

P.O. Box 208, FIVE DOCK N.S.W. 2046

COME FORWARD - April 2018

As the Summer half of our Rowing Season draws to a close, with only the Edward Trickett Regatta on 28-29th April at SIRC and Masters Championships on 26-27th May (plus lead up races) remaining on the Calendar, it is time to update the Union Membership on the Season.

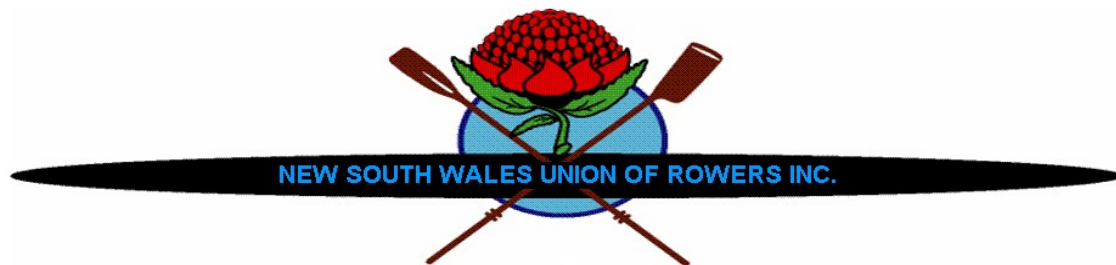
NSW Rowing Championships

Our State Championships are becoming a major event on the National rowing calendar, as can be seen by the Point score results (below) where 6 of the top 10 Clubs were from Interstate, and a total of 38 schools and Clubs were from outside NSW

Sydney University 180.00, UTS 151.83, Sydney 139.67, Toowong 103.30, Mercantile 81.00, Uni of QLD 79.40, Newington 78.00, Adelaide 62.00, ANU 56.20, Kinross Wolaroi 54.00, Griffith University Surfers Paradise 52.95

Results of Selected Races

Mervyn T Wood Trophy: Championship Mens Elite Single Scull First: Adelaide Alexander Hill 2nd Sydney University Cameron Girdlestone 3rd Sydney David Watts
Championship Men's Para Single Scull First: Uni of QLD Mac Russell (LTA) 2nd Torrens-SASI Jed Altschwager (LTA) 3rd Balmain James Talbot (LTA)
Championship Men's Para Single Scull First: Sydney Erik Horrie (AS)
Championship Men's Para Single Scull First: Penrith Tyson Saunders (TA)
Championship Women's Para Single Scull First: Nepean Kathleen Murdoch (LTA) 2nd ANU Sue Donoghoe (LTA) 3rd PLC Sydney Lauren Webber (LTA)
Championship Womens Elite Single Scull First: Commercial Maddie Edmunds 2nd Sydney University Genevieve Horton, 3rd Uni of QLD Caitlin Cronin
Championship Mens Elite Pair First: Adelaide/Sydney, 2nd Mercantile/Melbourne Uni 3rd Sydney/Sydney University
Championship Women's Under 17 Eight First: Kinross Wolaroi, 2nd Canberra Girls 3rd Loreto Kirribilli
Championship Men's Under 17 Eight First: Melbourne GS 2nd St Josephs 3rd Shore
Championship Womens Under 23 Lightweight Single First: Sydney University Wallis Russell, 2nd Adelaide Verayna Zilm, 3rd UTS Georgina Masters
Championship Mens Under 23 Lightweight Single First: Sydney University Leon Chambers, 2nd UTS Matthew Curtin, 3rd Mosman Sean Murphy
Championship Womens Elite Lightweight Single Scull First: Huon Georgia Nesbitt, 2nd UTS Sarah Pound, 3rd Sydney University Georgia Miansarow
Championship Schoolgirl Four First: Commercial 2nd Roseville 3rd Kinross Wolaroi
Championship Schoolgirl Eight First: Pymble Ladies 2nd Queenwood 3rd Geelong Grammar
Championship Schoolboy Eight First: 2nd Scotch College VIC 3rd Brighton Grammar 1
Championship Women Under 21 Eight First: Mercantile 2nd Sydney University 3rd UTS Composite
Championship Mens Under 21 Eight First: Sydney University 2nd Sydney 3rd Scotch College VIC
Championship Womens Under 17 Double Scull First: Toowong 2nd Hunter Valley Grammar 3rd Newcastle Grammar
Championship Mens Under 17 Double Scull First: Newington 2nd Port Adelaide 3rd Kinross Wolaroi



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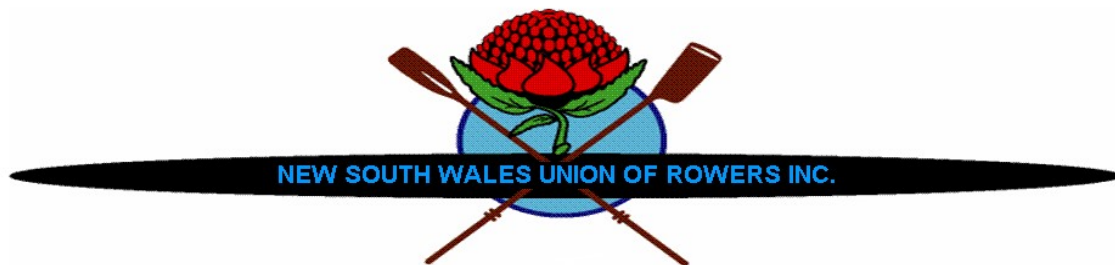
Championship Womens Elite Double Scull First: Uni QLD/Sydney University, 2nd Sydney University 3rd Melbourne Uni/Mercantile
Championship Mens Elite Double Scull First: Sydney/Black Mountain-2nd UTS/Melbourne University 3rd Sydney University/ANU
Championship Women's Under 16 Double Scull First:Footscray City 2nd Kinross Wolaroi 3rd Tara School
Championship Men's Under 16 Double Scull First: Newington 2nd Kinross Wolaroi 3rd Newington
Championship Mens Elite Coxed Four First: UTS 2nd Mercantile 3rd Sydney
Championship LTA Coxed Four First: Nepean Composite 2nd Balmain Composite
Championship Womens Under 16 Coxed Quad Scull First: Hunter Valley Grammar 2nd Pymble Ladies 3rd Canberra Girls Grammar
Championship Mens Under 16 Coxed Quad Scull First: Shore 2nd Newington 3rd St Augustines
Championship Schoolgirl Single Scull First: Glebe Nicela Martincic 2nd Toowong 3rd Footscray City
Championship Schoolboy Single Scull First: Newington Harry Crouch 2nd Kings 3rd Newington
Championship Womens Under 21 Quad Scull First 2nd Toowong/Brisbane & GPS 3rd Adelaide Uni
Championship Mens Under 21 Quad Scull First: Mosman 2nd North Esk 3rd Sydney
Championship Womens Elite Eight First:Sydney University, 2 Mercantile, 3 Uni of QLD
Championship Mens Elite Eight First: Sydney University 2 Sydney 3 Mercantile
Championship Mens Under 16 Single Scull First: Cathedral Gordon Appelcryn 2 Nepean Jooya Kalantar 3 St Augustines Tom Gerrans
Championship Womens Under 16 Single Scull First: Tara School Lily Gavan, 2 Hunter Valley Grammar Sarah Abrams, 3 Footscray Lucy Bray
Championship Schoolgirl Double Scull First: Queenwood 2 Kinross Wolaroi 3 Sydney Girls
Championship Schoolboy Double Scull First: Newington 2 Newcastle Grammar 3 Maitland Grossman
Championship Womens Under 19 Quad Scull First: Toowong Comp. 2 Sydney/Melb. 3 Lismore Comp.
Championship Mens Under 19 Quad Scull First: Mosman 2 Shore 3 Newcastle Grammar
Championship Womens Under 21 Pair First: Griffith Uni Surfers 2 Griffith Uni Surfers 3 Sydney
Championship Mens Under 21 Pair First: UTS 2 Sydney University 3 Sydney
Championship Womens Elite Quad Scull First: Sydney 2 Mercantile 3 Uni of QLD
Championship Mens Elite Quad Scull First: Sydney 2 UTS 3 Sydney University

SIRR Regatta - NSW Interstate Results

NSW won the Interstate point score, with wins in the Womens PR3 1x, Mens Youth 8+, Penrith Cup (M L/W 4-), Victoria Cup (W L/W4x) and Kings Cup (M 8+); Second place in the W 8+; Third in the Presidents Cup (M1x) and Mens PR3 1x.

New South Wales showed its strength by coming first (SUBC) and second (SRC) in the club point score, 100 points clear of third place, with UTS fifth. Shore school won the boys point score, and Queenwood and Kinross Wollaroi came second and third in the Girls point score.

It was great to see Union of Rowers Development Award winners on the podium multiple times, including representing in most of the NSW Interstate Crews.



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Youth Development Awards – Applications now Open

The Union Development Award programme has opened applications for 2018 with the form available on the Union website (see bottom of page). Please encourage suitable youth rowers from your Club to apply before the closing date of Friday, 4th May

Membership Renewals

Letters have recently been sent to members who are due to renew their Membership. If receiving a notice, would you please check that your address, E Mail and contact details are correct.

From the Past to the Future

The 2018 State Championships held at the Sydney International Regatta Centre showcased Australia's finest from both National Training Centres as well as many aspirants from across the Continent. Most showed the result of close scrutiny from coaches, selectors and physiologists operating within the general field sometimes referred to as "sports science".

Early Sports Scientists were remembered at an Old Rowers Reunion held at the Leichhardt Club which brought together Forbes Carlisle (now deceased) and David Anderson (one of four original "guinea pigs" from the 1950's in the "Professor Cotton Era" and the only surviving legend from the 1952 Australian Helsinki Olympic Eight; David recalled Professor Cotton's approach.

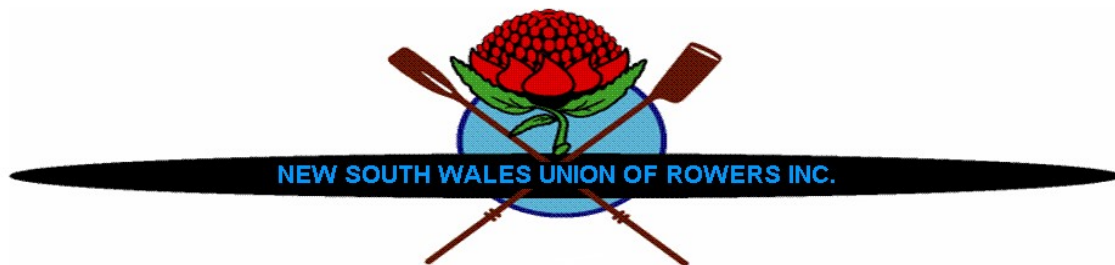
"He began taking pulses at the end of our efforts on his rowing machine. The rowing machine first appeared in late 1947 when all eight coaches of the AAGPS eights allowed their crews to be tested at the Professor's request. The scores showed Sydney High School the strongest with Newington next, and that's exactly how they placed in the following Head of the River. Four of the High crew rowed Kings Cup in the ensuing five years. "Our pulse rate was taken over 10 seconds after stopping: one on the wrist and one on the neck artery. A bit of blood was taken – especially after a long 15 minute session. Another aspect investigated by the "Prof" involved biorhythms – some days feeling ready to go and others you don't. The Prof graphed the scores".

Neville Fortescue in an article from A.M. October 1953, described the Prof's rowing machine as "having a seat on rollers with a complex arrangement of fly wheels, chains, pulleys and counter weights on a heavy steel built frame. There is a modified rev. counter on one side".

Professor Frank Cotton had described his early machine as "measuring the horsepower of the engine in a man's body so as to predict within an accuracy range of 1%, the kind of showing a man will put up as an oarsman in a real boat". His work applied to the success of Hendricks in swimming, Evatt in rowing and Carr (Edwin) in running

One of the Prof's guinea pigs, John Harrison, with Kings Cup Oarsman Ted Curtain, designed and built a subsequent machine which became an important and effective part of the sport in the 1950's and 1960's: These have now been consigned to museums.

Forbes Carlisle, as swim coach and physiologist as an associate of Professor Cotton at Sydney University added "I had swimmers in the 1950's put into a bath at North Sydney Pool raising the temperature to 112 degrees Fahrenheit (44 or 45 degrees centigrade) keeping them there for 12 minutes, thus raising their core temperature about 2 degrees Centigrade. I got a hypodermic needle made into a thermostat, and I used to push that into the large muscle of the leg, and we would measure the temperature through a galvanometer and show the relationship of muscle temperature to performance and they are very highly related"



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In an earlier interview on ABC Radio National titled “Science of Winning” in 2002, Forbes agreed that it would be difficult to test his theories in this day and age.

Paul Finn as a Sports Scientist at the same interview had tested elite cricketers for heat stress by means of a high tech pill which he described as “a small radio transmitter encapsulated in a plastic sheath about the size of an antibiotic pill, hard to swallow but better than a thermometer up the anus”.

Derrick Kay from Charles Sturt University in Bathurst referred to heat stress and dehydration. Derrick's view was “you obviously have to drink but its difficult to replace all the water you lose. The best way do that is to measure body weight at the start of the next day to ensure it remains the same”.

There are always continuing efforts to enhance the performance of our elite athletes at the same time minimising the possibility of injury; all in the interests of securing the “winning edge”.

Would our early sports scientists be justly proud of progress to date?

Barry Moynahan

Merchandise Available

For those members heading to Lake Barrington, Tasmania for the Australian Masters Championships next month, remember that we have available Thermo-Skins and Boating Shoes to counter the chilly weather, as well as our range of LED Navigation Lights and Union Neckties – All available by ‘phone, Email or mail order – See the Union website for details

Masters Rowing

Interstate Masters Team

Recently Rowing NSW announced the State Masters team to compete in the Australian Masters Championships regatta at Lake Barrington (10th – 13th May)in the Men’s and Women’s Eight & Quad races. For details see the link below:

<https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/site/xzkooll9vwpqeg6i.pdf>

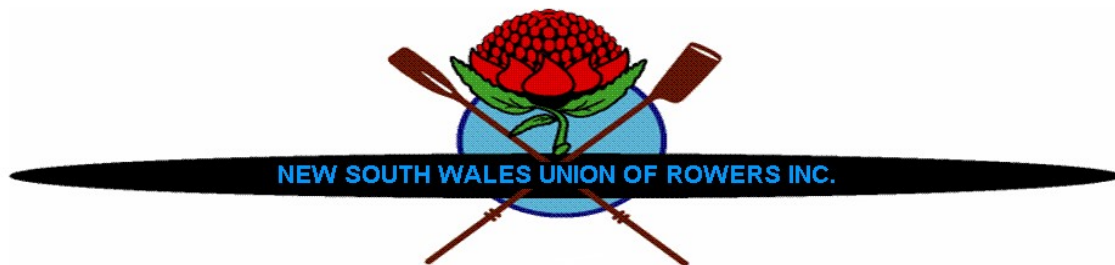
The team will be endeavouring to improve on the results achieved at Nagambie last season: Men’s Eight 1st, Women’s Eight 2nd, Men’s Quad 2nd, Women’s Quad 3rd.

The current point score for the Masters Shield sees the first four positions as follows: Mosman 148.07, North Shore 137.94, Sydney Womens MLC 115.75, Leichhardt 99.83.

For the full detail of the RNSW Pointscore updated to March 28th, follow the link:

<https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/site/dzk56hjfwcaspiv.pdf>

Kim Rudder



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Schoolboy Rowing

The AAGPS Head of the River:

The one result that everyone is interested in is the Major Rennie Trophy for 1st Eights, and this year in a very close finish St Ignatius College edged out Shore to claim their first win since 1975, with St Joseph's 3rd.

Shore again dominated the day with 5 wins, St Ignatius 3 wins, St Joseph's 2 wins and Kings 1 win from the 11-race program.

GPS point score for the Senior and Junior Pennant: the first four place-getters for each are as follows:

Senior: Shore 195, St Joseph's 168, Newington 166, Scots 146

Junior: Shore 325, Newington 294, St Ignatius 253, St Josephs 241

The RNSW Schoolboy's Head of the River.

This is a regatta that is open to all schools registered with RNSW and can involve heats and finals in events with more than 9 entries. Competition is in coxed Eights, Fours and Quads as well as Double Sculls and Single Sculls. There were 53 races conducted between 8.00am and 3.20pm. Full results can be found at this link:

<https://regattas.rowingnsw.asn.au/?regatta;file=10176>

At the end of the day, the first four places in the point score for this regatta were Newington 88, Newcastle Grammar 44, Shore 43, Kinross Wolaroi 27.

Kim Rudder

Youth Development Award Fundraiser, plus a new way to support our Scholarships - the Union of Rowers Australian Sports Foundation Project.

Have you wanted to make a donation to support youth rowing in NSW and receive a tax deduction for your donation?

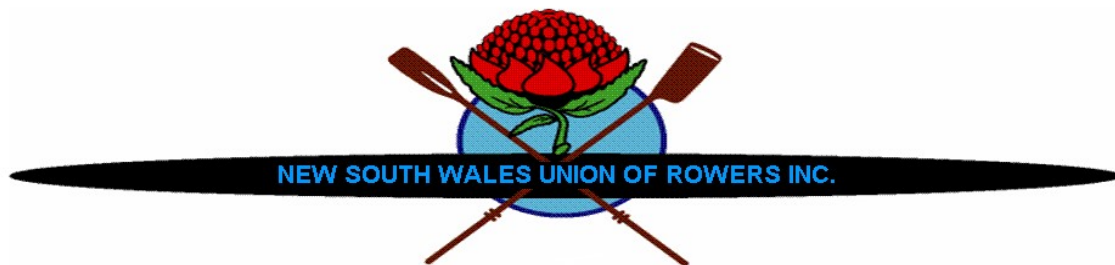
The NSW Union of Rowers has registered a project with the Australian Sports Foundation, to raise funds to support youth rowing in NSW. Through this partnership with ASF, donations of \$2 or more are tax deductible.

The Australian Sports Foundation Ltd (ASF) was established by the Australian government to assist organisations in raising funds through donations for the development of sport in Australia.

In accordance with the ASF's listing in the Income Tax Assessment Act (1997) (div 30, S30 – 90) donations of \$2 or over to the ASF are tax deductible. ASF will issue official tax receipts for any donation of \$2 and over to substantiate your taxable claim.

To make a tax-deductible donation to the NSW Union of Rowers project and support the rowing youth of NSW, visit the Australian Sports Foundation website:

<https://asf.org.au/donate/nsw-ur-junior-athlete-scholarships/>



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Alternatively, the NSW Union of Rowers Youth Development Fundraiser for 2018/2019 in support of our junior athletes is now open. . In 2017 the Union awarded seven scholarships of \$1,000 each, making 143 scholarships awarded since the scheme commenced in 1992.

The lucky draw will take place on the Sunday of the NSW State Championship Regatta in February 2019, when the holder of the winning ticket will receive a cash prize of \$1,000.

A ticket in the Youth Development fundraiser costs \$25. A contribution of \$100 provides you with five tickets. You can purchase as many tickets as you like. The scholarships will be presented this year at the Rowing NSW Annual Award Dinner in June.

To purchase tickets, please complete the attached form and return by mail or email.

The Honorary Secretary
NSW Union of Rowers
P.O. Box 208
FIVE DOCK NSW 2046

Email: secretary@nswrowers.com

Please reserve tickets in the Youth Development Fundraiser draw at \$25.00 each

Name: Contact Phone No:.....

Payment by: Cheque (Payable to NSW Union of Rowers)

Payment by: Electronic Funds Transfer: Date of Transfer:

B/S/B: 062-169

Account: 0080 1400 NSW Union of Rowers

Please enter your surname as the reference