



# *Australian Rowing News*

**Issue 38**

## **FROM THE CEO**

### **Welcome to the 38<sup>th</sup> edition of RA news!**

The 2008 Australian Rowing Championships have come and gone and we were able to witness an amazing spectacle over the seven days of competition with the culmination coming with one of the closest King's Cup races in history.

Congratulations to New South Wales who won their first King's Cup since 2004 and also to Victoria who won their third successive Queen's Cup. A full report on the interstate regatta and the entire championships can be found in the newsletter.

I would also like to thank NSW Rowing who ran an excellent event this year. The organisation and planning that is placed into coordinating the Australian Rowing Championships is a massive task and the Organising Committee did a wonderful job.

The event can also not be run without the work of the Boat Race Officials and many hundred of volunteers so on behalf of Rowing Australia I would like to thank these people.

With the Australian Rowing Championships now over, our main focus will now turn to naming the final Senior A crews, as well as the U23, Junior and World University Games teams for 2008. The final selection trials will be held at the Sydney International Regatta Centre, and begin on April 11.

I hope you all have a wonderful Easter break and good luck to all for the rest of the national rowing season.

**Andrew Dee**

**Rowing Australia CEO**

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## NSW challenges Victorian supremacy in King's Cup cliffhanger

NSW produced a stunning King's Cup performance to pip Victoria in one of the closest races in recent memory at the recent 2008 Australian Rowing Championships.

The King's Cup had been built up all week as one of the most anticipated races of the regatta and as the Interstate Regatta and Championships drew to a close for another year, the 15,000 spectators all stood on their feet as the New South Wales and Victorian crews surged towards the line.

The West Australian crew, stroked by the irrepressible Jeremy Stevenson, also played their part in the race and produced a cracking pace over the first 1500 metres. The pace that Stevenson dragged out of the seven men sitting behind him meant that NSW and Victoria had to make their charge slightly earlier than anticipated.



*The New South Wales crew celebrates their King's Cup triumph (back row left to right: Francis Hegerty, Matt Ryan, Terrence Alfred, Fergus Pragnell, Stephan Stewart, Sam Loch. Front row: Tom Laurich, Marty Rabjohns, James Chapman)*

New South Wales made their move slightly before the 1500m mark, led by stroke Stephan Stewart. Stewart was joined in the New South Wales crew by Terrence Alfred, James Chapman, Tom Laurich, Fergus Pragnell, Matt Ryan, Francis Hegerty and Sam Loch, while Marty Rabjohns barked out his instructions as cox of the crew.

With 400 metres left in the race New South Wales overtook the gallant West Australian's and began their charge to the line. Roared on by a vocal New South Wales crowd, the home crew held a one second advantage over their most fierce rivals, Victoria.

Cox Mark Douez called for a barnstorming finish from the Big White V and he was not disappointed. Drew Ginn, David Crawshay, Karsten Forsterling, James Tomkins, James Marburg, Cameron McKenzie – McHarg, Tom Swann and John Linke were called into action and soon began to cut into the one second lead held by New South Wales.

With only 100 metres left New South Wales held a three metre lead as Victoria continued their charge to the line. In a dramatic photo finish the parochial crowd was kept breathless until the result flashed across the screen that New South Wales had won the King's Cup in a cracking time of 5:32.90. They finished a mere 0.21 of a second clear of Victoria, with Western Australia a further three seconds further back.

It is only New South Wales' third King's Cup success in 24 years and the excitement displayed by the winning crew was noticeable to all. On a sad note it was likely to be Drew Ginn and James Tomkins' last King's Cup and it was unfortunate they bowed out of the great race with such heartbreak.

The 2008 King's Cup lived up to its mantle and proved why it remains as Australia's oldest sporting trophy.

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## **Interstate Regatta belongs to New South Wales**

**NSW added to its King's Cup success by claiming the Rowing Australia Cup for overall winner of the Interstate Regatta for only the second occasion.**

The Rowing Australia Cup was first presented in 1999 and has been dominated by Victoria over the last decade. They have won it seven times, with NSW's victory this year backing up the success they had in 2003. Queensland (2004) is the only other state to have won the trophy.

In what proved to be a close run affair, New South Wales finished on a total of 45 points to edge out Queensland by a solitary point. Western Australia finished in third place.

Queensland got off to a flying start in the Interstate Regatta with a win to Pippa Savage in the Women's Single Scull (Nell Slatter Trophy). Savage, who had been in sparkling form all week, led home Tasmania's Kerry Hore in a time of 7:37.51, while Zoe Uphill (NSW) took the bronze medal.

The President's Cup was next and Dan Noonan (NSW) backed up his national championship gold medal with an impressive display in the single scull race. Noonan, clocking a time of 7:05.76, won his first President's Cup ahead of Chris Morgan (SA) and Duncan Free (QLD). Free had made a return to the event he dominated for so long in an attempt to add to his seven President's Cups but was unable to match the pace of Noonan.

Next up the all conquering South Australian Lightweight Women's Quad Scull defended the Victoria Cup with a two and a half boat length victory over Tasmania. Amber Halliday, Marguerite Houston, Miranda Bennett and Maja Fiddler came home like a steam train after the Tasmanian crew of Kirsty Flemming, Emily Grant, Ingrid Fenger and Carly Cottam had led over the first portion of the race. The New South Wales crew finished in third place.

The Penrith Cup celebrated its 50<sup>th</sup> anniversary in 2008 and was built up as a battle between Tasmania and defending champions, Western Australia. These two states have dominated this interstate race since 1999 with Tasmania having won it on eight occasions and Western Australia twice. In 2002 the crews shared the trophy after a dead heat in a tremendous race at Nagambie Lakes in Victoria.



*The Victorian Queen's Cup crew was stroked to victory by Sarah Heard (second from right)*

On this occasion Western Australia proved too strong for the young Tasmanian crew who were without the influential Sam Beltz through injury. Ben Cureton, Todd Skipworth, Ross Brown and Perry Ward backed up their success from last year and won in a time of 6:05.83. Tasmania (Shaun Finlayson, Blair Tunevitsch, Nick Baker and Tom Gibson) came home in second place, some 1.9 seconds behind the West Australians, with Queensland winning the bronze medal.

The Youth Eights always prove to be a lottery and therefore make for some very exciting racing. This year was no different in the Women's Youth Eight as Queensland broke Victoria's three year reign on the Bicentenary Cup, winning the race in a time of 6:33.01. They won ahead of New South Wales, with Victoria taking third place.

Victoria regained some pride in the Men's Youth Eight taking a two second victory over Queensland and New South Wales. Victoria's finest young talent won in 5:51.71 to stake their claims for future honours in the King's Cup crew.

Victoria flexed their muscles in the Queen's Cup with a commanding performance. The crew oozed talent and showed their superiority by winning in a time of 6:09.58, with a 12 second margin to second placed Western Australia. The crew of Sarah Heard, Catriona Sens, Phoebe Stanley, Kim Crow, Fleur Chew, Pauline Frasca, Robin Selby Smith and Lisa Szatsznajder, coxed by Lizzy Patrick were never challenged and continued Victoria's impressive dominance in the event to seven wins in the ten times it has been held. Western Australia surprised many by picking up the silver medal, but deserved the accolades, while Queensland claimed the bronze medal.

The King's Cup was left to decide the interstate regatta and New South Wales' victory secured them the Rowing Australia Cup.

### **Final Rowing Australia Cup standings**

New South Wales	45
Queensland	44
Western Australia	37
Victoria	36
Tasmania	30
South Australia	24
ACT	12



### **Australian Rowing Championships**

**The Australian Rowing Championships came to a close on Sunday 9 March after seven days of fantastic racing at the Sydney International Regatta Centre, Penrith.**

There were many highlights over the week long event, as expected, with such a large number of races, athletes and skills on show.

Friday morning was set aside for the small boat finals and the spectators that turned up were not disappointed with what they saw.

Drew Ginn and Duncan Free successfully defended their national title in the Men's Pair, before backing up in the Men's Four on the Saturday. Free and Ginn combined with David Crawshay and Karsten Forsterling to defeat James Tomkins, Sam Conrad, James Chapman and Sam Loch.

Pippa Savage continued her exceptional run at national level as she won the Women's Single Scull from Tasmania's Kerry Hore. Dan Noonan meanwhile was crowned national champion in the Men's Single Scull, building on the absence of David Crawshay to stamp his authority on the race.

Kim Crow and Sarah Cook backed up their selection as Australia's Women's Pair with a solid win over a quality field. Cook and Crow led home Sarah Heard and Liz Kell, with Sally Kehoe and Kate Hornsey winning the bronze medal.



*Dan Noonan was the form sculler at the Australian Rowing Championships*

The 2007 Australian Women's Double Scull combination of Amber Bradley and Kerry Hore stormed to victory over Mosman team mates Zoe Uphill and Amy Ives, while Catriona Sens and Sonia Mills were in third place. The 2007 World Champion lightweight combination of Marguerite Houston and Amber Halliday attempted to challenge the heavyweight girls but had to settle with fourth place.



*Kerry Hore and Amber Bradley row to victory in the Women's Double Scull*

Jared Bidwell was the standout in the U23 racing after making a successful comeback from illness last year. Bidwell collapsed during training last year and was placed in a self induced

coma but bounced back in 2008 to win all three men's U23 sculling events. It was a fantastic achievement from Bidwell, who now has staked his claim for a spot on the Australian U23 team.

The Schools Eights races also are a much anticipated race at the Australian Rowing Championships and this year Scotch College and PLC Sydney were victorious. With many hundred of their school pees cheering them on down the course, both Scotch and PLC Sydney recorded impressive victories.

For a full list of results please visit [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au) and follow the links.

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## a.s.p.i.r.e. school network 2008 Olympic Education Program

### FACT SHEET

The Australian Olympic Committee is inviting primary teachers, students and schools to wear the green and gold and support the 2008 Australian Olympic Team.



A number of educational activities have been developed to support teachers in the classroom. The activities emphasise the Olympic values, literacy and numeracy skills, the use of information and communication technologies, active lifestyles and links with the community.

### **1. 2008 Beijing Olympic Resource**

A national primary resource containing over 60 cross-curriculum lessons themed around the Beijing Games. There is a major focus on China, exploring the language, culture, history, geography and customs as well as a focus on the Australian Olympic Team. The resource is available to download for free from [www.olympics.com.au/education](http://www.olympics.com.au/education).

### **2. BK Zone**

A website for children aged 5 – 12 years, themed on the Boxing Kangaroo and the Olympic Games. The website features self-directed learning and an invitation to send in stories and artwork for publication on the site. Visit [www.bkzone.com.au](http://www.bkzone.com.au)

### **3. Show Your Support Message Competition**

Primary school students are invited to plan, develop and produce a podcast that will encourage, support and inspire our Olympians to do their very best at the Beijing Games. One per state and territory will be chosen to play to the 2008 Australian Olympic Team in Beijing. [www.olympics.com.au/education](http://www.olympics.com.au/education)

### **4. Village Art**

Primary school students are invited to decorate the apartments in the Olympic Village of the 2008 Australian Olympic Team. [www.olympics.com.au/education](http://www.olympics.com.au/education)

### **5. Talk to Olympians**

Primary students are able to chat to Olympians online. Students are able to post questions on a set topic and hear responses from Olympians. [www.bkzone.com.au](http://www.bkzone.com.au)

### **6. Olympic Day**

Primary schools are invited to join millions of students around the world and celebrate Olympic Day in June 2008. [www.olympics.com.au/education](http://www.olympics.com.au/education)

### **7. Twinning Schools**

Primary schools are invited to link with schools in China and learn about each others cultural and social backgrounds.



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## **Adaptive Rowing**

**At the recent Australian Rowing Championships, Rowing Australia selected a LTA4+ crew to row at the World Cup 1 in Munich in an attempt to qualify for the**

## 2008 Beijing Paralympics, where Adaptive Rowing will be making its first appearance.

If this crew finishes in the top two in the final they will qualify and join the Adaptive Rowing Team to be nominated to the Australian Paralympic Committee to represent Australia in Beijing.

Australia's Adaptive Crews:

AM1x – Dominic Monypenny (Coach – Rik Bryan)

TA2X – John McLean and Kathryn Ross (Coach – Pedro Albisser)

LTA4+ - Peter Siri, Gene Barrett, Carol Cooke, Brandie O'Connor and coxswain Lisa Brown (Coach – David Butt)

Adaptive Rowing Head Coach – Pedro Albisser

**For more information on adaptive rowing please contact Matt Bialkowski at Rowing Australia on (02) 6256 5999.**

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## Australian officials rewarded with leading roles

**A number of Australian officials have been rewarded for their performances over recent years with several Boat Race Officials being appointed to international regattas in 2008.**

FISA has appointed the following umpires to officiate at regattas:

<b>Victor Walters</b>	1 <sup>st</sup> World Cup	Munich, Germany	8 – 11 May, 2008
<b>Greg Melbourne</b>	2 <sup>nd</sup> World Cup	Lucerne, Switzerland	30 May – 1 June, 2008
<b>Andrew Guerin</b>	3 <sup>rd</sup> World Cup	Poznan, Poland	15 – 22 June, 2008
<b>Brett Woolfitt</b>	Senior and Junior World Championships	Linz, Austria	22 – 27 July, 2008
<b>Brian Nash</b>	World Masters	Trakai, Lithuania	5 – 7 September, 2008

These appointments were further to the ones announced last year for the Olympic and Paralympic Games:

**Craig James** 2008 Beijing Olympic Games

**Michael Eastaughffe** 2008 Beijing Paralympic Games

Rowing Australia would like to congratulate all these officials for their appointments and their continued efforts in the sport of rowing.

## COACHES TIP

**It is important to realize that water is an important nutrient since it makes up 60% of the total body weight and 40% of the muscles. Without enough water, the athlete will not be able to achieve top level performance and may cause harm to his or her body.**

The most important fact about water is that it cools the body. An exercising body will increase in temperature creating sweat which will evaporate from the skin to provide a cooling effect.

The loss of water or dehydration can be controlled by recording morning heart rate and body weight, observing urine (clear to pale yellow if hydrated and dark yellow to brownish and strong smelling if dehydrated), and recording body weight before and after training or racing.

**Noel Donaldson  
High Performance Director  
Rowing Australia**

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## 2007/2008 EVENTS OF INTEREST

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>
11 – 20 April	Final Selection Trials	Sydney International Regatta Centre, Penrith
8 – 10 May 2008	World Cup 1	Munich, Germany
30 May – 1 June 2008	World Cup 2	Lucerne, Switzerland
15 – 18 June 2008	Final Olympic Qualification Regatta	Poznan, Poland
20 – 22 June 2008	World Cup 3	Poznan, Poland
17 – 20 July 2008	2008 World U23 Rowing Championships	Brandenburg, Germany
22 – 27 July 2008	World Junior and Senior Rowing Championships	Linz, Austria
9 – 17 August 2008	2008 Beijing Olympic Games	Beijing, China

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# ATHLETE PROFILE

Each month, RA News will feature an athlete profile. In this edition we feature Sarah Heard



**Nickname:** Heardy and Headry

**Home town:** Derrinallum, Victoria

**Place of residence:** Kew

**Occupation:** Student

**Club:** MUBC

**Began rowing:** 1998

**Date of birth:** 04/10/83

**Height:** 176cm

**Weight:** 71kg

**Favourite food:** Raspberry Liquorice ice cream

**Favourite book:** Jessica

**Favourite movie:** Dirty Dancing

**Personal achievements:** Finished University – Bachelor of Environmental Management and Earth Science

**School:** Ballarat and Clarendon College, Ballarat

**Current coach:** John Cumper/Lyall McCarthy

**Institute/Academy:** AIS/VIS

**Rowing career highlight(s):** Gold in Women's Eight at World Champs 2005, bronze medal World Champs 2006, Winning Head of the Yarra in 2006

**Professional goals:** Post grad study in Hydrogeology and become an environmental consultant

**Sporting hero:** Team Mates

**Interests:** Music, Reading, dancing and going out, cycling, running, spending time with friends

## Sponsors and Corporate Supporters



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