

# CITY OF CAMBRIDGE NEWSLETTER

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CITY OF  
CAMBRIDGE ROWING CLUB  
ESTD 1863

11th March 2026



## Message from WILL WATSON, Club Captain



There has been plenty to celebrate at City in recent months. Our crews continued their strong run on home water at the Cambridge Autumn and Cantabrigian Winter Heads, delivering excellent results alongside impressive levels of participation, with many squads entering multiple boats.

Further afield, there were standout performances at major events. Chris Ware and Ed Gardiner both secured wins in their respective masters categories at the Scullers Head. Chris also produced another outstanding result at the Head of the Charles Regatta, supported by his family.

City was out in force at the Fours Head weekend, fielding three junior crews at the inaugural junior event, eight senior crews on the Saturday and a masters men's crew at the veterans event. A particular highlight was being awarded the Davison Award, recognising an exceptional all-round performance by a small club, which was a great honour for everyone involved.

The Christmas Head provided a fitting end to the term. Smoothly organised by Tom Upton and the events team, it was fantastic to see strong entries and generous volunteer support from across the club.

## Save The Date

**04 April 2026** - Boat Race.  
Bar open from 1:30pm

**10 April 2026** - Disco Biscuit  
End of Head Social from  
19:30

**02-03 May** - Big Weekend!  
The long anticipated big weekend is creeping up!  
Make sure it's in the diary

**03 May** - Live music event

See Wins  
on pg7

Any comments on newsletter,  
contact **Omar Terywall** or  
**Eirini Zormpa**

# 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 Helters
Deputy Captain (Nov)	-	Jenny Rankin
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	-	Ade Cooper, 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?



Rosie Braish and Ben Desson

This month, we would like to pay homage to Rosie and Ben who are the little City elves in our boathouse. They take the strain off Michal by solving most of the little problems that get reported - from changing shoes, fixing steering cables, adding fins etc.

Thank you both very much!



## Coach's Corner <<<

Director of Rowing, Michael Ruta

Process not outcome, a simple sentence but one that is often not given enough thought in most sporting environments, particularly rowing. Goals, targets, aims, manifestations are key in life - without them we are at risk of drifting through the days lacking purpose and meaning. But a fixation on the result often results in failure to achieve it. The aspirations that different squads have at their start of year meetings vary in nature and size, but they all share similarities - one would hope that they are both ambitious and challenging, yet they are there as tangible markers for the season ahead. If we only look at it in this binary format the demands (and there are many) of this amazing sport can overshadow the core reasons as to why there are over 300 members that will be receiving this newsletter and who are rowing at this amazing club. Remembering to take a step back and look at the processes being followed, day in, day out, is what should drive us. The outcome is a bonus, the process is the true reward - so in these dark, cold and often unrelenting weeks, it is easy to allow your thoughts to drift to the outcome of all this toil and hard work, but when you reflect back, you will find it is the process that will be where your fondest memories are made. Relish the grind and love the process.

# 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 to sponge and hose down 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](mailto:ccrcfleetrepairs@gmail.com)
- If you are able to fix the issue yourself, then even better!
- Put equipment back where you found it
- 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
- The committee organises for spurious kit to be donated to charity or binned at their discretion, don't risk losing your kit!
- 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 neighbors.



## 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](mailto: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

Special thanks goes to so many people - there are simply too many to name - a few standout examples;

- Piotr Rzczkowski - going above and beyond his role as junior coach to help with numerous repairs across the entire fleet
- Emma Roney - taking on the race account and race entries secretary - not small tasks!
- Clémence Legrand - running the club social media and organising kit supply and distribution
- Tom Upton - coaching and organising with the core junior squad and organising CCRC events
- Sarah Newell - organising the cox cupboard which was previously in total disarray

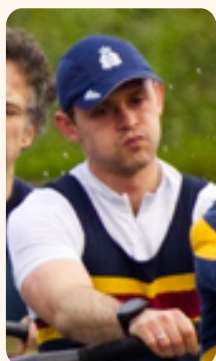
*Have we missed someone? Email [omar@terywall.com](mailto:omar@terywall.com)*

## Focus on the Fleet <<<

Fleet Manager, Michal Gabrielczyk, [ccrcfleet@gmail.com](mailto: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.

### Michal's Gripes



Given the volume of usage across the fleet - we're doing alright. So a pat on the back to everyone for being conscientious around our equipment. That said accidents do happen, and we do find a lot of damage and wear goes unreported and is found by the next user. So please - if something is loose, making an odd noise or might be broken, report it to [ccrcfleetrepairs@gmail.com](mailto:ccrcfleetrepairs@gmail.com). There are QR codes dotted around the boatbay which will open an email. If it's simple and within your capabilities - please do just fix it immediately and let us know. If you aren't confident, or need specialist tools or parts then reporting to ask for help is the best way to go.

# 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](mailto: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...



### JL Kit has arrived!

The JL kit was just delivered! Just in time for WEHoRR. If you haven't done so already, please reach out to Clémence to arrange collection.

Any issues, please get in touch with her directly.

### 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 Vlls. No need to take out of other boats! Spare heel restraints: with the tools under the stairs in the boatbay.

**Throwlines:** Please use these when bank partying juniors and small boats (smaller than a 4x/+), especially when with novices. If used, please let the Rowing Safety Officer, Oliver James, know. Throwlines are stored in and above the lockers in the boat bay, often in a rucksack with other safety equipment. Please do not remove throwlines from rucksacks.

To know how to use these properly please follow this link <https://rnli.org/magazine/magazine-featured-list/2017/june/be-someones-lifeline-know-how-to-use-a-throw-bag>



### 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.



### Congrats Eirini!

For Eirini's Hen do, she wanted to be with people who mean a lot to her, and doing something that means a lot to her!

As you can see, her hens went the full mile for her.

# WINS FOR CITY!



## Cambridge Autumn Head

O8+ Sarah N, Eddie D, Will G, Harvey O, Joe H, Will W, Freddie S, Seth F, Adam W  
W8+ Louis DN, Katie P, Sophie H, Liv D, Helen NS, Lucy H, Clem L, Annabel DH, Emma R  
O4+ Amy H, Eddie D, Will G, Harvey O, Joe H  
O4- Seth F, Freddie S, Will W, Adam W

## Cambridge Winter Head

O8+ Amy H, Eddie D, Joe H, Harvey O, Tim R, Sam F, Andrew M, Seth F, Freddie S  
W8+ Annabel DH, Sophie H, Liv D, Helen NS, Lucy H, Emma R, Katie P, Molly C  
W4- Katie P, Sophie H, Helen NS, Annabel DH  
M4+ Amy H, Joe H, Harvey O, Sam F, Andrew M  
W4+ Louis DN, Liv D, Emma R, Lucy H, Molly C

## Wallingford Head

W8+ (Band 2) Louis DN, Annabel DH, Molly C, Liv D, Helen NS, Lucy H, Emma R, Jess P, Clemence L  
W8+ (Band 3) Alex B, Charlotte B, Philly D, Alice C, Emily H, Kat P, Laura D, Emma R, Eirini Z

## Christmas head

WSen8+ Holly P, Marianne C, Emily H, Alice C, Heather N, Kat P, Laura D, Holly S, Eirini Z  
Winning Male O 4x David White, Chris Harris, Mike Champion, Guy Goodrick

## Winter League 1

WMasCD 8+ (Joint 1st place - dead heat) Helen B, Charlotte H, Shannon P, Sarah R, Claire C, Nomes L, Monique B, Kimmy Y

## Winter Head to Head

Winning O4x Mas

Tim Hohm, Chris Reid, Richard Brierton, Guy Goodrick

## Norwich Head

Winning Op MasE 4x- (D-G) crew

David White, Chris Reid, Guy Goodrick, Andrea Barp



**Davison award winners!**  
November 2025



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# CITY PERFORMANCE



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