

CITY OF CAMBRIDGE NEWSLETTER

WWW.CITYRC.CO.UK



30th August 2025



Save The Date

Saturday 30th Aug 2025
Gym Clear up - 10:00-13:00
Club Open Day - 13:00-16:00

Sunday 21st Sept 2025
Pink Duck Race! See pg7

Saturday 11th Oct 2025
Annual Dinner

See Wins
on pg8

Any comments on newsletter,
contact **Camilla Benfield** or
Omar Terywall

Message from WILL WATSON, Club Captain

Thank you to my predecessor Tom Upton. For the last two years Tom went above and beyond, and far too often many of his efforts behind the scenes went unnoticed. He has undoubtedly left the club in a stronger place than when he assumed the role. As was true previously for Will

Schofield, who was captain when I joined the club. I will endeavour to continue their good work and do the same.

I feel extraordinarily lucky to inherit the club in its current state. The club saw huge success at Bumps. We have a large number of successful, thriving squads. City is such a special place, and testament to that is the fact that as a club we manage to fulfil the needs of members across a wide range of experience levels and aspirations.

For those who want to compete and win at the highest level of domestic competition. Fielding squads across all ages who are competitive both on and off Cam. Creating pathways for those who are picking up an oar for the first time. Community outreach via EAYR and helping rowing reach new groups of people. All whilst having fun. These are all excellent things that we do, together, as a club.

I cannot wait for this season to get underway and I hope you are all as excited as I am. Let's see what we can achieve this year and continue to push new boundaries.



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
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
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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?



That hunk of a man is Stuart Ladd! Other than being just an all round nice guy, he is also our Gym Captain keeping everything in working order for us all to enjoy.

You will often see him tinkering with the Concept 2 ergs, the weights, the mirrors, skirting boards etc. Anything that needs doing in the gym, Stuart is THE man! Thank you Stu!

Gym clear up! Sat 30th Aug, 10:00



Coach's Corner <<<

Director of Rowing, Michael Ruta

Collating the 'wins list' for this edition of the newsletter provided the perfect opportunity to reflect upon what an outstanding summer season we have had at City! The range of race winners from squads across the club highlights the incredibly healthy position we are in as a club. Race wins are of course the tip of the iceberg, and to enable the success that we have seen, there are so many moving parts that go on beyond the scenes. For me this was most evident at the highlight of the club's season - Town Bumps. In what was my first 'proper' bumps experience, I was blown away by the collective collaborative efforts of the club community to field not only the largest fleet racing across the week, but to support and facilitate the running of such a unique event. The sense of club pride on display across the week was truly inspiring and the passion, dedication and enjoyment was abundantly clear. The results were nothing short of fantastic - off the back of what was a hugely successful campaign last year, to have so many boats bumping up and even more so to have boats earning blades from competitive starting positions is a true reflection of where we stand amongst our peer clubs on the Cam. The juicy cherry atop the cake was obviously the double Headship, a first in the history of the club, but it certainly won't be the last! As with all things worth having in life, it wasn't achieved with ease, but the damage and equipment failures were dealt with in such a manner by the girls in W1 that the end result was never in doubt. I'm very much looking forward to building on the excellent progress shown across the club as we return for the new season in September.

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
- 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.



Gym Update <<<

Gym Captain, Stuart Ladd, gymcaptain@cityrc.co.uk

Sat 30th Aug 10AM - BIG SPRING CLEAN and ERG MAINTENANCE

I'll need volunteers to give the gym a proper deep clean before the new season. Anyone using it regularly in the mean time, a quick run around with the hoover would be most welcome!

At the same time I'll need a hand cleaning up the ergs and seeing what spare parts are needed. Hopefully we'll have 16 ergs by then too for a full fleet.

If you can spare an hour or two, I will be on hand and can also send round instructional videos. If you can fix a bike you're more than capable of fixing an erg, and if not, you can still help clean up flywheels.

That should set us up for the autumn.

Clubhouse update



Facilities Manager, Andy Muston, andrew@amuston.com



After six years in the boathouse it is beginning to feel more like an old friend than a new build. Things are beginning to wear out (boat bay lights) or need some TLC (a little decorating late in the evenings in place no one has probably noticed). However, as with all old friends, taking care and attention is required. Also, as we become more and more familiar with quirks and performance we are slowly looking to keep up an enhanced space where we can exercise but also meet, work etc. New ideas are always welcome as information as to things that don't deliver for us either because they are broken or because things can be made better. Progress might seem slow but it is made by the whole committee and the whole club when required.

Based on current plans, I will be away from mid September to mid November. The new chairman will be ensuring there is coverage as we look to move more to a small team (i.e. more than just me) keeping the building operating well.

I should give a call out to Tim Sallows who had been very helpful this past year, and we should thank Mark Glasspool for the air con

Andy Says...



Please turn off the bathroom lights.
Don't leave belongings in the changing rooms. It's not a storage room.
Any towels/clothing left behind for any more than 5 days, will be placed in the lost property box - followed by the bin.

City Juniors



Junior Coordinator, Will Schofield, ccrcjuniors@gmail.com

The junior squad continue to make great steps and achieve excellent results locally, regionally and nationally.

Highlights include: 6 athletes representing City at GB J16 trials, Lily winning WJ15 1x and Junior Sculling Regatta, and 15 juniors representing the club at Henley Royal Regatta Qualifiers across four different crews. A special shout out to the girl's 4x for coming 8th fastest non-qualifier at HRR qualifiers, a great result in a very strong field.

We also had 38 juniors compete in Town Bumps across four crews. The junior boys eight were City M3 and did an exceptional job of holding their own amongst some fast crews. The junior girls eight achieved their blades in the Women's 1st division. The City girls/St Mary's composite also achieved blades and moved up from Div 3 to Div 2. Finally the mixed beginners boat offered a lot of our juniors their first taste of bumps, and they got to experience the full set of outcomes.

We have reached our fundraising goal and alongside St Mary's we have taken delivery of a set of Peach telemetry for a 4x. A huge thank you to the volunteers and donors who made the fundraising happen and provided a hugely valuable piece of equipment for the club.

Looking forward, we have a large exciting squad for the 25/26 season and we can't wait to see what they achieve. If you're interested in getting involved with helping the junior squad please contact ccrcjuniors@gmail.com

>>> Bar Update

Bar Managers, Richard Brierton & Hannah Thorpe

Hey City people!

Just three things from us.

First a big 'cheers' to everyone who helped run the bar over bumps week. You all did a great job and we sold lots of drinks which means more money to help pay for the running of the club and buy nice stuff for us all to use.

Second, we wanted to clarify how members can access the bar. The bar is there for the benefit of all club members, but for security and safeguarding reasons and to comply with alcohol licensing laws we can't provide open access. If you want to use the bar, for example for squad drinks or a social event, please contact us and we can arrange access (subject to some rudimentary checks). So even if you already know the bar cupboard lock codes please resist the temptation to go rogue!

Finally, if you notice we've run out of anything bar, kitchen or bathroom related, please write it down on the notice board behind the bar so we can add it to the shopping list.

That's all from us. Enjoy the rest of your summer and see you at the boat house soon.

Hannah & Richard.



SPECIAL THANKS TO

- Michal G for putting his hand up as Equipment Officer!
- Tim Sallows for putting up some new racks in the boatbay to hold riggers!

Have we missed someone? Email omar@terywall.com

Focus on the Fleet <<<

(outgoing) Fleet Manager, Sam Luke, ccrcfleet@gmail.com

Apart from some rudder issues related to the weed in the river, we managed to get through bumps in good order. A special thanks to everyone who helped with this - especially those who are members of the equipment management team. Looking ahead, we will be carrying out a lot of routine maintenance as we get the fleet ready for the new season. All club members will need to help with that.

After 6 years running the fleet, I am now handing over to Michal, Rosie, and Ben who have been voted in to lead the fleet and equipment activities. I will be working with them on the handover during the next few weeks. Please have patience if things take a little longer to fix as they get up to speed.



Sam's Gripes

There have been a lot of incidents where boats have been damaged while sitting at the hard. Some of this was due to nails by Trinity and, thanks to Mike Champion and Bomber, these have now removed. However, it is good practice to make sure that the side of the boat does not touch the hard when you are boating or coming in. It will damage the shell and that takes boats out of action and reduces their resale value.

ACROSS OUR COMMUNITY



HOMERTON

Hi, I'm Tom - Homerton's next Club Captain.

In May bumps Homerton had a very good performance with W1 receive blades and bumping their way safely into div 1! All of the women's crews went positive and the men's side narrowly avoided spoons, rowing over on the last day and finishing with -3 overall! We're very excited to see what the next year of rowing brings.

Over the summer, we were thankful to be able to send a Men's Eight to Nanchang China for a 1000m regatta and 6000m head race. Amazingly, the crew finished second in both events - only losing to a very strong German crew!

St Mary's

It was a successful regatta season for St Mary's. The highlight was qualifying our first ever crew for Henley Women's Regatta and sending the same crew to GB J16 trials the following week. We also saw good results at the Nationals schools regatta and several wins at Star regatta. We finished it all off with blades in a composite with the City juniors and our summer skills camp. Ready and raring to go for next season which starts with our preseason 25th-29th August

EAYR

So my first year as liason for NCA and EAYR came to an end in super style with the annual rowing camp in the first week of the summer break. It gave us the opportunity to reflect on how far the NCA students have come in the staggeringly short time they have spent on the water - from never having set foot in a sculling boat back in february to more than competently sculling fine single sculls all the way to the lock and back! I can only express my thanks to City, EAYR, Tony, Sam, Sam for all their support and hard work with our students. They are besotted with the sport - and hopefully be transferring into the CoCRC junior section in the near future to continue their development. Thanks to Sam, Mike Champion, Beth Illsley and Finn for their help running the rowing camp, especially for Mike's garlic bread, which one of the students declared the best bit of the week! - **Adam Carter**

CAMBRIDGE ROWING EXPERIENCE (CRE)

CORPORATE TEAMBUILDING DAYS

If you or your colleagues are looking for an exciting team-building day, this is it! Experience the thrill of rowing and strengthen teamwork like never before. 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.
COUPON CODE = CITYMember

Spread the word and let them experience the sport we know and love!

www.cambridgerowing.com



IN OTHER NEWS...

LEARN TO ROW...RACE

Following on from our successful learn to row cohort last year, we will be running a "learn to Race" this year with an open day on 6th September and the course running from 13th September - 11th October on weekends 9-10:30am. This will be for 18-25yo who we would like to create a new cohort to go and race during head season and beyond.

Please advertise within your networks if you know anyone who would like to take part, they can sign up on the BR website here: <https://gorow.britishrowing.org/club/ec3a0487-51a7-4883-acc6-ffb04a8add57>

Equally we are looking for volunteers to help run this, either with coaching or behind the scenes. If you would like to get involved, even for 1 session, please contact Jenny Rankin.

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 ran out)

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 know (currently Jenny Rankin). These are stored in and above the lockers in the boat bay, often in a rucksack with other safety equipment (please do not remove 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>



PINK DUCK RACE

This joyful, eye-catching event is raising funds and awareness for those affected by breast cancer across the UK. Following huge success in Belgium and Tenerife, Cambridge was chosen for its beauty, rowing legacy, and incredible community spirit.

The race promises a fantastic afternoon in front of the City of Cambridge Rowing Club (12-4pm), with street food, family activities, and even surprise guests.

When is it? 21st September 2025, 12:00-16:00
How can I buy some ducks? Scan the QR code
How many people are expected? As many as 500 people!

WINS FOR CITY!



Head of the Cam

O8+ - Headship (Sarah N, Eddie D, James OD, Will G, Harry C, Matt S, Tim R, Callum B, Freddie S)

W8+ - Headship (Ollie J, Katie P, Steph W, Annabel DH, Clare H, Kyra U, Helen NS, Jess P, Sophie H)

O1x (Ben D)

OJ15 1x (Marcello)

WJ18 2x (Joelle)

OJ18 1x (Elliot)

WJ18 2x (Freya, Maya)

MasC 2x (Ben D, Chris W)

W4+ (Isla C, Clemence L, Emma R, Ugne V, Mez VS)

W8+ Club B - (Hugh F, Marianne C, Philly D, Charlotte B, Emma K, Tati K, Hannah T, Emma R, Eirini Z)

O8+ Club B (Sarah N, Alex L, Nic C, Tom H, Nick F, Nic P, Aidan L, Alfie J, Murray C)

Champs Pub2Pub

O4x (Jack G, Laszlo M, Matt H, Steven L)

City Sprints

MixJ 4x (Harvey, Freya, Amelie, Finlay)

OJ16 2x (Finlay, Harvey)

WJ 1x (Immy)

WJ 2- (Bryony, Emerson)

WJ 1x (Lily)

WJ16 2x (Lily, Alina)

OJ17 1x (Finlay)

Cox 2x (John W, Omar T)

Mas 2- (Chris W, Seb W)

O4+ (Amy H, Spencer K, Alec B, Cal B, Alex T)

W4+ (Isla C, Clemence L, Emma R, Ugne V, Camila Z)

W8+ (Isla C, Cassie X, Jenny R, Clemence L, Camila Z, Ugne V, Lou H, Hannah C, Emma R)

Mix 2x (Arthur, Xuxe)

Spring H2H

WJ18 2- (Bryony, Emerson)

WJ16 2x (Amelie, Freya)

W4- (Sarah A, Cassie X, Lou H, Hannah C)

W4+ (Isla C, Clemence L, Emma R, Ugne V, Mez VS)

Mas2x (Guy B, Chris W)

O4x (Jack G, Hugh B, Tom H, Laszlo M)

O8 Club B (Tanja S, Nic P, Matt H, Callum N, Nick F, Aidan L, Murray C, Alex L, Nic C)

Radegund Mile

O1x (Ed G)

O8+ (Emma G, Nic P, Matt H, Callum N, Aidan L, Jacob Z, Ben D, Alfie J, Nic C)

W8+ (Holly P, Marianne C, Philly D, Emma R, Charlie B, Tati K, Hannah T, Chloe B, Eirini Z)

Junior Sculling Regatta

WJ15 1x (Lily)

Bedford Regatta

O8+ Band 2 (Sarah N, Freddie S, Alec B, Matt S, Tim R, Sam F, Sam S, Will G, George T)

Nottingham Masters Regatta

Mix MasD 2x (Chris W, Kate W)

National Masters Regatta

Mix MasD 2x (Chris W, Kate W)

O MasD 2x (Guy B, Chris W)

W MasE 2x (Kate W, Sue)

O MasD 4x (Chris W + Rob Roy)

Star Regatta

W8+ Band 2 (Hugh F, Alice D, Sarah EH, Lisa S, Liv A, Joanna K, Yagmur Y, Charlotte H, Sam K)

Henley Women's Regatta

Dev 4+ won round v Plymouth Uni (Isla C, Clem L, Ugne V, Emma R, Iona J)

Henley Royal Regatta

Wargrave Challenge Cup, won round v Vesta 'A' (Ollie J, Sophie H, Jess P, Sarah A, Kyra U, Helen NS, Annabel DH, Clare H, Katie P)

Huntingdon Regatta

WJ15 1x (Lily)

WJ18 2x (Bryony, Emerson)

OJ16 1x (Will)

O2x (Arthur, Isaac)

OJ16 2x (Will, Finlay)

OJ16 1x (Will)

O4x (Lazlo M, Hugh B, Tom H, Steven L)

O2x (Lazlo M, Steven L)

Henley Masters Regatta

O MasD 2x (Chris W, Guy B)

CRA Time Race

O8+ - Headship (Amy H, Freddie S, Matt S, James OD, Will W, Harry C, Tim R, Will G, Eddie D)

O8+ Club B (Beth H, Sander L, Charles B, Alex B, Steve G, Thomas K, Jonathan B, Matt L, Ciaran W)

W8+ (Isla C, Clemence L, Steph W, Devonnie P, Jenny R, Izzy P, Lou H, Hannah C, Emma R)

CRA Town Bumps

O8+ - Headship (Amy H, Freddie S, Matt S, James OD, Will W, Harry C, Andy B, Will G, Eddie D)

W8+ - Headship (Ollie J, Sophie H, Jess P, Sarah A, Kyra U, Helen NS, Annabel DH, Clare H, Katie P)

Home International Regatta

O4x - England (Ed G)

Sudbury International Regatta

O2x (Hugh B, Jack G)

O4+ (Verity, Josh, Aidan, Archie, Struan)

Peterborough Summer Regatta

OJ16 2x (Finlay, Will)

O1x (Will W)

OJ16 1x (Will)

Mix 2x Band 2 (Will W, Katherine W)

Mix 2x Band 3 (Clare H, Will L)

W1x (Clare H)



CITY AT HRR 2025



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