

Grace Clough wins another World Gold



Grace rowing at bow winning another gold medal in the world championships. In the heat her crew set a world record of 7 mins 9 secs. The para events now take place over 2000 metres but her crew took it all in their stride. They won their races by over 20 seconds beating the USA crew that had run them close in 2016 and reducing the record to 6 mins 55.7 seconds.

Ed Fisher was in the men's light weight quad that won a silver medal at the World championships in Florida. They were leading but got caught on the line by the French



President's message.

The club is going through a period of transition but we have had some notable successes. Grace Clough added to her gold collection with another win in the LTA coxed fours at the world championships.

Lucy Holgate and Charlotte Brown turned on the style to win at Women's Henley in Junior double sculls. Lucy went on to win two golds in the coxless fours and a third gold in the eight at the Coupe de Jeunesse Championships

In the National sculling festival at the Water Sports Centre Matt Haywood won Senior men and under 23 despite Jon Simpson beating him in the 2000 m race. Jon finished with the silver medal. Max Parker won the Junior sculls. All three were selected for the Home Countries match.

The club was invited to send an eight to the European Sprint League in Frankfurt.

We have given out 20 grants and the support is always appreciated. It is a case of every little bit helps.

Thank you all so much



The club was awarded the **Sports Club of the Year 2016** at the Nottinghamshire Sports awards. It has featured on Notts TV several times since the ceremony

Jon Stimpson writes - Season Summary 2016/2017



Jon winning his heat at Henley Royal Regatta

In early September my season didn't quite start as planned - after several weeks out of training due to illness, I was advised to get my tonsils removed. As a result, my season only truly kicked-off at the beginning of 2017 when I was fit enough to attend my first GB development training camp of the season. This was held in Sierra Nevada, a ski resort located in the South of Spain which sits at 2320 metres. After this gruelling but successful land-training camp, I came back fit to claim 9th in men's single sculls at the GB February trials (5km at Boston). I was back on track, ready to prepare for the next set of trials. The next trip was to Hazewinkel (Belgium) for a 10 day camp at the end of March. This camp was run by a few GB Start centres and had the precise objective of preparing trialist for the next assessment: GB final trials held in April. The camp was yet another success as I was in good shape to perform.

After a long and tough weekend of racing, I managed to win the B final of the final trial to rank myself 7th. This encouraging result was however not quite good enough to break into the team, mainly due the fact that several scullers were recovering from injury or were ill at the time. After a handshake from Jurgen and a chat with my coach, I was advised to continue the season in my single to get more

race experience, keep improving but also think ahead to the next set of trials the following season. I took up the challenge without hesitation.

The summer project was pretty straightforward: racing and dominating domestic regattas, getting a decent result at the Holland Beker (international regatta held in Amsterdam), qualifying and delivering a good performance at Henley Royal Regatta in the Diamonds, and finally selection for England to race at Home International Regatta (Home Countries) were the targets. Winning the London Sculls Cup at Metropolitan Amateur Regatta (elite men's single sculls) was a great start to the project. Unfortunately, I could not reproduce the same at Marlow Regatta as I had to scratch due to illness. Holland Beker was however another great result, securing my place in the A final by beating a two-time Olympic champion to race some of the best scullers in the world and come 5th (26 entries in M1x). A good draw at HRR saw me beat Kenny (TSS) on the Thursday to then luckily get a bye on the Friday as Robbie Manson (current world record holder in the single!) had to pull out due to injury. Racing in the semi-finals of the Diamonds was a surreal experience - it was a very tough race against the American, John Graves, but I couldn't have raced any harder. Finally, a win in the single for England at the Home International Regatta at Strathclyde (Scotland) was the perfect way to end a successful summer project.

I'd like to sincerely thank the club and the President's Fund for all the support they have given me this season. It honestly makes a massive difference to my progress and simply makes me able to carry on rowing full time. I wear my NRC kit with a lot of pride at every event I take part in, and I really hope that I'll be able to break into the GB squad as an athlete from the club during the next season.

Nottingham Rowing Club's Junior Double Scullers



Lucy Holgate and Charlotte Brown winning the Final of Junior Women's sculls at WHR

The Women's Junior Double won the Raynor Trophy at the Women's Henley Regatta on Sunday 18th June. The girls Charlotte Brown and Lucy Holgate have been part of the club's high-performance section coached by Dez Atkins and Nikki Spencer. Following on from this victory Lucy went to the junior trials and was selected for the coxless fours in the Coupe de Jeunesse taking place at Hazelwinkel. The four coached by Nikki Spencer won the gold medal on both days. They were also doubled up into the eights event where they got the silver medal only missing the gold by a quarter of a second.

Under 23 World Championships



Anna on the right with her gold medal

Anna Thornton and Kyria Edwards returned from their USA universities to be part of the British Under 23 quadruple sculls. They reached the final at Henley but were overpowered by a very powerful Dutch crew who have been within 2 seconds of breaking the world record for the event. In the Under 23 Championships held at Plovdiv, Bulgaria they progressed smoothly to the final. Unfortunately, Kyria was taken ill and was advised to withdraw. The crew won the gold medal fairly comfortably. The crew was coached by Lauren Fisher an alumni member of the club.

World Start Programme



Matt Haywood (at 2) and Jake Brown (at Bow) are a part of the World Start programme coached by Nicola Benavente. They made the final of The Prince of Wales Challenge Cup at Henley. They lost to the Leander development Quadruple scull that contained Rowan Law at 2. Following on from that they were selected to represent England at the home countries match held at Strathclyde Lake, Glasgow. They duly won the double sculls and came second in the quadruple sculls with Jon Simpson on board as well. In both events they beat James Mawby and George Eden, both from Nottingham Rowing Club, who were representing Wales.



Max Parker our Junior 18 sculler had a good season, winning the Carl Smith Trophy at Nottingham City Regatta. He was third in the Junior Championships, selected for England and won the Junior title in the Sculling Festival.

Draw Winners

The cash draw at the dinner was won by Geoff Smith. The cash draw at the City Regatta was won by Sarah Royles. The Henley tickets were won by Dave Sharp at the dinner but he promptly auctioned them off to the highest bidder. The auction was won by Steve Hill with a final bid of £350.00 which went straight into the Presidents Club funds. Steve and Sue enjoyed Henley Saturday when the club still had an interest in three events

Finances

Accounts to 31 Aug 2017

			Total	Grants	Equipment
Income	Donations		£5,851.42	£5,851.42	£0.00
	Casc		£1,365.60	£1,365.60	
			£7,217.02	£7,217.02	£0.00
Expenditure					
	Draws	3	£356.50	£356.50	
	Grants	20	£2,542.85	£2,542.85	
	Food	1	£280.00	£280.00	
			£3,179.35	£3,179.35	£0.00
Surplus			£4,037.67	£4,037.67	£0.00
Balance from last year			£1,147.67	£1,145.67	£2.00
Balance carried forward			£5,185.34	£5,183.34	£2.00

Donations are now due for 2018. Sorry!

Anyone else who wishes to join please contact me. My email address is tonylorrimer@hotmail.co.uk. We really do make a difference for these young athletes.