

Autumn 2023 newsletter



This year marks ten years since the founding of Fairlop Rowing Club! As we enter a new decade as a club, the committee has undergone a refresh, and we now have a (nearly!) full committee. Have a look at website, or keep an eye on our social media, for more information of each member's role. Your new committee members are as follows:

- **President and Treasurer:** Darren Trippick
- **Head Coach and Chairman:** CJ White
- **Club Captain:** Kevin Spence
- **Indoor Rowing Captain:** Richard Pruce
- **Secretary:** Jeremy Martin
- **Membership Secretary:** Gerry Green
- **Safety Officer:** Amy Partridge
- **Welfare Officer:** Vacancy
- **Boats and Facilities Manager:** Samir Patel
- **Social Secretary:** Aleksandra Sarzynska
- **Press Officer:** Margaret McGuire
- **Committee Member(s):** Hans Chan

World record for Richard!

Richard won his first individual World Record in July, for rowing 2k on an Erg with Slides. Richard already holds a team indoor rowing World Record. Congratulations Richard!



In the press

Along with three other professionals, CJ has become a British Rowing Master Trainer meaning that he will provide training for volunteers, coaches and instructors on how to lead Go Row Indoor sessions, as well as acting as a British Rowing ambassador at major

sporting events. Read more about the Master Trainers here: www.britishrowing.org/2023/07/new-master-trainers-ready-to-help-go-row-indoor-reach-more-people/

Interested in coaching?

Keep an eye on the British Rowing website for information on courses and qualifications: <https://www.britishrowing.org/knowledge/courses-qualifications/coaching/session-coach/>

Kevin Spence, Club Captain

British Rowing Membership

If you would like to enter races organised by British Rowing you will need to become a member of that organisation. This also provides public liability insurance and personal accident cover, plus gives you access to online coaching videos and regular newsletters.

If you want to enter races throughout the year then 'Race' membership would be the best option for you. If, however, you are an adult and you only want to race in one or two competitions per year you could save a little money by selecting either 'Community' or 'Row' membership and then purchasing 'day tickets' at £8 per day to race in specific events.

If you are more of a recreational rower then that there are also a couple of 'fun' races in which Fairlop Rowing Club participates which are not organised by British Rowing: the Round Canvey Race and Monster the Loch (Loch Ness). You don't need to be a member of British Rowing to enter these.

There are several different categories of membership to choose from. Further information: <https://www.britishrowing.org/join/>
<https://www.britishrowing.org/2023/05/british-rowing-launches-pilot-scheme-for-racing-day-tickets/>

Jeremy Martin, Secretary

Safety news

Amy recently shared British Rowing guidelines on coping with the behaviour of others (June 2023). Ask her to share this with you if you missed it!

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Race reports

This season we have attended five events so far.

Lea Spring Regatta

Anya and Katie had a sterling regatta with Anya winning the Women's Junior 16 Sculls, comfortably winning both her races, and Katie winning the Women's Junior 18 sculls in a rowover. Anya and Katie also won Women's Junior double sculls. Eremis and Oscar competed in boys' singles races and fought hard in some close races.

Hans won Men's Open Single Sculls, narrowly defeating Samir in the final! Aleks and Tommy reached the final of Mixed Doubles and Kevin and Jeremy competed in Men's Masters Singles, with Kevin getting through to the final.

Poplar Regatta

This was a very high class regatta on a 2000m course on the Docks. Used by many top clubs as a warm up for Henley Regatta. We didn't win any silverware this time but Hans, Kevin and Jeremy all enjoyed competing in the six lane final of Open Single Sculls against some top class opponents. And we also had two doubles competing: Richard and Samir and Jeremy and Kevin.

Peterborough Regatta

This was a great event on a 1000m buoyed multilane course with many clubs competing from all around the country. Jeremy and Kevin won Masters E doubles and Jeremy also won Masters F singles. Hans competed gamely in a tough Masters A event and Samir raced hard in Masters C. Aleks and Samir also raced well in their Double Sculls final against some superb crews.

Henley Masters

Taking place on the course of Henley Royal Regatta a week after the main event is the Masters Regatta. Kevin and Jeremy raced in single sculls. Kevin had a very close race against Toby Backhouse who has the distinction of having been the heaviest ever person to compete in the Oxford Cambridge Boat Race, having led until the last few strokes. Jeremy was racing former British Sculling Champion and National Squad rower, Julian Scrivener, and lost by two and a half

lengths after unfortunately catching a crab off the start. But it was a great experience and hopefully we will progress further next year!

Round Canvey Race

After our great success last year when we came first, second and third, we returned again with high hopes. This year we had a men's double of Kevin and Jeremy, a men's quad of Chris, Gerry, Samir and Hans, coxed by Dom from RowTours, and a mixed quad of Aleks, Margaret, Tommy and Richard, coxed by Ella from Benfleet Yacht Club. Kevin and Jeremy won the prize for the fastest overall sliding-seat rowing boat, the mixed quad was second and the men's quad third. There were also a couple of high class surfski paddle boats in the race and a variety of colourful traditional gigs and Thames Watermen's Cutters.

Jeremy Martin, Secretary

Danson Dashes Regatta

Danson was a friendly day of 500m sprint races, and we competed in a number of races. It was a great first Regatta for Renata and Margaret, who both really enjoyed the day and can't wait to race again! Kevin, Jeremy and Hans all won in their respective Singles categories, with Samir competing ably; winning his qualifying race but just beaten in the final. Kevin and Jeremy won in the Open Masters category and Samir and Aleks won in the (Fairlop head-to-head!) Mixed Doubles. Aleks and Margaret, and Hans and Renata rowed in Doubles against some speedy competition!

Upcoming events

- **St Neots Head**, Sunday 1st October. Entries close Saturday 23rd September
- **Docklands Head**, Sunday 12th November.
- **Maidstone Head**, Sunday 15th October. Entries close Friday 6th October
- **British Indoor Rowing Championships** (Birmingham), Saturday 9th December

Speak to Kevin about Regatta entries and Richard about British Indoor Rowing Championships (BRIC) entries