

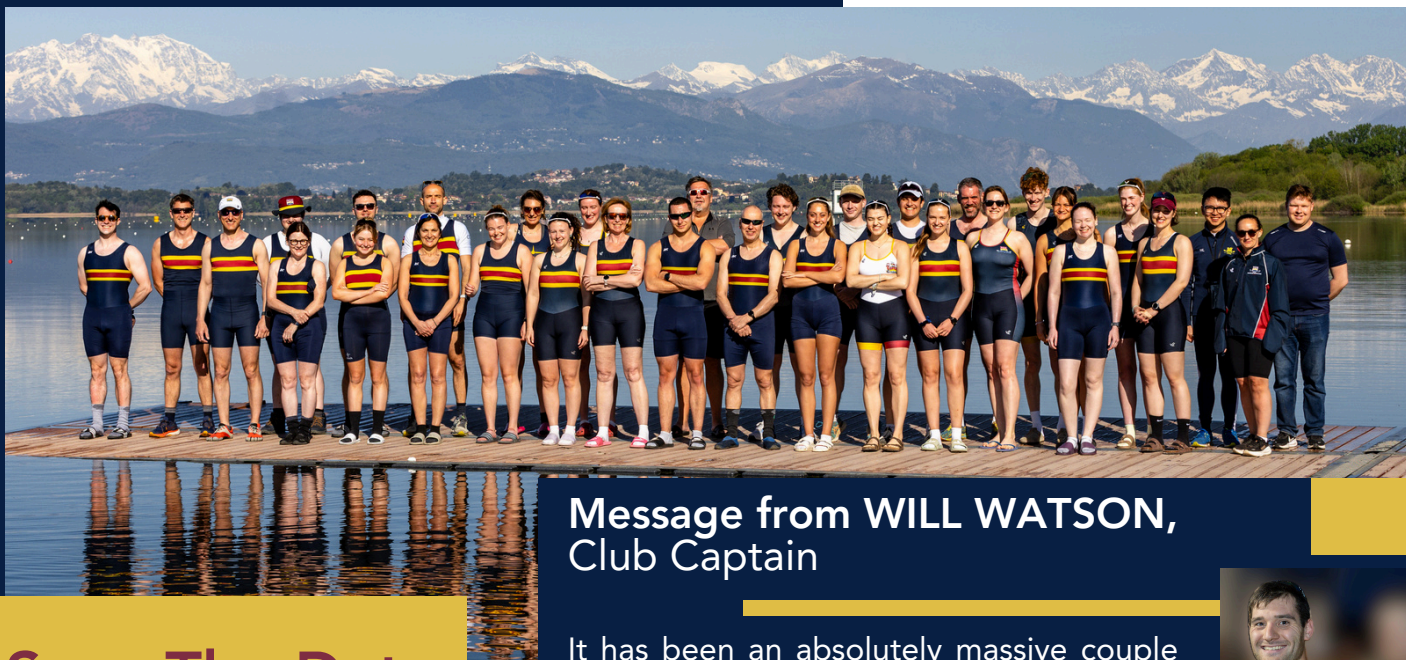
CITY OF CAMBRIDGE NEWSLETTER

WWW.CITYRC.CO.UK



CITY OF
CAMBRIDGE ROWING CLUB
ESTD 1863

28th May 2026



Save The Date

09 July 2026 - AGM / Captains election (after the CRA Timed race)

24 July 2026 - End of Bumps party!

Oct 2026 - Annual Dinner date tbc

See Wins
on pg8

Any comments on newsletter, contact **Omar Terywall**

Message from **WILL WATSON**, Club Captain

It has been an absolutely massive couple of months for the club since the last issue, so much so that it is not possible to cover it all here.

Head Season culminated in some fantastic performances at the men's, women's, school's and Vesta International Master's head of the river races. It is fantastic that we are so well represented at these events and were able to demonstrate our impressive depth. Across the board results trended upwards this year in comparison to previous years and this is reflective of everyone's hard work and commitment to training day in, day out. Particular kudos has to go the women's first eight for their victory in the provincial club pennant, an exceptional achievement and an ourstanding accolade for our club.

It was fantastic to see the club out in force for City's Big Weekend. Whether rowing, volunteering as marshalls to ensure our two events ran smoothly or tearing up the dancefloor to Duck Orange at the party afterwards, many members had a part to play in making the weekend a roaring success. As well as being a lot of fun, these events generate a significant portion of the club's revenue and enable us to maintain and keep investing in our top quality facilities and equipment.

Regatta season is already well underway. It has been very promising to see a range of initial successes already. I'm looking forward to seeing everyone's dedication and graft continue to pay off this summer.



Who's Who

President	-	Tony Nelder
Chair	-	Sam Luke
Honorary Treasurer	-	Claire Berryman
Honorary Secretary	-	Camilla Benfield
Captain	-	Will Watson
Vice-Captain (Men)	-	Adam Winskell
Vice-Captain (Women)	-	Sophie Helmers
Jnr Squad Coordinator	-	Will Schofield
Masters Coordinator	-	Jon Geater
CRE Rep	-	Omar Terywall
St Mary's Rep	-	Oli Frazer
Homerton Rep	-	Tom Hicks
Facilities Manager	-	Andy Muston
Fleet Manager	-	Michal Gabrielczyk
Equipment Officers	-	Rosie Baish, Ben Desson
Events Coordinator	-	Tom Upton
Safety Adviser	-	Oliver James
Welfare Officer	-	Tom Watt
Membership Secretary	-	Marta Piekarska-Geater
Brand Dev Officer	-	Clémence Legrand
Bar Stewards	-	Richard Brierton /Hannah Thorpe
Social Secretary	-	Ali Allchin
Gym Captain	-	Stu Ladd
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?



Clémence Legrand



Jon Geater

This month, we would like to give a huge shout out to Clémence Legrand who handles all of our social media posts and also your kit AND Jon Geater who has done an outstanding job of our club website. If you haven't had a chance to peruse through the site, there is a members section that you will all find very useful to see.

Thank you both very much!



Coach's Corner <<<

Director of Rowing, Michael Ruta

With the lighter and (occasionally) warmer evenings and weekends the lure of the river has attracted both the local fair-weather rowers and of course the May's boats out in full flotilla. As we enter the 'pointy end' of the season, with regattas aplenty both on and off Cam, this is the time of year where those cold, wet, dark nights in the winter seem like such a distant memory and suddenly it all makes so much sense again! This sport was made for summer, it is at its best with regattas, both multi lane and on rivers - the fruits of the winter coming to be harvested! I am incredibly proud to see so many boats going afloat day in, day out – there are times when the boathouse is virtually empty, a truly excellent sign of a Club seizing the conditions and making the most of the summer water time. For me personally, I have been most impressed by the breadth of squads that have been racing so far this regatta season. Not only have we already had a good number of wins (see the extensive list in this newsletter), but we have substantial entries across several local and national events, ready to showcase all that makes this Club the best on Cam. I always find that the summer season flies by, with different squads targeting various events be that National School's, National Masters, Henley Royal etc. - all are working towards an end goal. I cannot stress enough some of my comments in the previous edition of this newsletter about enjoying the process, this time of year really epitomises that. Regardless of what squad you are in, and what aims you or your squad have – one thing all squads have in common is Bumps, as I write this it is less than 9 weeks away...

TRAINING CAMP – LAGO DI VARESE, ITALY



Some of you may be aware of a rowing camp in Italy that took place in April, kindly organised by **Alessandro Carabelli** with some help from **Steve Grange**. Here's Ale's report;



From 22nd–26th April, 34 athletes from the Core and Development squads swapped the Cam for the calm waters of **Lake Varese** — and it proved to be a very good decision.

The idea for the camp began last summer after a chance meeting in Italy with Giacomo Gentili, Olympic gold medallist and fellow rowing enthusiast. After hearing about City's ambitions to organise a training camp in Italy, he immediately offered to help and connected us with Pierpaolo Frattini of Canottieri Varese. What began as a casual conversation quickly became an unforgettable week on one of Europe's best rowing lakes. Beauty = Lake + Mountains + Light (and a well-balanced boat helps too)

With the spectacular backdrop of Monte Rosa and over 10km of flat water, Varese offered near-perfect rowing conditions. The lake itself added something special to every outing: elegant villas scattered along the shoreline, a small island resting quietly in the middle of the water, and a church perched dramatically on the cliffs above.

Days quickly found their rhythm. Mornings began with stretching and mobility sessions before long outings across glassy water, while afternoons brought more kilometres, more technical work, and plenty of variety between singles, pairs, doubles, fours, and eights.

$P = F \cdot v$ (More power = more speed. Simple in theory. Less simple after three sessions.)

Mike Champion and Hugh Begley guided the camp throughout, offering feedback, encouragement, and occasional reminders that rowing is in fact supposed to involve legs.

Off the water, the group embraced an equally serious commitment to Italian cuisine. Lunches at the Canottieri boathouse featured endless pasta, lasagna, tomatoes, and good coffee, while evenings naturally drifted toward local pizzerias where €8 somehow still buys happiness.

Recovery = Pizza + Sleep (peer-reviewed by exhausted rowers)

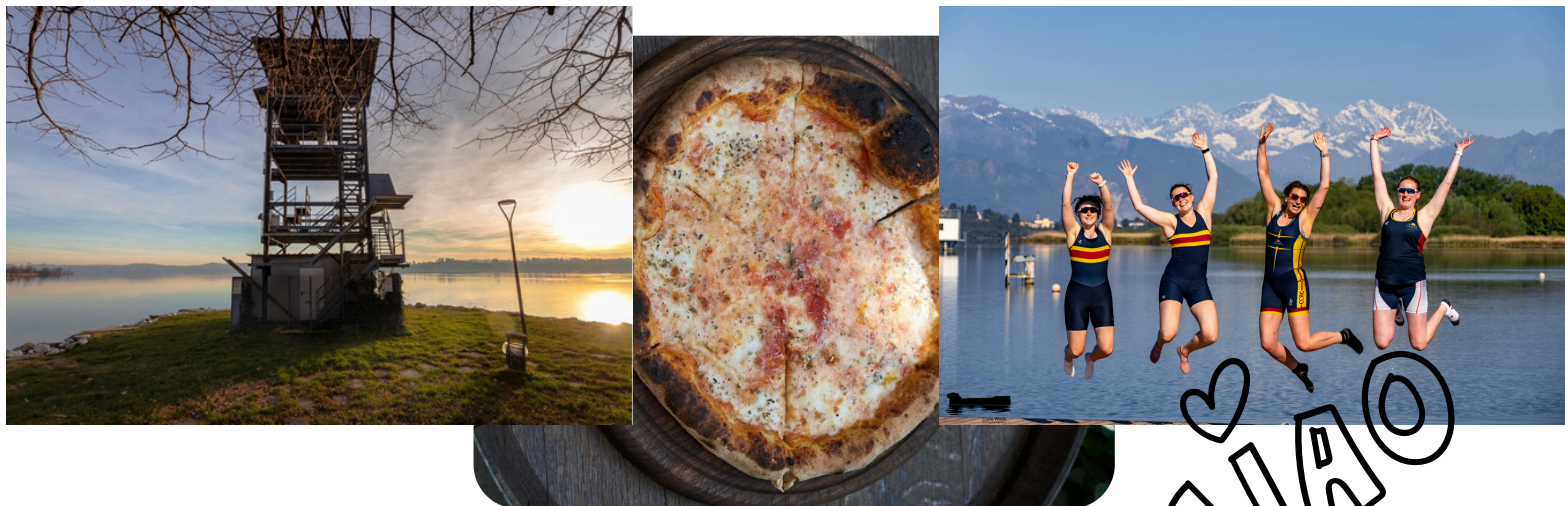
More importantly, the week built something bigger than mileage. Across squads friendships grew stronger, confidence improved, and the atmosphere throughout the camp reflected what makes City special:

City = Family

A huge thank you to Steve Grange for helping organise such a successful trip, and to our hosts in Varese for making us feel so welcome. The camp combined hard training, beautiful scenery, excellent food, and even better company. Most of all, it reminded us that rowing is at its best when shared with others.

Memories = $f(\text{Time, People, Place})$

Roll on the next one 🍕



<https://www.facebook.com/groups/CityofCambridgeRowingClub>



<https://www.instagram.com/cityrc/>



<https://x.com/CityRC>

Club Etiquette and Standards

A message from the committee on club etiquette and standards.

It is important that we hold ourselves to high standards both on and off the water. The way in which we treat our boathouse and equipment reflects our respect for the club as a whole.

City is a club built on the contribution of volunteers, it is important that everyone pulls their weight when it comes to the little things. Take ownership and don't just expect someone else to do it!

DO'S

- Clean up after yourself
- Wash up AND put away any cups / plates / kitchenware, load AND deload the dishwasher if necessary
- Wipe down tables in the club room after use
- Don't leave rubbish lying around and recycle where possible
- Empty the bins if you see they are full
- Rubbish can be emptied in the bins below the steps leading up to the club entrance, or if these are full there are rubbish collection points where the end of Kimberley Road meets the old CRA boathouse
- Treat the boats with respect
- Make sure you sponge and hose down your boats after every outing. Also wash the inside if necessary
- Report any damage that you find, a reminder that fleet damage can be reported to ccrcfleetrepairs@gmail.com
- If you are able to fix the issue yourself, then even better!
- Put equipment back where you found it
- Put blades back into the correct racks. Sculling and sweep blades are labelled for a reason
- Weights should be returned to the appropriate rack
- Turn up to your allocated gym / boatbay / clubroom cleaning session
- Help out and volunteer if you see a job that you can help with!



DON'TS

- Use the kitchen without tidying up after yourself!
- Leave kit / towels / water bottles in the changing rooms or boatbay. Any kit found that hasn't been claimed for a min of 2 weeks, will be donated to charity or binned at the club's discretion.
- Leave bikes anywhere in the club - they should be left locked along the side of the boathouse
- Park in the space between City and the First and Third Trinity boathouse. This land does not belong to us and this upsets our neighbours.
- Walk on the grass between FaT and Catz



Bikes at the club

THEFTS

There have been several reports of bikes being stolen from the side of the club, and in some cases wheels have also been taken. If your bike has quick-release wheels, securing a cable through the wheel (as shown in the diagram) may be enough to deter a thief.

If you notice anyone behaving suspiciously or loitering near the bikes who clearly isn't a rower, please do not approach them.

Instead, make your presence known. If it is safe to do so, consider taking a photo or short video and share it with me at omar@terywall.com.



BIKES LEFT AT CLUB

There are currently around six bikes by the club that appear to have been abandoned. These will be removed in the coming weeks. If you have a bike locked up there, please arrange to move it as soon as possible.

SPECIAL THANKS TO

Hannah Thorpe and Richard Brierton who have continued to work tirelessly to keep the bar running, recently facilitating two great socials in the club room - Disco Biscuit and the Big Weekend Party + Duck Orange

Declan Coxall for his contribution as Truck Captain, a huge amount of work has gone into the planning of all the logistics involved in coordinating many off Cam events this year, as well as keeping the truck and both trailers well maintained and safe for the road. Wishing Declan the best as he heads off to Birmingham for his new job.

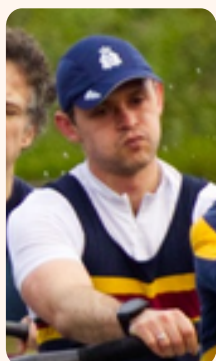
Have we missed someone? Email omar@terywall.com

Focus on the Fleet <<<

Fleet Manager, Michał Gabrielczyk, ccrcfleet@gmail.com

We must have undoubtedly the highest quality fleet in Cambridge throughout every level, and what a pleasure to inherit it from Sam in such good shape. We now have a small but established team of volunteers working on keeping everything ship shape. Rosie and Ben (Equipment Officers) and a small team of volunteers keep on top of a lot of jobs - as long as they are reported! Really bad damage sometimes forces us to send shells away to a specialist body shop. For basic repairs (tightening bolts or shoe screws, replacing heel restraints etc) you'll find tools and parts at the front of the boat bay by the trestles and the fastest thing is to tackle it yourself. If you aren't confident do please do ask for guidance though. Plenty of people around the club will be happy to help.

Michał's Gripes



Please do not remove any parts from any other boats without permission from Michał or club captain, Will Watson. If anything needs fixing, it is your responsibility to message ccrcfleet@gmail.com with the boat name in the subject line and details in the body of the message. It's always best to take a picture.

ACROSS OUR COMMUNITY

»» Safety Report

Safety Officer, Oliver James

When you are involved in an accident or near miss on the river this will probably need to be reported. Safety reports are made directly to British Rowing via their website, and need to be made by the Master in Charge of the vessel (the cox or steersperson) within 24 hours of the incident occurring. If your incident involves another club please speak to me first before you submit your report. Often we think that incident reporting only needs to be done in extreme cases of damage and injury, but this is not true. Logging near misses helps us stop accidents before they happen, and recording things like capsizes that do not result in any injury or damage help us show that our sport is safe.

- Incidents will always need to be reported in the following situations:
- If damage has occurred to people or equipment
- If you've used the phrase "that was lucky" to describe a situation not resulting in damage to people or equipment
- If you've had to take action in your session to avoid an incident as a result of a navigation failure from yourself or others

If you need help with your incident reporting then do not hesitate to ask.

CAMBRIDGE ROWING EXPERIENCE (CRE)



CCRC members know better than anyone the skill, teamwork and coordination it takes to make a boat move well. Through Cambridge Rowing Experience, companies get the chance to experience that for themselves - and get to experience a very memorable team day out.

If your employer or colleagues are looking for a team-building activity, why not suggest Cambridge Rowing Experience? It's a unique opportunity for teams to get out on the river and discover just how much skill it takes to make rowing look as effortless as our members do!

CORPORATE TEAMBUILDING DAYS

Exclusive offers available for Club members. Email us on info@cambridgerowing.com for more information.

EXPERIENCE DAYS

Friends/family visiting Cambridge? Know someone who would like to try rowing? All active City Members have an exclusive 15% discount for our experience days that we run at the weekends.
COUPON CODE = CITYMember



IN OTHER NEWS...

Where's that Kept?



Please refer to previous newsletters if you are trying to find out where some items are kept i.e. blue roll, mop etc. If anything is running low, please message Hannah/Richard or simply write on the board behind the bar i.e. kitchen stuff, blue roll, toilet roll etc (ideally before it runs out).

Spare seats and shoes: in the tall white cupboard near the front of the Vllls. No need to take out of other boats! Spare heel restraints: with the tools under the stairs in the boatbay.

Tramlines in boatbay: You may have noticed the new tape 'tramlines' on the floor by the movable racks, please keep the wheels inside the tape and shove them back if they wonder.

Lost property box

This currently lives below the cox box cupboard in the foyer and appears to be getting rather full. If you have lost any clothing/property, please do have a rummage through as we will be clearing this out by next week.



Anthony Edward MARTIN Harmer

02 Dec 1938 - 27 Feb 2026

We were recently visited at the club by an Australian gentleman, Myles Harmer, who was hoping to reconnect with members who may remember his late brother, Martin Harmer — a much-loved and long-serving member of City of Cambridge Rowing Club.

The Harmer family were deeply involved with the club for many years, long before most of us were around, and clearly hold many fond memories of their time here. Myles kindly shared the following message with us:

Thanks for taking the time to chat this morning.

As I said I am over from W Australia to scatter my Brother Martin Harmer's ashes and finish sorting out his affairs.

My family was very heavily involved with CCRC. My father Edward Harmer grew up in the Fort St George, and he is in two of the photographs on the club walls. My brothers Marting and Richard (Dick) were also very involved with the club. Martin was a veteran and the club treasurer.

As happens Martin started to lose contact with people. He was a good brother to me so I would very much appreciate it if some people from the CCRC came to the gathering we are having at the Orchard Tea Rooms on Saturday 30th May at 11.30. We will gather just to the right of the path and there will be a sign.

I also have the club minutes if anyone is interested (I will bring them on Saturday).

Myles also shared some wonderful photographs of his family and friends who, like so many of us, had a deep connection with our special club. Please see the next page for a few of these lovely memories from CCRC's history.

IN OTHER NEWS...

City of Cambridge Rowing Club - 1st. VIII



Head
of the
River
Bumped
199 R.C. 1
Winners of the
C.R.A. Time Race
in 1911.
The
Albert Samplin
Cup



1. Bow. A. E. M. Harmer - 11.12	4. T. D. D. Hoffman - 11.10	7. 1. E. Hunter - 12.5
2. A. H. Cripps - 12.0	5. S. C. A. Hilton - 12.7	8. J. R. Foskitt - 11.7
3. A. E. F. News - 11.7	6. A. J. Godfrey - 12.12	Cox. P. T. Beaumont - 8.4

Dr. J. G. D. Simpson (President), D. C. A. Baker (captain), Coaches - D. J. Jones (C.R.C.), G. A. Lucas (C.R.C.), T. F. Edwards (C.R.C.), G. Ward (C.R.C.), Abbott, L. M. Harvey (C.R.C.), Dr. D. M. Jennings (U.B.C. & C.R.C.)
Frank Weirford - Boatman.

Cambridge Town Rowing Club of Boat 1931



Row. B. A. Chandler 10.9, L. M. Thibault 10.7, L. Barker 11.6
2. D. C. A. Baker 10.3, F. S. Bland 10.11, Str. S. S. Harmer 10.8
3. T. H. Howard 10.4, S. J. Bryson 11.6, Cox. S. J. Harmer 9.2
Coach - J. D. Bentley (Whitby)

CAMBRIDGE TOWN ROWING CLUB COMMITTEE 1930-31



A. Chinnell, S. J. Brown, J. S. Bland, L. Barker (Captain), G. W. Lovell, J. O. Howards
J. Kent (Hon.), G. E. Norris (Hon. Sec.), G. H. D. Duff (Chairman), D. C. A. Baker (Chairman), G. W. Lovell (Hon. Sec.)



WINS FOR CITY!



Winter H2H

M Perf (A) 8+, M Perf U23 1x, JW18 1x, JW18 2x, Mix MasD 2x, M Mas E 2-, JM 18 4x, W Perf(A) 8+, JM18 1x, JW18 4x, JM16 1x, JW16 1x

Norwich Head

MasD M 4x

Head of the East

W Core 8+, Mix MasD 2x

Hammersmith Head

W1

WeHARR

W1 - winners of Provincial Pennant

Winter League (overall)

M Core 8+, W Nov 8+, M Core 1x

Cambridge Junior Sculling Championships

JW151x, JW152x, JM17 1x, JW17 1x

Vesta International Masters Head

M MasD 4x

Head of the Cam

M MasE 2x, M Perf(A) 8+, W Perf(A) 8+, M MasD 4x, W Perf 4-, W Perf 4+, M Perf 4- W MasE 2x, JM18 2x

Spring H2H

JM18 4x, Mix MasD 2x, JW18 4x, JM18 2x, M MasD 4x, M Core 8+

City Sprints

Mix/Cox 2x, WJ16 1x, O4x, W8+

Wallingford Regatta

W Perf 4-

Junior Sculling Regatta

JW16

Nottingham City Regatta

M Perf 8+, M Core 1x, W Perf(A) 8+, M Perf 4+

Nottingham Club & Masters Regatta

W Core 4+, W MasC 8+, W Core 8+, M MasC 2x

Radegund Mile

W MasC 4x



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<https://www.instagram.com/cityrc/>



<https://x.com/CityRC>

WINS FOR CITY!



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