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Rowing ACT E-News

APRIL 2019

We encourage interested readers to sign up [here](#) to receive this monthly newsletter automatically.

April Highlights:

[Canberra Park ACT Championships](#) | [WWT Series](#) | [Pointscore Winners](#) | [Fundraiser Underage Trials](#) | [Pathways Program](#) | [Hot Shot](#)

Training & Regatta Updates

Canberra Park ACT Championships

The 2018/19 regatta season finished with the Canberra Park ACT Championships in early May, with some great racing throughout! While numbers were down on previous years, nearly perfect autumn weather lent itself to a fantastic couple of days racing.

Trophy winners

Taroola Reach Cup (U19 M 1x): Cormac Hayes (Marist)

Sculler's Trophy (W 1x): Jilly Roberts (ANU)

Porra Cup (U19 M 2x): Radford (Sampson, Schroder)

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Veteran Four Plate (Masters M 4+): DMRC/RMC (Buchmann, Reynolds, Lawrence, Williams)

Jubilee Cup (W 8+): ANU (Beniamini, Ims, Bennett, Bissaker, Kilo, Williams, Edwards, Caudle, Davoren)

The President's Shovel (Second M 8+): CRC 2 (Hodge, O'Neil, Spiel, Lang, Garnham, Bridgewater, Latimer, Trobe, Herbert)

Uriarra Cup (M 8+): ANU (Dunphy, Hempton, Horn, O'Brien, Kennedy, Harding, Clark, Antill, Domaschenz)

Phere Niki: Canberra Rowing Club



Pointscore Winners

With the season done and won, the final pointscore winners are:

Women's Premiership: ANU Boat Club

Men's Premiership: Canberra Rowing Club

Overall Premiership: Canberra Rowing Club

Congratulations to all the winners!

Winter Time Trial Series

Entries are now open for Winter Time Trial 1, being held on May 11-12.
The dates for the other Winter Time Trials will be released soon.

Rowing ACT News

Rowing ACT High Performance Fundraiser



We're fundraising! After all the great results from the 2019 Sydney International Rowing Regatta, we're looking to raise \$20,000 to buy a new double scull & equipment for our high performance program. We've teamed up with the Australian Sports Foundation for this, with all donations tax deductible. We've made a start thanks to a very generous donation; head to <https://asf.org.au/projects/rowing-act/upgrade-to-the-next-level/> for more information and to donate!

MPIO

Keturah Whitford is the Member Protection Information Officer (MPIO) for Rowing ACT. She is the first point of contact for any person considering making a complaint under the Member Protection Policy or anyone concerned about the well-being of themselves or other members. She provides confidential, impartial and timely information and support. She acts as a sounding board and provides information about the local complaint resolution options available to address the individual's concerns. MPIOs are not advocates and do not investigate complaints but they may elect to accompany complainants, if requested, to talk with someone else.

You can contact Keturah on mpio@rowingact.org.au.
The Member Protection Policy can be accessed [here](#).



ACT Athletes Invited to Underage Trials

Congratulations to the following ACT athletes who have been invited to trial for the U21 or U23 Australian Teams, based on their results at Nationals.

U23 Men's Sculling: Harry Glackin (CLRC)

U23 Men's Lightweight Sculling: Nathan Kennedy (ANUBC)

U23 Women's Lightweight Sculling: Jilly Roberts (ANUBC)

U21 Men's Lightweight Sculling: Hamish Harding (ANUBC)

U21 Women's Sculling: Nicola Greenland (ANUBC)

U21 Women's Lightweight Sculling: Alexandra Moylan (ANUBC)



ACT Pathways Squad

After a series of Pathways Camps, the ACT Pathways Squads have been decided. These rowers will attend the Underage Trials to not only race against the other states Pathways Crews, but also participate in a variety of events hosted by Rowing Australia to explore what rowing looks like after finishing school.

Female Squad

Zara Collisson (CGGS)
Anna Khan (CGGS)
Cara Brugeaud (CLRC)

Male Squad

Ethan Peters (CGS)
Rafael Priest (CGS)
James Moylan (CGS)

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Lily Smith-O'Donnell (RADF)
 Ella Smethurst (CGGS)
 Ella Ross (CGGS)
 Tilly Stanier (RADF)
 Olivia Cummins (CGGS)
 Cox: Issy Shaw (CGGS)

Ryan Mackay (CGS)
 Ben Daniell (CGS)
 Angus Whitford (CGS)
 David Connolly (MARIST)
 Hugh Andrew (CGS)
 Matthew Birch (MARIST)
 Cox: David Birch (MARIST)

Hot Shot of the Month!



Hot Shot of the Month

Each newsletter we will be showing some of the best photos of the past month. Thank-you to Nick Garratt for this early-morning pic of rowers training on the lake.

Send your best photos to eo@rowingact.org.au or use #rowingact or #actrowing for a chance to feature next month.

Calender

11-12 May: Winter Time Trial 1



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