

CITY OF CAMBRIDGE NEWSLETTER

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CITY OF
CAMBRIDGE ROWING CLUB
ESTD 1863

1st October 2024



CCRC Highlights

Tom Upton, Club Captain

On the river

Following last season's satisfactory bumps performance, I'm looking for a +38 bumps year in 2025 to bring my tenure to the round Hundred. We've also seen recent success at a number of regional regattas such as Pboro, Oxford and Nines Autumn. For a full list of wins see page 7.

Off the river

We bid a tearful farewell to our current Director of Rowing, Mike Partridge, as he heads back down under for a little while.

He took to the club like a duck to water, has propelled City's rowing to new heights and will be sadly missed by all, both on the river and in the bar.

On the same note, we would like to introduce our NEW Director of Rowing - Michael Ruta. Welcome aboard! For a message from Michael, see 'Coach's Corner' on page 3

Introducing our new quarterly newsletter

Welcome to the inaugural issue of the new quarterly newsletter of the City of Cambridge Rowing Club. This will allow us to celebrate our successes, better use our facilities, share information and lots more! Any ideas or feedback, please contact omar@terywall.com or cityrcsecretary@gmail.com



Save The Date

Socials

12th Oct 24 - CCRC Annual Dinner
5th Nov 24 - Fireworks Night
7th Dec 24 - Xmas Party/Festive Quiz

Rowing Events

7th Dec 24 - Xmas Head

Please block out your diaries both for racing and marshalling. We all benefit from the boats the events buy, so all need to help out.



Who's Who

President	- Tony Nelder
Honorary Treasurer	- Claire Berryman
Honorary Secretary	- Camilla Benfield
Captain	- Tom Upton
Vice-Captain (Men)	- Will Watson
Vice-Captain (Women)	- Sophie Helmers
Vice-Captain (Beginners)	- Omar Terywall
Facilities Manager	- Andy Muston
Fleet Manager	- Sam Luke
Events Coordinator	- John Leighton
Safety Adviser	- Jenny Rankin
Welfare Officer	- Tom Watt
Membership Secretary	- Marta Piekarska-Geater
Brand Dev Officers	- Will Hamlyn /Adrienn Rusz
Bar Stewards	- Richard Brierton /Hannah Thorpe
Social Secretary	- Ali Allchin
Gym Captain	- Stu Ladd
Kit Officer	- Ed Gardiner
Honorary Auditor	- John Leighton
Jnr Squad Coordinator	- Will Schofield
Masters Coordinator	- Jon Geater
Webmaster	- Jon Geater
Director of Rowing	- Michael Ruta

We are a club run by our members where some members go the extra mile in helping the club in one way or another.

Who's that?



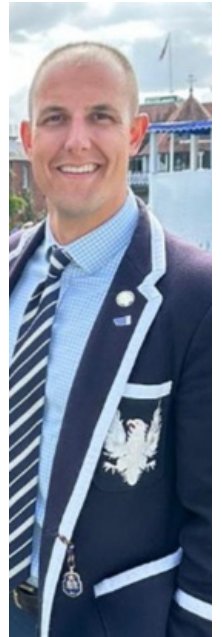
If you have ever wondered who the 'Drone Guy' is, that's our very own 'WILL HAMLYN'. Together with the social media guru, Adrienn Rusz, expect some amazing content on our social media pages!



Coach's Corner <<<

Director of Rowing, Michael Ruta

It is both a pleasure and a privilege to have been appointed as the new Director of Rowing for the club and I'd like to extend my sincere thanks for the incredibly warm welcome that I have received. It is a hugely exciting time to be part of City; with excellent physical foundations, a fantastic fleet and a thriving clubhouse, we are in an enviable position both within Cambridge, but also nationally. It would be remiss of me not to take the opportunity to highlight the incredible efforts of Mike Patridge over the past two seasons in progressing the club not only on the technical front, but by galvanising the respective squads in a way where significant progress was able to be achieved. It is from this strong position that we are now aiming to capitalise on and make further progress across ALL squads. With the junior programme now very much up and running, and good numbers of masters taking to the water, it has been fantastic to see the enthusiasm and commitment from both the senior women and men's squads in their first full week of training this season, with 4 Vllls boated from the women and 3 Vllls from the men on the opening weekend. The ability to sustain this momentum obviously lies within the athletes in the respective squads, but a crucial component for progress lies in the coaching team. Before we launch into the demands of the season, I'd like to highlight publicly the importance of their contributions to their respective crews. We are incredibly fortunate as a club to have such a diligent and passionate team of coaches who willingly give up their time to support the club. I am looking forward to working alongside them, to aiding their development as coaches and more so from learning from them, particularly when it comes to 'navigating' the Cam, in every sense of that word! Going forward I hope to be able to spend some time regularly with all squads within the club, offering suggestions and feedback to coaches and athletes where possible. From a technical standpoint, there are certainly some common areas of focus which I have already started to implement to squads - however to keep it simple for this article, I pay huge emphasis on efficiency in movement, working in a linear fashion during the stroke and placing the priority on the front end. More than anything, I am here to help - please do just ask, no matter how niche or obscure the question about rowing I hope to help! I am keen to ensure every athlete is able to reach their desired potential and ambitions, whatever they may be. I look forward to meeting and getting to know more members over the coming weeks and of course to some racing later in the Autumn.



>>> Gym Update

Gym Captain, Stuart Ladd, gymcaptain@cityrc.co.uk

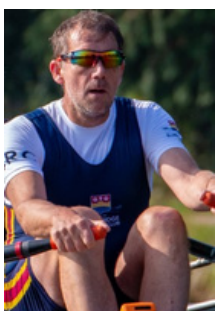


Big welcome to the new people. Bear with me on getting the gym back up to speed after the summer. Report any issues to ccrcgym@gmail.com. Look out for a cleaning rota coming soon. We all muck in to give the gym a weekly clean.

Focus on the Fleet <<<

Fleet Manager, Sam Luke, ccrcfleet@gmail.com

I am working through the repairs and issues from the summer. If you do find something wrong, check with your squad lead - it is likely that you can fix it yourself (e.g. check the top nuts). If not, please email me on ccrcfleetrepairs@gmail.com and I will add it to the list. There is a running list of open issues on the front page of the booking system.



Sam's Gripes

My number one gripe is not putting things in the watertight compartments under the seats. These are there to keep you safe. If you put stuff in there, it will damage the hull and there is a risk that you will not be able to open the hatch. My advice is keep spare clothes and water by your feet and leave your shoes in the boathouse.

>>> Bar Update

Bar Managers, Richard Brierton & Hannah Thorpe



City Bar is under new management! Richard Brierton and Hannah Thorpe, aka Den and Angie, (Google it if you don't get the cultural reference) will be introducing a new selection of beers and wines for your enjoyment, so keep an eye on those fridges. Did you know that City Bar is available not only for your squad social events but also for member's private events? Well you do now. Please contact Hannah (07966 430292) or Richard (07768 070698) for details. All profits are ploughed back into the club, so by using the bar you're supporting the purchase of boats and equipment for us all to use. Cheers!

Mi Casa Es Tu Casa <<<

Facilities Manager, Andy Muston, andrew@amuston.com

It is now five years since we took possession of the boathouse. Increasingly few members remember the old one. I have a list of things to look at about the coming weeks as part of generally keeping the place up to scratch, but do point out anything you notice needs dealing with.



Andy Says...



Please turn off the lights if using the loos
Please leave the loos in the condition you'd like to find them.
Please replace the loo rolls. Kept at back of gym.
Please tidy up after yourself so others can enjoy the same clean facilities.
Please don't add to overflowing bins: empty them in our bins outside.
Please respect our house.

Where's that Kept?



- Dustpan and brush - Under the sink
- Vacuum - cleaning cupboard, ladies changing room
- Mop and bucket - as above
- Blue roll - upstairs at the back of the gym
- Main Water stopcock to the whole boathouse - Look for the stopcock at the water meter next to the sweep blades.

There is only space for 2 coaching bikes in the boatbay - one for St Marys and one for Michael our head coach. Please do not bring any other bikes into the boatbay as it is likely to fall over and damage a boat or blades.

City Juniors <<<

Junior Coordinator, Will Schofield, ccrcjuniors@gmail.com

After a fantastic bumps, many of the City juniors embarked on a summer of pot hunting with victories at Huntingdon, St Neots, Peterborough and in Cambridge. The new season has begun in earnest now with just under 50 members of the junior squad and we're in a great position for further success this season. We have just held our Junior Taster Day, welcoming 40 children to our club and introducing them to rowing. We have also recently appointed our first two Junior Captains in Bryony and Arthur, who will assist myself and the other coaches in leading and organising the squad.

Finally, a special congratulations to Harrison for being accepted onto the British Rowing Diploma in Sporting Excellence programme.



>>> City stash!

Adrienn Rusz and **William Hamlyn** are the newly appointed Brand Development Officers this year. Expect to see a revolution in the online presence (website and social medias), with introductions of a who's who at City, regular content advertising upcoming events, celebration of our clubs activities, and new starter guides to improve accessibility to the community and the sport.

Kit ordering is to be consolidated and simplified. A kit page is soon to appear on the website with links to Racing Unisuits and other clothing. In the immediate term, for any questions, reach out to cityrcmedia@gmail.com, or catch Adrienn and Will at the club!

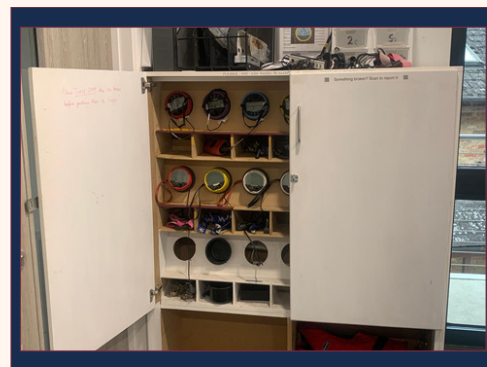
SPECIAL THANKS TO...

- Will Schofield, Tim Sallows, Ade Cooper and members of the senior squads who helped repaint sculling blades over summer and to Sam Luke for proving the Forth bridge can be painted in his construction of the long awaited private blade sculling rack!
- Jenny Rankin and Elre Oldewage for organising the L2R course - and various City members who helped coach, cox etc.
- Mike Champion for his Summer sculling school!
- Richard Brierton for putting wheels on the wheelie bin :-)

Have we missed someone? Email omar@terywall.com

DID YOU KNOW?

The cox box and life jacket cupboards are the fine carpentry work of **MARK GLASSPOOL**.



ACROSS OUR COMMUNITY

Homerton

HCBC came away from May Bumps 2024 winning the Pegasus Cup for being the most successful boat club on the river with a total of 17 bumps across our four boats. As we look to the new academic year we wish to build on this success through upcoming races and two bumps campaigns later in the academic year. Over the summer HCBC were honoured to be asked to send some of our men's side rowers to compete in the Nanchang International Regatta alongside rowers from St Peter's College, Oxford. Overall, they finished 4th, an outstanding result as college rowers. This year we have a new committee, led by Kira (Club President), Aimee (Women's Captain) and Lenny (Men's and Coxing Captain). In October we are looking forward to welcoming a new cohort of novices to the club under the guide and support of our 6 new LBCs. As a club we are excited to get the new year underway with more rowers, more boats, and more success!



St Mary's

After the summer holidays, St Mary's have started back up and hope to continue to build on the progress from the last couple of years. We start our off-Cam racing at Bedford SBH alongside the City Juniors and then head to Upper Thames head before our first overseas training camp in December.

EAYR

We are proud to highlight the fantastic achievements of our partner school, North Cambridge Academy Arbury (NCA), who have been working with us at City since 2022. This partnership was the pilot for East Anglia Youth Rowing, providing local kids with the opportunity to develop their rowing skills and take part in various events. NCA participate in weekly rowing sessions during the school day (if you are wondering why you may not have met them yet!). Year 8s learn to row in the spring and summer terms, before braving the weather of the autumn and winter in Year 9. We have also run three highly successful summer camps for Year 7s at City boathouse, featuring some amazing STEM activities linked to City members' academic and business connections alongside a lot of great fun rowing. NCA students have also represented their school and CCRC at the Christmas Head race, City Sprints regatta and a Stewards' row past at the 2023 Henley Royal Regatta. The students love the sense of belonging that rowing at City gives them, once telling BR CEO Alastair Marks "it feels like home". As well as the weekly sessions, we also try to run Saturday School open sessions for Years 8-11. These sessions have grown in popularity, but additional volunteer support is needed to keep them going. If you're interested in encouraging the next generation of rowers to feel at home here, your help would be invaluable.

CAMBRIDGE ROWING EXPERIENCE (CRE)

EXPERIENCE DAYS

If you have any friends/family members who would like to try rowing, you will be pleased to know that ALL active City Members have an exclusive 15% coupon code that they can pass on for our experience days.

COUPON CODE = CITYMember



CORPORATE TEAMBUILDING DAYS

If you, or any colleagues, are looking for the ultimate 'team building' day, this is it! Email us on info@cambridgerowing.com for more information.

www.cambridgerowing.com

WINS FOR CITY!

Event	Coach	Athletes
CRA Time race, fastest womens eight	M. Partridge	O. James, K. Price, S. Airey, C. Failla, A. Gellatly, F. Axe, R. Alexander, S. Warmack, D. Piccover
CRA Time Race, fastest open eight	-	H. Clark, S. Follen, J.Holey, W. Schofield, W. Watson, T. Upton, W. Liu, S. Knight, R. Howe
CRA Time race, fastest OJ eight	W. Schofield, M. Partridge	Ed, Elliot, Will, Henry, Harrison, Harvey, Alex, Will, Finlay
CRA Time Race, fastest WJ eight		Reka, Bryony, Immy, Jess, Emerson, Uxue, Maria, Freya, Maya
Huntingdon Regatta, band 2 open 1x	-	W. Schofield
Huntingdon Regatta, mixed senior 2x	W. Schofield, M. Partridge	Harrison, Jess
England Trials, Open Lwt 1x	P. Carter	S. Chard
Bumps, blades and men's headship - O1	V. Dubois, P. Carter	A. Henrey, D. Huntley, P. Stevens, J. O'Dell, B. Dyer, A. Brown, S. Fortineau, F. Smith, E. Davis
Bumps, blades - O3	P. Carter, V. Dubois	L. Kulagowska, P. Slay, S. Stephenson, A. Araya-Williams, R. Langtree, E. Holmes, T. Gendall, D. Nolan, O. Tesh, W. Gasson
Bumps, blades - O6	-	Mallory Club
Bumps, blades - O8	W. Schofield, M. Partridge	Ed, Elliot, Arthur, Henry, Harrison, Hugo, Will, Will, Finlay, Andrei, Harvey, Alex
Bumps, discretionary blades - O13	-	A. Dowd, M. Partridge, R. Beevor, M. Glasspool, S. Luke, R. Carpenter, P. Casciato, D. Nye, P. Dickens, T. Nelder
Bumps, discretionary blades - W4	A. Black, M. Dubois	I. Cartney, A. Rusz, . Dent, A. Schlitt, E. Oldewage, E. Richardson, C. Zanella, E. Halsall, C. Bryan
Bumps, discretionary blades - W7	J. Bates	J. Walley, R. Dolman, C. Harris, S. O'Malley, C. Christie, R. Newell, F. Holland, M. Irish, M. Geater, L. Beattie
Bumps, blades - W8	S. Bass	R. Napier, S.Evans-Hurlock, K. York, S. Ayre, M. Fitzsimons, F. Christodoulides, E.Zormppa, J. Hofmann, A. Oswald, B. Boyles
HIRR, open 4x	-	S. Chard & England
St Neots Regatta, Open 8+	H. Begley	S. Newell, H. Begley, I. Napier, F. Schmidt, M. Hooton, I. Macleod, S. Grange, D. Martin, A. Belezjaks
Pboro Summer Regatta, Open 1x	-	E. Gardiner
Pboro Summer Regatta, Open J14 1x	W. Schofield, M. Partridge, T. Sallows	Arthur
Pboro Summer Regatta, Open J18 2x	W. Schofield, M. Partridge	Harrison, Henry
Pboro Summer Regatta, Mixed 2x band 1	-	E. Gardiner, I. Maxwell
Oxford Regatta, Womens 8+ band 2	S. Bass, A. Black	M. Kemble, S. Evans-Hurlock, K. York, M. Collier, J. Kos, C. Legrand, E. Zormpa, J. Hofmann, B. Boyles
Autumn Regatta BR W8+	S. Bass, A. Black	I. Cartney, C. Legrand, K. York, C. Barker, H. Thorpe, S. Evans-Hurlock, E. Roney, J. Hofmann, E. Zormpa
Autumn Regatta CRA W8+	S. Bass, A. Black	I. Cartney, C. Legrand, K. York, C. Barker, H. Thorpe, S. Evans-Hurlock, E. Roney, J. Hofmann, E. Zormpa
Autumn Regatta Open 4+ band 2	H. Begley	S. Newell, I. Napier, S. Grange, F. Schmidt, I. Macleod
Autumn Regatta Open 2- band 2	W. Schofield, M. Partridge	Arthur, Elliot
Autumn Regatta Open 2x MasDE	-	C. Ware, K. Ware
Autumn Regatta Open 2x J16	W. Schofield, M. Partridge	Will, Finlay
Autumn Regatta Mixed 2x	W. Schofield, M. Partridge	Harrison, Jess
Autumn Regatta Mixed 2x MasDE	-	C. Ware, K. Ware
Autumn Regatta Open 1x	-	W. Watson
Autumn Regatta Open 1x J16	W. Schofield, M. Partridge	Finlay
Tyne Sculls Open 1x band 1	-	E. Gardiner
Tyne Sculls Womens 1x band 3	-	I. Maxwell

CLUB AWARDS

Silver Oar

This is presented to the person whom it is felt has done the most for the club over the year.

This does not have to be a person who holds a recognised position within the club. It can be awarded to anyone who has contributed and supported the general running of the club either on or off the water. It is in recognition of the efforts that have been put in by that person, who may be an "unsung hero" who just gets on with things behind the scenes but whose contribution really makes a difference.

Laurie Halifax Cup

The Laurie Hallifax Cup is presented to the person who has made the greatest coaching contribution. This contribution could be for coaching any crew level or category, including novices or juniors.

To vote for either of these, please send the award and name being voted for (**by noon Oct 11th**) to: ccrcawards@gmail.com



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