14:53 | 3 | 48:48 | 33:55 | 15 | 06:40 | 5 | 0:55:28 | 9 | first O44 |
| | JF | 16:37 | 12 | 47:43 | 31:06 | 5 | 08:19 | 20 | 0:56:02 | 10 | |
| | JM | 15:15 | 7 | 49:57 | 34:42 | 19 | 06:59 | 10 | 0:56:56 | 11 | |
| Bob | TEAM | 17:53 | 15 | 50:40 | 32:47 | 13 | 06:18 | 1 | 0:56:58 | 12 | |
| | SF | 17:57 | 19 | 49:05 | 31:08 | 6 | 07:56 | 19 | 0:57:01 | 13 | first SF |
| | SF | 15:51 | 10 | 49:56 | 34:05 | 17 | 07:16 | 15 | 0:57:12 | 14 | |
| | VM | 15:12 | 6 | 51:01 | 35:49 | 20 | 06:49 | 6 | 0:57:50 | 15 | |
| l | VM | 17:55 | 17 | 50:10 | 32:15 | 11 | 07:44 | 18 | 0:57:54 | 16 | |
| | JF | 17:55 | 18 | 51:10 | 33:15 | 14 | 07:37 | 17 | 0:58:47 | 17 | first U16F |
| | JF | 17:53 | 16 | 52:15 | 34:22 | 18 | 07:10 | 13 | 0:59:25 | 18 | |
| | JM | 18:14 | 20 | 52:10 | 33:56 | 16 | 07:27 | 16 | 0:59:37 | 19 | |
| | JM | 17:17 | 13 | 53:45 | 36:28 | 22 | 07:12 | 14 | 1:00:57 | 20 | |
| | JM | 17:29 | 14 | 53:53 | 36:24 | 21 | 07:05 | 12 | 1:00:58 | 21 | |
| | JF | 22:25 | 21 | 53:55 | 31:30 | 8 | 09:23 | 21 | 1:03:18 | 22 | |

LORNA'S LOG



WELCOME to a hastily put together edition of the newsletter! There are a number of race reports, as the rowers have to quite a significant number of

races this term. There are reviews and photos from all.

You will also all have noticed that the sculling blades have a new rack. Let's please keep them as tidy and neat as possible, as it affects other members when they are put away in a mess- please also make sure that you DON'T change the set up on the blades- they have been set on a wide range of lengths to cover as many potential boats as possible.

We are also trying to get racking set up in the compound by the New Year, as we are rapidly running out of boat space. If you can help with this, please let me know as soon as possible.

See you all on the river soon!

Much love,
Lorna

Calendar of events

| Date | Event |
|---------------------------|---|
| TBC, approx. 9/10 January | Rowing Committee meeting |
| Saturday 24 January | Northampton Head. Email lorna.hermes@gmail.com to confirm boat availability/trailer space |
| Saturday 13 February | Henley Fours and Eights Head |
| Sunday 14 February | Bedford Fours and Eights Head- open to all, please email lorna.hermes@gmail.com to reserve trailer space. |
| Saturday 5 March | WEHorr |
| Saturday 12 March | Junior Inter-Regional Trials, Dorney Lake |
| Friday 18 March | Oarsport Junior Sculling Head |
| Saturday 19 March | HORR |
| Sunday 20 March | Vets' Head of the River |
| <u>Date tbc</u> | <u>Abingdon Head. entries by end of Feb please!</u> |
| | |

RACE♦REPORTS RACE♦REPORTS

ISIS SCULLS, SATURDAY 19 SEPTEMBER



ISIS SCULLS was another exceptional day for Falcon, with 45 crews competing on their home stretch of water. There were numerous wins, and Falcon also had the honour of taking home the 'Head of the River' title.

The J16 quad of Josh Simmons, Martin Benfeghoul, Rory Pearce and Joel Garden were the fastest overall crew of the day, taking the 'Head of the River' pennant. The quad then split into two doubles, with Martin and Josh taking the win in the J16 event, with the other double just behind in second place. Martin then rounded the day off with a win in the J16 singles, ahead of Joel in second place.

There were also junior wins for the J15 quad of Fabien Richard, Dan Ward, Aeneas Chapman and Joe Bowley, coxed by Joe Mullett, in something of a surprise result, and for Gabe Smith and Ed Sharp in the J15 doubles, taking the win by nearly a full minute. There was also a win in the Nov doubles for Tom Hehir and Ben Sip-Avello, and Emily Tadesse and Cicely Lobreglio took a tight win in the WJ15 doubles.

The women also had a strong showing, with a win in the WMasA/B quads for Jane Burgoyne,

Aria Johnston, Susie Prince and Jenny Griffiths. Lil Cochrane, Naomi Sharma, Susie Smith and Alison Salvesen won both the WIM3 quads and WMasC/D quads, with Lil Cochane and Susie Smith also winning the WMasB/C/D doubles, and Naomi Sharma winning the WMasC/D singles.

READING HEAD, SATURDAY 3 OCTOBER

THERE WERE 7 FALCON CREWS competing at Reading, and WIM3/Nov four, a WIM3/MasA quad, and J16 quad and two J16 doubles.

The J16 double of Josh Simmons and Martin Benfeghoul finished an agonising two seconds off the win, with the other double of Joel Garden and Rory Pearce just behind in third place. The boys then teamed up to finish fourth in the J16 quads, beating some quality crews, in an exceptional result.

The WIM3 quad of Jane Burgoyne, Aria Johnston, Susie Prince and Jenny Griffiths finished second in their category, and over a minute ahead of the crews behind them. They also raced for time only in the WMasA quad.

The J16 quad.



The WNov coxed four of Georgia Dowdeswell, Retha Pretorius, Joanne Humphries and Sophie Wragg, coxed by Charlotte Kind, also raced for time only, but raced in WIM3 coxed fours as well, finishing in third place.

PAIRS HEAD, SATURDAY 10 OCTOBER

PAIRS HEAD SAW FOUR FALCON CREWS competing on the course from Chiswick to Hammersmith- two J16 doubles (Martin Benfeghoul and Josh Simmons, and Joel Garden and Rory Pearce), a WMasC double of Cam Scarf and Lil Cochrane, and a WMasD double of Naomi Sharma and Julie Steele. Cam and Lil finished second in their category, whilst Naomi and Julie finished fourth in their event. The J16s had a huge entry to contend with, with Martin and Josh finishing 9th, and Joel and Rory in 17th place.

BEDFORD HEAD, SUNDAY 11 OCTOBER

BEDFORD SAW A NUMBER of junior crews competing, with 19 taking to the 2000m course on a gloriously sunny day. They were supported by numerous parents, with a fabulous display of food and drink. There were some exceptional results to go with this, with Martin Benfeghoul taking the J16 singles win in a starting field of 58 scullers. Joel Garden and Rory Pearce took the win in the J16 doubles, a mere two seconds ahead of the other Falcon double of Martin and Josh Simmons, giving

Falcon a one two in an incredibly tough event of 14 crews. The two doubles paired up to finish as the sixth fastest overall crew of the day in the J16 quad, narrowly missing out on the win in that category as well after being held up by a slower crew on the famously narrow course. These results were even more fantastic given that the day before they had completed the notoriously difficult 5000m Pairs Head of the River race in London.

There was a strong third place in the WJ15 doubles for Emily Tadesse and Cicely Lobreglio, from a field of 17, and just 7 seconds off the win. Emily Tadesse also finished 5th of 24 in the WJ15 singles event. The WJ15 quad had a great result, finishing 6th of 14 in an event otherwise made up of entries solely from the big rowing schools, Putney High School, the Bedford schools and Emmanuel School. They were only

The WJ15 2x of Emily Tadesse and Cicely Lobreglio.





The amazing Falcon set-up.

16 seconds off the win, with one of the girls, May Carter, competing in her first ever race.

There were also good results for Ed Sharp, finishing 5th of 15 in the J15 singles, despite only being J14, and for Millie Powell and Ciara Keown, finishing fourth and only 11 seconds off victory in the WNov doubles.

MARLOW LONG-DISTANCE SCULLS, SATURDAY 24 OCTOBER

MARLOW LDS SAW 7 FALCON CREWS competing over the 4250m course, coming away with 3 wins. There were wins for the J16 quad of Josh Simmons, Martin Benfeghoul, Rory Pearce and Joel Garden, who beat their

opposition, Sir William Borlase, by a full 58 seconds, the WMasC quad of Lil Cochrane, Ali Grunewald, Ali Salvesen and Susie Smith, who finished as the fastest women's crew of the day, and the WNov double of Stefanie Barz and Mary Heather Crowther.

FOURS HEAD OF THE RIVER, SATURDAY 7 NOVEMBER

FOR ONLY THE SECOND TIME in their short history, Falcon Juniors entered a crew into the Head of the River Fours, over the boat race course in reverse, from Chiswick to Putney. The crew racing, Joel Garden, Rory Pearce, Martin Benfeghoul and Josh Simmons, are only J16, but were competing in the Open Junior category. In addition, race rules state that only one crew per club may compete, which meant that they were only racing against the top J18 crews from all the big clubs in the country. The aim of the race was to gain experience in difficult conditions, and difficult they were- with the race hanging in the balance in the early afternoon due to the strong winds in London. The race did eventually go ahead, albeit delayed, and when they boys eventually got out of the boat, half the Thames came with them. The boys put in an exceptional performance, finishing 36th in their category, an admirable result given the tough opposition and conditions, and enjoyed a well-deserved burger in Putney afterwards!



The Junior contingent at Marlow LDS