

ISSUE 4.



THE PRESIDENT'S CLUB

NRC

OCTOBER
2016



SUCCESS

BREEDS

SUCCESS



GOLDEN GRACE



Nottingham Rowing Club's Grace Clough became a Gold medalist at this years Rio Paralympic Games.

'When I started the journey three short years ago, getting here was the challenge. Now I'm a Paralympic Champion. It is more than a dream come true' were the words of newly crowned Paralympic Champion Grace at the iconic Lagoa Rodrigo de Freitas rowing venue where Team GB had topped the medal table a few weeks before. Grace's four won their heat convincingly, but times between the two heats were close, and a real battle looked on the cards for the top honours in the final. The USA crew,

who pushed them so close at the World Championships last year, blasted out of the start, but were steadily hauled in by the GB crew, who continued their surge towards the finish, never looking troubled by the opposition. The USA narrowly held on to silver ahead of a fast finishing Canadian crew. Grace's MixLTA4+ were part of a dominant Team GB contingent of 4 crews who all stepped on the medal podium during their regatta.

Grace took her first strokes at NRC before quickly emerging as a real talent for the GB Rowing Team. She has been a true inspiration, and has competed with the High Performance

Group at the British Championships. She has now moved to Oxford University where she is aiming to make the Blue Boat, whilst eyeing up a seat in the boat for Tokyo 2020.



MATT STRIKES GOLD



RIO 2016 GOLD

The men found the form that had made them World Champions for the past three years as they produced a phenomenal performance to dominate their final from the first stroke to the last.

It was another moment of rowing history on the Lagoa, being the first Olympic medal won by a British women's eight, and helped to ensure that GB finished top of the Rio 2016 rowing medal table with three golds and two silvers.

Andrew T Hodge and Pete Reed both became triple Olympic Champions with their success in the men's eight, while Matt Langridge completed his set of Olympic medals after silver in 2008 and bronze in 2012.

"I'm proud to have been in such a crew," said Hodge. "The eight is a wholly team event and we worked for each other."

Reed added: "I'm just thinking about how grateful I am to our coach and to the crew. They are just the most amazing bunch of guys and that was a big, big race."

Jurgen Grobler, the Chief Coach for Open-weight Men who has now led 12 GB crews to Olympic gold, said: "It's just fantastic what the guys did. They matched the coxless four and it's been a wonderful day. It's wonderful for British Rowing, it's wonderful for our sport."

"In the last four years we have developed winning athletes, medal athletes, podium athletes. We knew we had a good bunch of guys to win the eight as well and I feel so good for them, there is a good mix between older and younger ones."

Report courtesy of British Rowing

BOYS WIN TWO SILVERS



The 'Coupe de la Jeunesse' is a Europe wide rowing event for top level junior rowers not competing at the World Championships in Rotterdam in August. This year it took place in Poznan in Poland in late July and was raced over the Olympic distance of 2,000m. Team GB were overall winners. The 51 boys and girls all won at least one medal.

Nottingham Rowing Club's Matt Haywood and Isle of Ely's Sam Champion coached by Nicola Benavente returned with two

silver medals losing out to a fast Swiss double scull.

The boys join four Nottingham Rowing Club girls who gained Rowing Team GB colours when selected for the Anglo-French Match. More international honours are expected for the club when the full Rotterdam team is published.





At the end of last season, I was introduced to coxing following an injury which put me out of training for several months. The first boat I coxed was the high performance women's club 4+ in preparation for and at Henley Women's Regatta and after that I began coxing the junior 8+.

At the beginning of this season I decided with my coach, that I would trial for the GB junior team in my J16 season. As the year progressed, the 8+ did incredibly well getting 4th at Schools Head by a second and 2nd at National Schools and Brit Champs. After attending a number of selection events during the year and sending in recordings of my coxing I was selected for final trials in July, which was a great surprise.

The final trials were at Holme Pierrepont and I spent an intensive 4 days coxing the seat races for the boys in coxed fours.

At the end of the final trials I was informed that I had been selected to cox the England Junior Women's 4+ for the 2016 Home International Regatta in Cardiff Bay, along with 4 rowers that were selected from final trials.

After final trials I went down to Reading RC training for a week with the crew. In

amazing weather we spent a had a solid preparation for the regatta and then headed down the M4 to Cardiff.

Our race on the Saturday went incredibly well, after the first 250m we had over a length of clear water, and we extended this all the way to line, beating Ireland, Scotland and Wales. The crew's performance contributed to an England win for the Junior Women and an overall win for England.

I have been both surprised and delighted by the success I have had with my coxing this season; being only 16 and receiving the 2nd best girls coxing seat was extremely unexpected after only been coxing for a year. I could not have achieved this without the support of Nottingham Rowing Club.

I am so grateful for the clubs donation towards the cost of attending both the trials and the Home International Regatta as I would not have had this opportunity without the club's assistance in helping me achieve my goals for this season.

I intend to continue to trial for the next two years, aiming to achieve the top girls coxing seat for the 8+ at the Coupe de Jeunesse.

2016

INTERNATIONALS

J16 GB v France match: Valenciennes

WJ16 4x Bella Barlow, Abi Clarke, Jenna Draycott, Aimee Richards

Coupe de la Jeunesse: Poznan

JM2x Matt Haywood (Silver x 2)

Junior Worlds Championships: Rotherdam

JM4x James Mawby (11th)

U23 and World Championships Rotherdam

M4x Rowan Law (alumni) (5th)

Lwt 4- Ed Fisher (alumni) (Bronze)

W 8+ Anna Thornton, (Silver)

W4x Kyria Edwards (8th)

W Lwt4x Mary Wilson (alumni) (6th)

Womens spare Katie Bartlett

Olympic games: Rio De Janeiro

M8+ Matt Gotrel (alumni) (Gold)

Womens Spare Vicki Meyer-Laker (alumni)

Paralympic games: Rio De Janeiro

Mxd LTA 4+ Grace Clough (Gold)

Home International Regatta:

JW4+ Eliza Cox (Gold)

European University Games (racing as Loughborough University) Zagreba

M4x Alex Watkins, Matt Hearnden, Alex Evangelidis and Josh Tolley M4x (Bronze)

W1x Caitlin Boyland (5th),

W2x Annie Campbell-Orde and Fleur Tavaré W2x (6th),

KEITH ATKINSON MBE



This summer saw Keith Atkinson complete his final season as Nottingham Rowing Club's President. At the presentation for Keith, the new club President, Tony Lorrimer, gave the following speech.

Liz and I joined Nottingham Boat Club because of Keith. I phoned him and said that I was moving to Nottingham and would like to join the Boat Club. He was very enthusiastic. I said that there was a slight problem as my wife rowed as well. "No problem" was the reply. He is my sort of man. At this time the Union were the power in the land and Keith was "fighting them on the beaches" at the Annual Dinner. How times have changed. Keith bought music to the club in the early 60's overseeing a dramatic improvement in the club finances. Many famous bands have played here and are listed on this plaque. Keith became President in 1977 and the club moved into the 1st division of

rowing because we bought him a bike as before then he coached by running along the bank. It was an improvement until he fell off and broke his collar bone.

2006 saw the merger of all the Trentside clubs bar one. Keith was and still is very enthusiastic about this bigger enterprise which has finally put Nottingham rowing on the map. Keith has just completed rowing around the world over 41,000,000 metres on an Indoor Rower. He also decided to retire as President after 40 years. I could say that Keith was the best President that I have served under but then I am "a f*****g lying Tory b*****d".

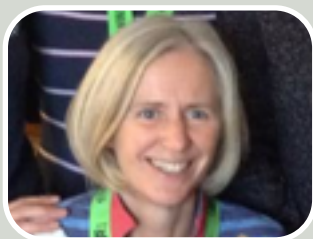
Seriously Keith you will be a hard act to follow and your guidance has been first class and as a token of our appreciation we have clubbed together to give you this small gift.

Thank you so much!

THE 2016/17 COMMITTEE



Club President
Tony Lorrimer



Club Captain
Ruth Hyde



Secretary
Paul Williamson



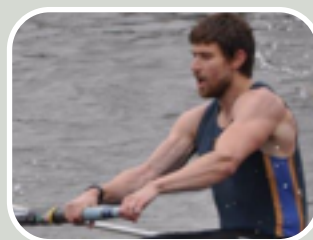
Treasurer
Andy Brown



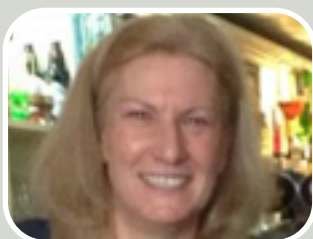
Club Manager
Mark Cooke



Womens Captain
Nikki Spencer



Mens Captain
Ayrton Carlton



Membership Secretary
Sarah Royles



Recreational Representative
Richard Willan



Veteran Representative
Kevin Titterton



Junior Coordinator
Ashley Hewitt



Welfare Officer
Lou Townrow



Safety Officer
Laurie Hartill

THE 2016/17 COMMITTEE

THE FIGURES

		Accounts to 31 Aug 2016					
		Total		Grants		Equipment	
Income	Donations		£19,987.42		£5,985.42		£14,002.00
	Casc		£4,615.25		£1,365.25		£3,250.00
			£24,602.67		£7,350.67		£17,252.00
Expenditure							
	Draws	5	£502.00		£502.00		
	Grants	12	£4,388.00		£4,388.00		
	Food	2	£400.00		£400.00		
	Empacher	8	£14,000.00				£14,000.00
	Double Scull		£3,250.00				£3,250.00
	Sculls	4 pairs	£2,496.00		£2,496.00		
			£25,036.00		£7,786.00		£17,250.00
Surplus			-£433.33		-£435.33		£2.00
Balance from last year			£1,581.00		£1,581.00		
Balance carried forward			£1,147.67		£1,145.67		£2.00

We raised £24600 and spent £25000 which was a record. We had a special appeal to purchase an Empacher eight and we had enough left over to help with a double scull for the Start programme. The £500 deficit was covered by the balance bought forward. We still have £1147 carried forward to the next year

We helped 12 athletes and this year the club was represented at all the major events.

Thank you for your support it really does make a difference

Tony

UP AND COMING EVENTS

Sunday 30th October – Nottingham Autumn Head
we are running the Nottingham Autumn head. Come down and have a beer and tell all and sundry that you were much better in your day

Saturday 12th November – Fours Head of the River.

Sunday 13th November – Veteran Fours Head

Saturday 19th November – Head of the Soar

Saturday 19th November – Oscars

Sunday 27th November - The 100,000 meter world record on a concept machine. We have assembled a mixed team of 18 over 50 year olds to do this. It will start at 11.30 at The Boat club.

Contact details regarding The President's Club:

Tony Lorrimer: tonylorrimer@hotmail.co.uk

Suze Wynne: suze.wynne@me.com

If you would like to request a paper copy of the newsletter then please let us know.

