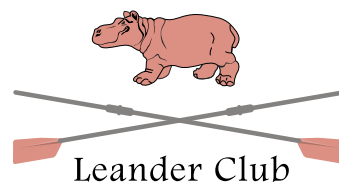


LEANDERNEWS

AUTUMN 2019



Photography by Nick Middleton.

LEANDER NEWS

The official newsletter of Leander Club is published twice yearly, in late spring and autumn.

Articles, photographs and ideas, as well as news of our Members, are always welcome and should be addressed to:
The Newsletter, Leander Club, Henley on Thames, Oxfordshire. RG9 2LP.

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LEANDER CLUB MEMBERSHIP IS PRIZED THROUGHOUT THE ROWING WORLD

The Club is always delighted to welcome new Members and you - the existing Members
- are best placed to identify and to nominate potential new candidates.

For further information see our website -

<https://www.leander.co.uk/membership/>

EDITORIAL

This year's World Championships were the qualifying regatta for the Tokyo Olympics. The Club was well represented in the crews and Vicky Thornley's report on page three details our representation.

While the medal count at the end of the Championships may be less than in previous Championships, Team GB was hugely successful in qualifying boats for the Olympic Regatta and Paralympic Regatta, finishing joint top of the qualifying boats' list with the Netherlands. Both countries qualifying 10 boats in the Olympic classes and in the case of Team GB qualified more athletes than any other country with 41 seats.

The crews yet to qualify are the men's single, pair and lightweight double and the women's double. All these crews will have the opportunity to qualify at the Final Olympic

Qualifying Regatta, 17—19 May 2020 in Lucerne and we wish them every success.

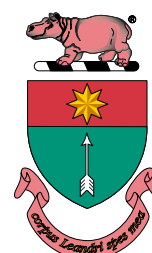
On the 2020 domestic regatta programme, Members may have read that Henley Royal Regatta has been seeking to extend the Regatta by one day. As Members may be aware, Henley Royal Regatta's application to the local council to extend the regatta to six days has been approved.

The Regatta's press release states: "There is still considerable planning work to do to make a sixth day a reality and therefore it is likely that the Regatta's schedule will not be extended before 2021." We will keep Members informed of progress.

This year's Senior National Championships were due to take place in June having been moved from October but, after a very poor entry, were cancelled. British Rowing

is seeking a new format and date but has yet to decide on either format or date. It has been announced that there will be no Senior British National Championships in 2020 while a new format is considered for 2021.

Members who have money on their 'old style' Membership cards are reminded that these accounts will be closed at the year end and any outstanding balances transferred as donations to the 'Boat Fund'. If you think you have an outstanding balance details of how to check are on page 18. These funds can be spent either in the Club for meals or across the bar.



WORLD CHAMPIONSHIPS

HEADING TO TOKYO

Vicky Thornley reports

At this year's World Championships, Olympic qualification spots were up for grabs, so the pressure was on.

As a team we went in knowing we needed to put up a serious fight. There is now a larger spread of nations that can perform to Olympic standard across all events, and this led to the tightest and most ferocious racing I have ever witnessed. Athletes were showcasing their prowess and intent from the first stroke.

The Club was represented by thirty one athletes. We had at least one athlete in every boat that qualified for Tokyo 2020, an impressive showing.



Photography by Nick Middleton.

The para squad had an outstanding regatta, winning two gold medals and our own Erin Wysocki-Jones clinched one of those as cox of the PR3 Mixed coxed four. The Russians took an early lead but the GB four stayed relaxed, getting their bow ball ahead by 500m. From then on they maintained a pace that no one could live with, eventually winning by a dominant 12 seconds.

The men's squad delivered the two medals in Olympic class boats; with bronze in both the men's four and men's eight. The four containing Leander's Matt Rossiter and Sholto Carnegie held the silver medal position until the last 200m in a closely fought final, where the fast finishing Romanians came through to put the GB four into bronze on the line.



Photography by Nick Middleton.

This result added to their European gold and World Cup silver medals, putting them in a strong position going into the Olympic year.

The men's eight went into the championships confident after a dominant gold medal performance at World Cup III in Rotterdam. The eight that included Leander's Tom George, Ollie Wynne-Griffith, Jacob Dawson, Tom Ford and cox Henry Fieldman, started the regatta strongly, winning their heat and moving directly into the final.

The second heat was won by reigning champions Germany. In the men's and women's eights, to qualify you have to achieve a top five finish. This means the pressure of qualification is still on your shoulders come the final, and adds a different dynamic to the racing.

In a tightly packed field, the GB eight went through every marker in the bronze medal position behind the Netherlands and Germany, finishing 3 seconds off gold. As with the men's four, being on the podium a year out from the Olympics, is a motivating position to propel the guys into their winter training.

For Leander's Jess Leyden it was third time lucky. She has missed out on Olympic qualification twice before, in 2012 and 2016. Now, as one of the country's best scullers (and winner of this year's Wingfield Sculls), it was great to see her in the GB women's quad executing a gutsy row in the recharge, securing qualification in a seriously tight finish. In the final they finished 6th.

The women's eight containing 6 Leander athletes finished in 5th position, taking the last qualifying position for Tokyo.

From a field of 31 entries, the new look men's double of Leander's John Collins and Graham Thomas from Agecroft, got their money's worth of racing. In the final they just fell short of the podium, finishing 4th. The men's quad missed out on the final so were contesting the B final, and with only eight Olympic slots, they had to finish in the top two.

These kind of races bring the biggest pressure you will ever feel. The GB guys could handle it though and finished 2nd, the Norwegians clinching the win on the line.

Qualification of the women's pair, four and single scull totalled 10 GB boats qualified for the Tokyo Olympics and three for the Paralympics. The athletes now face a tough winter, but with the view of the Olympic rings so much closer, motivation won't be hard to come by.



Photography by Nick Middleton.

THE LONG ROAD TO TOKYO

Matt Rossiter continues his journey towards the Olympic Games in Tokyo

I've been in the national team for three years now and I have to say that the 2019 trials process was the toughest I've experienced. I was delighted to come through it with selection into the Great Britain coxless four with fellow Leander member Sholto Carnegie, together with Ollie Cook and Rory Gibbs. In 2017, I'd rowed in the same boat where we'd come a disappointing 3rd so I felt I had some unfinished business.

The first race for our 2019 boat was the European Championships in Lucerne and it couldn't really have gone better.

We raced very aggressively and with a sense of being somewhat carefree. We won our heat and semi final and went on to win the final by clear water to become European Champions.

On the podium it felt absolutely euphoric. The hours we put in are pretty 'mega' and it's rare you get these moments, so we really soaked it up. Before the championships we'd been on training camp in Avis where we'd had an intense period of seat racing. I was grateful to make it through this and be in the four, but four other lads didn't. On the podium I really felt for those other four chaps, as I felt that any one of the eight of us could have won on that day. So, despite this sounding cheesy, it really was a team effort.

From Lucerne, the exciting racing season accelerated rapidly all the way through to the World Championships in Linz in late August. On the way we picked up a disappointing 4th in Poznan at World Cup 2 and a hard earned Silver in Rotterdam at World Cup 3.



Photography by Nick Middleton.



Photography by Nick Middleton.

After the World Cups the teams head away on their final training camps before the World Championships. We headed to Lake Silvretta in the Austrian Alps. This is where champions are made through two weeks of long miles and general 'beasting'. This summer was my third trip up there and despite being relentlessly brutal I absolutely loved it. We live in a small hotel by the lake and despite the training being hard the surreal scenery allows you to fall in love with the mountains, fresh air living and tolerate the training. After this camp the team flew to Portugal for the fine-tuning camp in Portugal before heading on to Linz for the World Championships.

Before this summer I had been to two World Championships and thought the intensity had been high but this year was ridiculous. The intensity of the racing was no less than absolutely ferocious. With crews scrapping for every single position, the racing was incredible. The field was so tight and even some of the early rounds had a number of crews separated by the smallest of margins.

As a four, we went in feeling very confident that if we got it right on the day we had a genuine chance at the Gold Medal. We raced well throughout the regatta and came away with a hard-earned Bronze. In life, and especially sport, it's very easy to look back and think 'what if' so I'm always careful when I do. That said, coming in behind Poland and Romania in the final

left me with a slightly funny feeling. All season we'd had the measure of both of them so to have them move past us wasn't how the script was meant to work.

In the final I still vividly remember looking across at Poland, $\frac{3}{4}$ of a length up, and realising that that was the Gold Medal right there. And calling for all we could muster; sadly it wasn't quite enough. That said, we raced incredibly hard and executed our plan and that at the end of the day is all you can do. I'm incredibly proud of the boys, our bronze medal and season in general. To come away as World Medallists and European Champions is something to be incredibly proud of.

I'm writing this in early October and the national team training squads are just getting back into training for the Olympic season. The Olympics are ten months away so quite rightly the training has ramped right up immediately to where it needs to be whilst only being two weeks in. From this point on the training will move relentlessly through training camps and trials.

The train to Tokyo is trundling on, which is both exciting and terrifying. Everything we've all worked for over the past three, five, ten, and fifteen years is all being put on the line for this year. But the golden carrot at the end of the trainline is more than worth it. A chance to race for an Olympic Gold Medal at Tokyo 2020.

HENLEY ROYAL REGATTA

John Collins reports on an action filled regatta.

There is rarely a dull moment at Henley Royal Regatta and 2019 was absolutely no different. A whole host of Leander crews took to the waters seeking glory and a small red box. Racing at Henley Royal is a unique experience for all rowers who enter, with the knockout format making for incredibly intense racing where literally anything can happen.

This high stress environment has seen some unbelievable sporting upsets. Olympic Champions beaten by students, crews winning until mere feet from the finish and crashing into the booms.

Leander were well represented in the men's and women's eights in the Grand Challenge Cup and the Remenham Challenge Cup respectively. Both crews faced the dark colours of the Kiwi eights and in both events a battle was on the cards.

The men's eight had put the Kiwis in the rear view at the second World Cup but not easily and the Kiwis were hungry to turn it round and without the weight of expectation on their shoulders. Likewise, in the Women's eight our girls had nipped the Kiwis to the line in Poland, but were experimenting with a change of seating order so did not know what to expect. In both cases the black bladed Kiwis came out victorious with incredibly aggressive displays of eights' rowing.

The Stewards' Challenge Cup saw two British coxless fours battle it out as part of the selection process for the 2019 World Championships. One four containing Olympic Champions, Will Satch and fellow Olympian Alan Sinclair, both on the recovery trail from injury, alongside Adam Neill and James Johnston, both worlds medallists taking on the reigning European Champions of Sholto Carnegie, Matt Rossiter, Ollie Cook and Rory Gibbs.

This was dubbed to be a fight to the death and the feeling in the National Team was that it could go either way. In a fantastic race the European champions showed the ultimate



Winning Fawley Crew of Alex Milne, Stephen Hughes, Miles Devereux and Tim Eilers

Photography by Nick Middleton.

coolness in the end and piled on the pressure in a great race. Pressure which resulted in a crab in the other boat and a strong win for Sholto's crew.

The Fawley Challenge Cup saw the Leander juniors progress smoothly through the rounds and end up in a local derby against Henley Rowing Club.

In the final both crews sculled out of their skins in a fantastic display of maturity beyond their years. It was a fight of real grit and the Leander crew led by Miles Devereux held their nerve and their form superbly and came home with a fantastic win.

In the Queen Mother Challenge Cup our GB men's quad showed why they were favourites by charging away from their German opposition from the first stroke to win by a monumental margin. In the Visitors' Challenge Cup the Under 23 composite stroked by Leander's Charlie Elwes dominated this event with real style and set themselves up very well for a win at the Under 23 World Championships.

It was heartbreak for the Leander Ladies' Plate crew who faced a slippery Dutch eight from Hollandia Roeiclub. The Dutch managed to slide out to half a length which the Leander crew weren't able to take back. It was a similar story in the Prince of Wales Challenge Cup where our Leander quad faced a very classy Dutch quad which managed to slip away.

Likewise, in the Town Challenge Cup Leander's women's coxless four found

themselves against a formidable Chinese women's boat which showed their class for the win. Another world medallist on the comeback from a long bout of illness was Leander's Beth Bryan. She and Kat Maitland faced a German double in the first round which proved too strong.

My own experience of Henley was a thoroughly enjoyable one. Having been in straight finals in the Queen Mother for the past couple of years I was looking forward to some warm-up rounds in the Double Sculls against some slightly easier opposition.

Leander's Olly Dix had other ideas and in our first round against them, they started like a bat out of hell. We were able to get the race under control but afterwards Graeme Thomas turned to me and said, "I'm glad they slowed down because I couldn't have carried on doing that".

In the final we faced former World Champions New Zealand. A very classy crew, we knew our 'A game' would be required to get the better of them despite their having some below par performances in the season. We blasted off the start and got a healthy lead early and at this point I thought to myself "well this is promising".

Unfortunately, the Kiwis were completely unflustered by this lead and proceeded to pile on the pressure relentlessly until the very last stroke. It took everything we had to maintain our lead, but we managed it and we were pushed to break the course record in the process.

I have never felt so under pressure when winning a race.

THE THAMES CUP WINNING CREW OF 1969

ROW OVER THE HENLEY COURSE TO MARK 50 YEARS SINCE THEIR WIN

Philip Angier reports.

Fifty years to the day, the seven surviving members of the victorious Thames Cup Crew from 1969 enjoyed a ceremonial row past the enclosures at this year's Henley Royal Regatta.

The 1969 crew was the second in a three year winning streak of Thames Cup crews drawn from the Club's cadet scheme. Some of the squad members later went on to win international honours.

The Regatta records of the time said *"Leander were much faster than any other crew in the event. They disposed of Garda Siochana, Isis and Harvard, all well thought of and the latter two selected crews, by an aggregate of more than eight lengths, on their way to the final. In the final, Leander continued to gain fast and led University of Pennsylvania by three lengths at the mile and an eighth, and held that to the finish."*



Philip Angier (2), John Yallop (4), Glyn Locke (5), John Pemberton (6), Miles Preston (7), Tim Bennett (stroke) and Jeffrey Easton (cox), generously supported by substitutes Greg Philpotts and Dickie Clarke (bow and 3 respectively). Photo courtesy of HRR

There was a self belief within the crew which was born out of the assurance of youth, a well-structured and well-supported squad system and a talented team of coaches led by Derek Drury who knew how to prepare a crew to 'peak' at the right time.

Joints may have stiffened and bladework have become somewhat scrappy over the ensuing 50 years, but the joy of rowing past the enclosures in Leander colours proved as fresh as ever.

The crew members were Philip Angier (2), John Yallop (4), Glyn Locke (5), John Pemberton (6), Miles Preston (7), Tim Bennett (stroke) and Jeffrey Easton (cox), generously supported by substitutes Greg Philpotts and Dickie Clarke (bow and 3 respectively).

Big thanks to Mark Banks and all the Leander staff for facilitating the weekend reunion.

MEET NEW COMMITTEE MEMBER PETE GOSTLING

WHEN DID YOU FIRST BECOME A MEMBER?

I first came to Leander in 1999 as a 15-year-old from Sudbury Rowing Club in Suffolk. The Club was based out of portakabins at that time as the refurbishment was taking place. It was an incredible time to join with "The Four" and Sir Steve going for gold in Sydney; I can still remember how I was in complete awe of these giants, my idols, drinking from jugs between training sessions. Sadly, the following year I had to sit out through injury, so I first rowed at Henley Royal for the Club in 2001 in the Fawley Challenge Cup.

WHEN DID YOU FIRST GET INVOLVED WITH THE COMMITTEE?

I have a background in sports marketing and sponsorship, so I joined the marketing and sponsorship sub-committee in 2016 to help work on the Invesco partnership and other commercial agreements for the club.

I have only recently (July 2019) been elected to the full committee.

WHAT EXCITES YOU ABOUT BECOMING A PART OF THE COMMITTEE?

The opportunity to give back to a place that's done so much for me. The Club changed my life as a teenager; it created lifelong friendship groups; gave me confidence; and offered experiences and opportunities I would never have had without it. I hope to help maintain this environment for the current crop of athletes, but I also want to help build the Club off the water, so it remains in a strong, stable position for the next 200 years.

WHAT CHALLENGES DO YOU THINK THE CLUB FACES IN THE FUTURE?

I believe the Club faces two main challenges. One is keeping ahead of the competition on the water, and



Stroking the Ladies Plate winning crew in 2004

maintaining our focus of getting athletes into the national team. With the right committee and right team of coaches I believe we can comfortably maintain this standard. The other is remaining relevant to Members. Younger generations are under increasing pressure with families and finances, and the Club now has to compete for every pound spent. We have to create value for our Members, whilst maintaining our traditions in a constantly evolving landscape, to ensure the future success of the Club, on and off the water.

GEORGIE BRAYSHAW EXPLAINS WHY TRAINING AT LEANDER IS BRILLIANT

There are countless brilliant things about training at Leander. It helps you to achieve your potential, by providing some of the best facilities available to club athletes anywhere in the world.

Choosing some of the best things about Leander is tricky, but firstly I would say the coaching at Leander is fantastic.

The coaches are very knowledgeable about rowing and getting the best out of training sessions and each individual athlete, and use their own past experiences to help us make our boats as fast as possible and perform as well as we can in races and trials.

The boats, the majority of which are Empacher, and the equipment allow us to train and race at our highest potential and speed on the water.

The gym also has top equipment with new Concept 2 rowing machines so we can maximise our time training and get

full benefit from our workouts, and a large amount of weights to supplement our work on the water and rowing machines that get that important edge during racing.

In order to reap all the benefits of training, we must fuel and recover effectively (which means eating a very large amount of calories). The chefs at Leander have worked hard to provide us with delicious meals for breakfast, lunch and dinner with the right amount of calories and lots of nutrients.

We have a large crew room where we can eat our meals and relax in between sessions enabling us to get the best recovery and prepare for our next training session.

With such an elite training programme it's inevitable that sometimes we get injured. Leander provides us with a physio so we can firstly try to prevent



injuries from occurring, but if the worst was to happen, quickly treat our injuries so we can get back to training as soon as possible.

Leander really is one of the best clubs to train at and be a Member of, I have rowed there for over two years now and I have achieved things I could only have dreamt of before .

THE KING'S CUP RENEWED 100 YEARS ON THANKS TO THE EFFORTS OF CHRIS HARTLEY

From persuading eight Chiefs of Defence to participate, to managing 126 military athletes and hosting their Ministers and Chiefs at Henley, to redrawing the 1919 programme for 2019 and designing the new Cup, Leander Member, Chris Hartley, was responsible for all we saw of this year's commemoration of The King's Cup.

The centenary of the 1919 Royal Henley Peace Regatta also saw a new cup presented. It incorporates eight precious national contributions including gifts from George Washington's 1797 battleship and from Her Majesty The Queen.

Leander played its part in 1919 when the Peace Regatta was first conceived and did so again in 2019 when on the Sunday, the Cup was handed to an escort of Coldstream Guards by our oldest veteran, on its way to the Stewards' Enclosure. The Coldstream Guards raced in 1919 and their escort included other 1919 clubs as well the crews racing in 2019. Once in the Stewards', the Cup was then handed to the next generation 'never to forget', flanked by Doggett's men, and placed into the Prize Tent.

The highlight of Henley 2019 was The King's Cup for eight national military crews, one hundred years since it was first raced. Some of the finest racing at Regatta led to the Finals win by the United States Armed Forces against the Bundeswehr in mixed crews and a race that has been watched over 22,000 times since.



The King's Cup being paraded to the Stewards' Enclosure

ROWERS' BACK—DR MATT STALLARD GIVES SOME ADVICE ON KEEPING YOUR BACK IN GOOD SHAPE

Around the millennium a big change occurred in British Rowing training. 'Core stability' was introduced. Since then every gym has training methods to improve the body core musculature. Put simply that is the ability to sit tall strongly for a long time.

Up until then, most rowers rowed slumped. Pictures of the 1970s and '80s show rowers 'armpit sniffing' in full flexion at front stops. Steve Gunn (British Rowing Start Manager) teaches that in the slumped position each leg kick shears the pelvis off the unprotected lumbar spine.

Most rowers of the last century now suffer from a degree of low lumbar pain and stiffness. The hope is that rowers who have started their careers with 'core stability' will have much less of a

problem. Modern rowing is done in the tall position and not only does this give muscular protection to the spine but allows a greater degree of lumbar rotation and side bending. When the back is held straight the movement is from the hip rather than the waist, hence the incidence of hip pain recently in elite athletes.

So what to do if your back is bad? The modern mantra is that exercise is good for you in most aspects of health and this includes your back. You should manage your back pain with the rehab rules of 'Avoid Pain' and 'Do More Every Day'. Learn to sit unsupported with a straight back. Learn to lift with a straight back. Believe it or not stretching is good for you. Be careful with heavy weights

unless you can keep your spine flat. Avoid twisting, unprotected lifts. Acute injuries can be treated by pain killers and anti-inflammatories but only for a short time as resistance occurs leading to opioid pain killers which are in the long term addictive and damaging. If the pain stretches down the leg or both legs then it is time to seek professional advice, perhaps initially physio and medicine then if necessary surgery, however in general surgery is not good for backpain.

As you get to know your lumbar pain there is no reason why it should limit your activities although perhaps the incessant lumbar spine compression of white water rafting might be a step too far!

SCOTCH COLLEGE FROM MELBOURNE WIN THE LEANDER CHALLENGE CUP FOR THE SECOND TIME IN THREE YEARS

The Leander Challenge Cup, which is awarded each year to the most successful overseas crew at Henley Royal Regatta in the junior events, was won this year by Scotch College from Melbourne, Australia. Scotch College were the only overseas junior crew to reach the finals this year, losing to Eton College in the Princess Elizabeth Challenge Cup on Sunday afternoon.

This is the second occasion that Scotch College have won the Leander Challenge Cup, the first being in 2017 when they won the Princess Elizabeth Challenge Cup.

They have all become Members so we look forward to seeing them again at Henley.



James Isles, Fraser Miscamble, Tom McPhail, Archie Gill, Joshua Hill, Marcus Emmett, Sam Hobson, James Scott and Marcus Cameron with the Leander Challenge Cup

MEET NEW COMMITTEE MEMBER

—ANNA TROUP

WHY HAVE YOU STAYED INVOLVED IN ROWING?

I started rowing at Oxford and went on to stroke the winning Oxford Blue Boat in 1991. It was a defining moment for me as Oxford had had a 10 year losing streak. Since then I have wanted to give something back to the sport that gave me so much. As a Henley resident since 1996 and Leander Member since 2003, I was delighted to be asked to join the Regatta sub committee in 2018. Being involved in the Boat Race had given me some insight into running major sporting events and Regatta for Leander is a key event in the calendar. I also joined the social and hospitality sub committee looking at different ways the Club can cater to the needs of its Membership.

WHAT DO YOU BRING TO THE COMMITTEE?

I bring to Leander a legal background and more than 25 years' experience of

financial services plus an up to date professional knowledge of corporate governance and best board practice. As a result of stopping rowing I am also representative of the majority of our Membership who loved their rowing at the time, but whose lives have conspired to make rowing an (important) part of their history rather than their present.

WHAT WOULD YOU LIKE TO ACHIEVE ON THE COMMITTEE?

I would like the Club to re-engage with its local Members who are still participating in sport at a high level, as veterans or otherwise. The Club currently has capacity issues when it comes to rowing, given the needs of our high-performance squad of athletes, but as a base for Members who want to train together and do other sport there is lots of opportunity. Henley is a base for open water swimming and many Leander athletes become excellent cyclists and



triathletes. If we can draw back our local Membership who loved being part of a club when they rowed at Leander and still want to partake in sport, we will be able to encourage our Membership to make more use of the Club facilities and create some of the buzz around the Club.

KAREN BENNETT REFLECTS ON WHY SHE DECIDED TO JOIN THE LEANDER DEVELOPMENT PROGRAMME

I joined Leander Club in September 2014. I had just won a gold medal at the World University Championships in a 4. I had my sights set on the British senior team and I knew if I made the move to Leander Club this could help me get there as the Club is renowned as a stepping stone to the senior team.

There were a strong group of about twelve women training at Leander when I joined. I needed to be training in a competitive group with girls who had the same goals as me.

I worked part time at Sir William Perkins school doing rowing coaching in the afternoons when I had finished training

for the day. This routine worked well as Leander have a great network of support with the coaching team, physiotherapists, kitchen and office staff. It made my task of rowing so much easier as I knew that all I had to worry about was rowing well and all the stuff behind the scenes was taken care of.

I followed the training programme, completing all of the training on the water and in the gym whether that was on the ergo or doing weights. I also did all of the trials and test pieces to be considered for the senior squad. It was the last trial of the 2015 season in April that I had my final chance to get in that



season. I was in a pair with Katherine Douglas and we made it into the A final with the other senior team boats. We finished 6th but that was enough for me to be invited to join the team.

That 2015 summer I raced a pair with Rebecca Chin at two World Cups where we finished 10th at both. Then I raced at the World Championships in a 4 and won a silver medal!

VISITING ONE OF LEANDER'S RECIPROCAL CLUBS

Paul Budd gives an insight into what to expect

Leander Club has reciprocal arrangements with 43 Clubs around the world that Members consider to be 'likeminded'. The full list can be viewed on the website and includes 8 clubs in London, 8 in the rest of the UK and Ireland; 9 in the USA, various clubs in Australia, New Zealand, Hong Kong, Singapore, South Africa, Canada and Europe, and one each in Thailand and Kenya. They all have their own character but what they share in common is that they are member owned, rather than proprietorial Clubs; and offer a good standard of hospitality.

Accessing them is straight forward, you simply contact them and make a booking and follow this up with a 'letter of introduction' which you can generate for yourself from the Members' area of our website. This letter is automatically sent to the Club and

lets them know that you are 'in good standing' with Leander.

If you haven't stayed in a reciprocal club before it is worth doing a little web research before you contact them. Leander is more relaxed than many Clubs; some of whom fiercely guard their standards. They will all welcome you provided you blend in with their 'look and feel'. It is therefore up to you to ensure that you fit in and accept your host's values for what they are.

Reciprocal arrangements are for occasional visits by our Members, typically up to 3 or 4 visits a year. They are not there for regular use and most will expect a letter of good standing on each visit. As a visitor you should not expect to assume all the privileges their members receive. You are a guest and might not, for example, be allowed to



use 'member only' rooms or attend member events. They may, or may not, allow you to host your own guests but if guests are allowed it will usually be your responsibility to ensure they also abide by the rules of the host club. Most will have a stricter dress code than Leander.

Most Members who take up reciprocity thoroughly enjoy the experience. I will always be pleased to receive your feedback following your visit. We are also pleased to consider adding new clubs to the list and welcome suggestions from members of others clubs you know that might fit the bill.

MEET NEW COMMITTEE MEMBER PETE BRIDGE

WHEN DID YOU GET INVOLVED IN ROWING AND LEANDER CLUB?

I started rowing at school and then continued at university, which is where I first started rowing for Leander Club. I was lucky enough to row for the British team for 5 years and competed at the 1996 Olympics. Leander Club was my rowing club throughout my international career and provided a lot of support and stability to me during my rowing career. I made lifelong friends with many of the people I rowed with at the Club.

HOW HAVE YOU STAYED INVOLVED IN THE SPORT?

When I started work, I found I had very little time to commit to actually rowing, so before too long I decided to get involved with helping my university and became a trustee of the Oxford & Cambridge Rowing Foundation. Before too long, I found myself as a Boat Race umpire and was then asked to be chairman of Oxford University Boat Club. I served 10 years in

that role before stepping down in November last year.

During the 20 years I was involved with OUBC, we worked through a huge number of changes to the Boat Race, including several new sponsors and bringing the women's race to the Tideway, as well as countless challenges such as ensuring that the race remained relevant in an increasingly crowded sporting calendar. What I enjoyed the most was working with the coaches and the rest of the committee to support the students as they trained and raced, and helping ensure that the passion for the race lived on into the next generation.

WHY DID YOU WANT TO JOIN THE LEANDER COMMITTEE?

I am passionate about giving back to the sport that gave me so much enjoyment, and Leander was a key part of that. I am very keen to see the Club thrive for the next 200 years and am excited to be involved in helping to make that a reality.



There is so much that can be done to keep Leander as the pre-eminent rowing club in the world, and I want to help drive that continued success. I feel that I have learnt a lot over my years with OUBC about the challenges that clubs and events face and I want to use that experience for the benefit of the Club.

ANDY TROTMAN TALKS TO **CHARLIE WIGGIN** ABOUT HIS ROWING MEMORIES FROM THE LAST FIFTY YEARS

"I am the luckiest bloke alive" asserts Charlie Wiggin, a broad smile lighting his lived-in face. His bright, intelligent eyes suggest he has a potential for mischief: that he'd be up for a lark.

He has a substantial presence: a good candidate for Sherriff of Dodge City or another Wild West swing-doors bar town regularly troubled by brawlers, gunslingers and knife-fighters. It is not that his six foot one, broad, strong frame is particularly huge, but he exudes personality, presence and straightforwardness. An unusual person to find on Leander's Finance Sub-Committee, perhaps?

His Olympic medal - a bronze won in Moscow in 1980 in the coxless pairs with Leander's Malcolm Carmichael - is not his most memorable race. There was the gold medal in Elite Sculls in Hanover, beating Jochen Meissner and Udo Hild while being coached by a former East German sculling Champion, Helmut Gertz [who had escaped from East Germany by hiding in a mail bag].

There was the win in the Goblets at Henley with Malcolm, coached by John Pilgrim Morris, the victory in the Head of the River in Mike Spracklen's sculling group VIII stroked by Steve Redgrave, and the winning of the Grand in 1981 in Dan Topolski's crew which beat the National Squad by 1/3rd of a length.



With Malcolm Carmichael at the 1980 Olympics in Moscow

"I started coxing and single sculling at the age of six at Llandaff. But my mother, Pat, who had been an accomplished singer and dancer in her teens sent me, aged ten, to drama, ballet and singing schools. I enjoyed the attention of an audience - as I still do to this day!

I landed a TV contract on 'Land of Song' and, while I was not a star, I enjoyed the experience."

"My downfall occurred, aged 13, when I was asked to put my hands around the waist of a female dancer for a duo in Romeo and Juliet. We both so enjoyed this that we soon decided to elope to London [she was 16 years old!]. My father Ron intervened while we were waiting for the bus and within weeks sent me as a boarder to Monmouth School."

At Monmouth Charlie, immensely strong, enjoyed basketball and soaring in the lineout for the rugby team while honing his rowing skills. On leaving, he went for a trial with Leander and joined the Cadet Scheme led by Derek Drury and Donald Legget. Selection was primarily based on single sculling and Charlie joined the second VIII which went on to win the Thames Cup, beating London in the final. This was the third successive year that Leander had won the Thames, which was then an international event.

At Lucerne in 1972 Charlie and his brother Roger watched the East Germans dominate most events with sweeping victories and Roger concluded "We need to find out how these East Germans are so accomplished and we need to go to East Germany to find out". So in September they flew to Liepzig and found a bookstore which stocked the East German rowing manual 'Rudern'.

"I did not believe such a book would be available and was very surprised when we found five copies - hardback, green, black and white - I remember as if it was yesterday. However, they refused to sell us a copy as we were foreigners, so we had to resort to paying a local waitress 'travel expenses' to buy it for us."

"This book gave us some hidden gems which were not available outside East Germany at that time, particularly an understanding of race profile and psychology, supported by strong data sets. There was an unexpected chapter



analysing technique for both rowing and sculling."

Having passed his Chartered Accountancy exams Charlie returned to Germany and rowed with the Essen Werden club. One of the stalwarts there was another Leander man, Colin Ellis, known as 'Vampire'. He brought a crew over to Henley and is infamous in a race against Leander for shouting back at the Umpire at the start: "Are you ready?" asked the Umpire, "It is ve who ask ze questions" retorted Colin.

Onward to 1980, Olympics year, when Charlie and Malcolm came second to the Russian Pimenov twins in Mannheim and second to the East German Langvoigt twins in Lucerne. In the final the GB pair overtook the Romanians in the run-in but lost out on the line to the Russians on a photo-finish for silver, while the Langvoits took the gold with a length to spare. "At least my parents saw us first-hand competing in the final" said Charlie.

Now owning his own successful accountancy practice, he wants to help people understand the principles of finance in terms of behaviour and value. When as Club President Jeremy Randall suggested he should join Leander's Finance Sub-Committee, Charlie asked why he hadn't asked him to join it before, as he had been at the Club for 50 years. Rass replied "In those early day I thought you were a maverick, now we need a maverick!"

LIFE AFTER ROWING WE ASKED FORMER OLYMPIC SILVER MEDALLIST TOM STALLARD WHAT HE HAS BEEN DOING SINCE RETIRING FROM ROWING

AT WHAT STAGE DURING YOUR ROWING CAREER DID YOU START TO ACTIVELY PURSUE WORK AND PLAN YOUR POST ROWING CAREER?

I had a Cambridge engineering degree by the time I broke into the senior team. However, the real catalyst was a poor performance in Athens. I had imagined I would stop rowing after the Games, but I felt I had unfinished business and struck myself a deal that continuing to Beijing meant I had to also prepare for what I would do next. Formula 1 had always interested me but this was the stage where I committed to pursuing it as a career.

WHAT WERE THE MAIN CHALLENGES YOU FOUND IN FINDING WORK WHILE STILL IN THE GB TEAM?

Initially I did a Masters course in motorsport engineering at Brunel. They were massively supportive of my rowing and gave me plenty of flexibility. Jürgen was also supportive allowing me several days training at the campus rather than with the team during the winter. From my Masters I secured a consultancy position working with circuit design which was really interesting – the biggest challenge then was finding time to work when I wasn't too tired from training!

YOU RETIRED AS AN OLYMPIC SILVER MEDALLIST; HOW DIFFICULT DID YOU FIND THE TRANSITION FROM THE HIGHLY

COMPETITIVE NATURE OF THE GB TEAM TO A WORK ENVIRONMENT?

I was lucky in that I retired from the highly competitive GB team straight into a highly competitive work environment at McLaren. In Formula 1 you are judged in competition every two weeks so it is pretty intense. Also McLaren won the World Drivers' Championship with Lewis Hamilton three months after I joined; unfortunately, I don't think I can claim much credit but it was a fantastically exciting environment to switch into. The biggest challenge was to build confidence in my ability and strengths in a different field – it is tough starting out from the bottom again.

WHAT SKILLS DID YOU FIND WERE TRANSFERABLE FROM ROWING TO WORK?

Initially the environment felt alien like a complete change. But as I became more directly involved in the race itself, I realised that all the work spent on psychology, managing one's mental state through an event, team building and team work, thinking clearly under pressure and coaching were hugely relevant across any discipline. In Formula 1 I have a reputation for coping well with pressure and the origin of this trait is clear.



WHAT ADVICE WOULD YOU GIVE TO THE ATHLETES WHO ARE STILL PURSUING THEIR OLYMPIC DREAMS ABOUT PLANNING FOR FUTURE WORK?

The most important advice is to spend time actively considering what you want to do after rowing, and who you want to be. I completely failed to do this before my first Olympics and this put me in a position where stopping rowing was almost impossible. This difficult situation motivated me to change my approach before Beijing.

Try to find an opportunity that motivates you and then the distraction from rowing can be a strength. By broadening your abilities and self-esteem beyond one sport you create a psychological robustness to handle setbacks.

WHAT ARE THE BEST AND MOST CHALLENGING PARTS OF YOUR CURRENT JOB?

The best and most challenging part is working directly with the driver. This means not only explaining the technical opportunities with the car but also coaching his driving and contributing to his mental state. Talking to the driver on the radio during the race is actually a similar skill to coxing, where one must balance information transfer with distraction. The trick is to pre-empt the information he needs, but avoid bombarding with excessive information.



Tom is Carlos Sainz Jr's race engineer at McLaren

ANNUAL CLUB DINNER IN PICTURES



Morgan Baynham-Williams, Georgie Brayshaw, Susie Dear and Natasha Harris-White



Peter Zeun, Ivor Lloyd, Terry Hunter and Ted Jackson



Terry Hunter and Ken Dwan



Hattie Taylor, Jacob Dawson, Will Satch and Rowan McKeller



Winning Fawley Cup athletes Stephen Hughes (left) and Alex Milne (right) with their coach James Loveday (centre)



Ollie Wynne-Griffith, Harry Leask, Sam Mottram and Tom George

LADIES' LUNCH

The Leander Ladies' are revving up again for another great Christmas lunch on 13th of December. These lunches started just four years ago and now have a Spring and Christmas lunch each year. The Spring lunch will be on 7th May 2020.

Hundreds of local women have enjoyed these events and have been joined by celebrated guests such as Lou Reeve talking about her experiences on Row Zambesi and Dee Caffari who has sailed single handed round the world six times.



Felicity Rutland, another Deputy Lieutenant but of Berkshire sharing her experience in the role



Lady Cynthia Hall talking at the Autumn lunch about her role as Deputy Lieutenant of Oxfordshire



Kate Treharne Jones, Jane Richardson, Lady Hall, Jane Trotman and Irene Randall

Tickets for the three course lunches are £40 and money from the raffles has supported local charities such as NOMAD and the Leander juniors with equipment and expenses to attend regattas.

Booking has now opened for the Christmas event on 13th December but tickets normally sell out within two days so watch out for the notice in Hippo Happenings.

CHEF MAGAZINE WANTED TO FIND OUT WHAT'S IT LIKE TO FEED OLYMPIC ROWERS? THEY CAME TO THE CLUB TO TRY A CREW MEAL AND FIND OUT MORE ABOUT FINE DINING DINNERS FOR MEMBERS. JO LAMIRI GIVES AN OUTSIDER'S VIEW OF WHAT WE OFFER.

For many chefs, the challenges of food supply, staff shortages and next week's menu are their most pressing issues. But just imagine trying simultaneously to run two catering businesses: one with tight budget restraints to feed elite athletes at the UK's oldest and most prestigious rowing club; the other offering fine dining and wine flights to its members.

A clubby atmosphere and wood panelled walls decorated with gold scripted names of Leander's medal winners may give Henley's riverside rowing club the air of a moneyed private members' club. But when it comes to food for the rowers, this bastion of history and tradition is very cost conscious as General Manager Paul Budd, OBE FIH. himself an ex GB rower explains: "Most of our money is ploughed into the rowing, so the crews pay £1.85 per lunch, which has to cover the food costs."

Providing the right diet is a challenge, says coach and former Leander rower, 'Ross' Rossie Hunter. "An ex athlete who's a nutritionist comes in to talk to them individually. Twice daily training is intense, Monday to Saturday, with an average water session of 90 minutes, an average ergo session of 1 hour and average weights session 1 hour."

"After a kind of pre-breakfast, they do 1.5-2 hours' training and have a second breakfast here. This is followed by a second training session then they have lunch. After that they either go home, to work or school and organise their own food. If they're on a heavy training load, they come back for an evening session, then dinner." With weekly training adding up to a massive 17 hours 10 minutes for the Leander Academy programme, it's no surprise to learn that the men need about 6,500 calories per day; women about 2000 less.

A typical 4500 calorie menu for a heavyweight woman or lightweight man is listed on the board in the Crew Room: pre-breakfast large bowl of cereal, medium banana, 250ml semi-skimmed milk, 250ml



orange juice, followed by 1 litre sports drink around training. Breakfast is then typically 3 slices of toast, porridge 200g baked beans and a 500ml milkshake. After more training they lunch on 450g pasta with tomato sauce and cheese, 150g chicken or fish, small portion of coleslaw and an orange or other fruit.

After another training session, a snack may be 3 slices of malt loaf with 5g lowfat spread followed by dinner of 200g fish or meat, 300g sweet potato, salad, 200g low fat yogurt and 500ml Ribena.

It's a lot of food prep for the chefs, but thanks to Lottery funding and Sport England, Leander Club now boasts a large, light kitchen where Bulgarian born head chef Vasily 'Vas' Vasilev and his team fuel both rowers and club members.

Even Vas's office is bigger than the average cubby hole chefs work from – there's even a converted fridge with chickpeas fermenting for next month's fine dining menu. Formerly at award winning Stoke Place in Slough and Cannizaro House in Wimbledon where he'd often cook for footballers and tennis stars, Vas joined Leander Club in 2014 as a sous chef, being promoted to head chef four years later.

One of his first projects was to introduce a new crew menu, also available to members in the bar. Variety and choice are important, as Vas explains, "At breakfast, they can have porridge, cooked breakfast,

fruit, muesli, toast and poached eggs.

"The crews tell us what they want – there's vegetarian, fish and pasta once a week, with a lot of options at every meal. For the vegetarians we provide protein via beans, lentils and chickpeas."

Apparently, crew favourites include lasagne, barbecued ribs, Southern fried chicken and schnitzels. [On the day the team from Chef & restaurant visited we had pork chops, pasta with bacon, peas and carrots.] Plate sizes are small or large, although even the small is a hefty plateful. Menus are very much a two-way consultation.

"What we cook depends on their training programme. If they say, 'Vas we have a race on Saturday' we tailor the menu – for example, during low-intensity, long endurance sessions, porridge will be in high demand as it's a slow release carb.



They also come and ask for various things, so I talk to the suppliers to see if it's within our budget. But with duck breast, for example, I know the bigger athletes would need three duck breasts per meal! A limited budget definitely demands more creativity from me to keep things interesting."

Paul endorses this need for restraint and would love to find a local food sponsor. "Weetabix offered to supply us with free cereal, but additional semi-skimmed milk – the best hydration for a rower – would have been £200 per day so we had to turn their kind offer down.



"This is a rowing club – the clue is in the title – so crew meals are as important as anything else. But members can also have lunch in the dining room and we have a lot of private events as well as 11 bedrooms. Leander Club offers everything from good plain, basic cooking to fine dining – there are always two stock pots on the stove.

Our aim is to offer freshly prepared five-star food at a three star price."

Paul is, quite rightly, proud of Leander Club's heritage and history – the club boasts more Olympic medal winners than any other single sport club in the world. "As you come up the staircase all those names are current champions, world champions, Henley champions, Olympians...that's the DNA of this club. It's about the youngsters who put their careers on hold to pursue an Olympic dream."

Vas also appreciates the club's strong sense of community, with everyone pulling together (forgive the rowing pun!). "We see them from juniors at 16 to GB, watch them winning Olympic medals, develop and progress. The Leander athletes



training with the GB team from Caversham all remember us and come into the kitchen to say hello."

Although he has great pride in feeding world class rowing crews, Vas also enjoys Leander Club's monthly Fine Dining Evenings – five courses with just 40 guests, which allow him to switch seamlessly from pasta to pithiviers.

"Cooking for the members keeps me and the team entertained. We can come up with different ideas and techniques and show off our skills, experimenting with new seasonal dishes and local produce.

When I came here, the head chef had a more old-fashioned approach to the food. Although our customers here like classic dishes and combinations of flavours – we can't go too crazy! – we do try to make it more modern, always cooking with love from raw ingredients, not packs.



"The two tier approach at Leander is a different dynamic from a conventional restaurant. We prepare our sauces and custard from scratch in house for members' dinners, but the athletes do have custard made from powder – we can be a bit cheeky for them!

"Tonight, we have smoked chicken consommé, with home made chicken and Roquefort cheese tortellini and Roquefort cheese panna cotta, chargrilled broccoli with broccoli crumbs then chargrilled mackerel with chicory and oyster leaves. Duo of pork – slow cooked belly and pig's cheeks – follows, served with carrot puree and coriander yogurt."

Desserts always have the wow factor, with pastry chef Annie, formerly of The Complete Angler, making everything from scratch. "Tonight, there's grapefruit pithiviers, deconstructed with puff pastry



on the bottom then pastry cream with grapefruit inside it, grapefruit gel, grapefruit sauce and Campari cubes set with agar. Fresh grapefruit and grapefruit meringues add different textures and sweet and sour element."

The rowers are given altogether less rarefied fare: big portions of crumble, chocolate chip bread and butter pudding with custard and treacle tarts for an instant energy boost.

Despite successfully running two catering operations side by side – a challenge for any chef – Vas is always thinking of his next kitchen project. "My plans are to introduce new ideas and techniques to the kitchen, without scaring our customers.

One of these is fermenting blueberries, and chickpeas for hummus. We're quite excited about this to see how far we can go." Watching the rowers do their stuff outside his kitchen window has inspired another aim. "I keep asking if I can go out on the river and row! It would be fun to have a team outing in our chef whites." And with that he's off back to his kitchen, tonight's dinner on his mind.

If you haven't been to a Club fine dining evening you should try to do so. It really does offer extraordinary value for money and some of the very best food in the area.

NEW COXLESS PAIR / DOUBLE SCULL NAMED IN MEMORY OF TONY CARRUTHERS

Thanks to a contribution from his generous legacy bequest to the Club, a new boat was named after the AGM in memory of Tony Carruthers, a former Honorary Treasurer.

The naming was performed by Tony's daughter, Anne-Marie Adams.

Members and friends of the Club are always welcome to consider making a donation or legacy which can be commemorated in a boat-naming.

*Anne-Marie Adams, the
daughter of Tony Carruthers,
christening the boat*



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We've always believed in taking a fundamental, long-term approach because we are committed to delivering the best outcome for investors. This principle has helped us build a world-class investment culture spanning many asset classes and geographies - not least our home in Henley-on-Thames.

The value of investments and any income will fluctuate (this may partly be the result of exchange rate fluctuations) and investors may not get back the full amount invested.

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REMEMBERING OUR MEMBERS

TERENCE DILLON

1937–2019 ELECTED 1990



Terence, 'Terry' Dillon was a headmaster and inspector of schools. An award winning

cornet player and member of the Band of the Welsh Guards he was also a successful rugby player and went onto make a significant contribution to rowing as a Leander and GB coach. Terry became involved with rowing when as headmaster he re-established the boat club at the Becket School in Nottingham.

In 1990 Terry and his wife Andrea, moved to Henley where his son Terry was rowing at the Club and the GB team. Terry senior soon got involved spending the next eight years coaching both Leander and the GB Team, working with Jürgen Grobler who was the Leander Chief Coach.

Terry successfully coached a number of crews. Well respected by the athletes, Terry was positive with a calm and assured manner. In 1994, Jürgen asked Terry to coach the GB Women's pair, Miriam Luke and Jo Turvey, for the World Championships in Indianapolis, USA.

Following Andrea's death, Terry took up long distance cycling. In 1997, he cycled 700 miles from Henley, to the World Championships in France. On arrival, the GB team presented him with a Yellow Jersey in recognition of his achievement. Terry was a passionate sportsman whether playing, competing, supporting, volunteering or coaching.

DAVID EDWARDS

1937 - 2019 ELECTED 1986

Rowing and Henley played a major part in his earlier life. He stroked Oxford in the 1958 Boat Race and won a second blue in 1959. He also rowed in the Grand with Isis that year, losing a very tight race with Harvard, the eventual winners.

In 1961, David rowed for Leander in the Grand. His father 'Jumbo Edwards', formed the crew based on the 1959 and 1960 Oxford crews, the latter having been selected for GB in the Rome Olympics. This Leander crew had just three weeks' training, and competed with 13 foot lightweight oars, in a special Donoratico boat shipped from Italy.

The crew beat Molesey in the first round, going on to reach the final with identical times to the Russian national crew rowing as USSR Navy. In spite of a fine row and tremendous support from the Henley crowds, Leander lost by one length.

David's final appearance for Leander was in the Grand of 1964. He then gave up first class rowing, going on to become an intrepid army officer and tank commander.

BRIAN FENTIMAN

1947–2019 ELECTED 1976

Brian joined Quintin Boat Club in 1967. He rowed for Quintin in three eights that finished in the top 10 of the Tideway Head and in two Thames Cup semi-finals. He was in the Quintin eight that represented England in the 1968 Home Countries match and in the Quintin eight that won the National Championships in 1973.

In an era when GB crews competed in the National Championships, he won a bronze medal for double sculls in 1972 and a silver medal for lightweight single sculls in 1978. He was in the GB lightweight eight in the 1975 and 1976 World Championships, winning bronze and silver medals respectively.

SIR DONALD GOSLING

1929–2019 ELECTED 1998

He was the co-founder of what was to become NCP (National Car Parks), a business he started in 1950 when demobbed from the Royal Navy, after service aboard HMS Leander.

Later in life he oversaw the construction of what was one of the greatest super yachts in the world which he named 'Leander'.

An incredibly generous benefactor it is widely accepted that he gave away over £100 million to good causes. He was an enthusiastic supporter of Leander Club and in recognition of his huge generosity to Naval causes, in 2012, he was appointed the Vice Admiral of the United Kingdom by Her Majesty the Queen.

SIR ANTHONY HART

1946–2019 ELECTED 1980

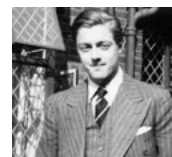
One of the most respected and distinguished judges of our times, Sir Anthony Hart, has died at the age of 73, a few days after being taken ill suddenly in London whilst attending HRR.

A loyal supporter of rowing throughout his life, Tony Hart grew up in rural County Fermanagh, a traditional place that perhaps shaped his timeless view of life. He rowed at Portora Royal School. When asked what he read at TCD, his reply was 'Rowing, and a little bit of law', but in his eulogy, Bishop of Clogher, Rt Revd John McDowell, stated 'there was no one more diligent and whole-hearted in his application to any case or any cause that he defended, prosecuted or tried. His work on the NI Historical Institutional Abuse Inquiry was a prodigy of organisational skill, forensic ability and, indispensably, of human sympathy.'

Tony rowed for DUBC (that's Trinity, Dublin!) and later was a member of Lady Elizabeth and Lady Victoria, the alumni clubs of both Dublin and Queen's, where he continued his legal studies. A proud member of Leander, he attended HRR regularly. It is fitting perhaps, in the last days before his untimely death, he was supporting and entertaining the crews of Enniskillen Royal, his alma mater, which he served exceptionally as a governor for many years.

BEVIS SANFORD

1918–2019 ELECTED 1937



Bevis has died aged 101, one of our last pre-war members. From Eton he went up to Trinity Hall, Cambridge. In 1937 he

won the Visitors' Cup at Henley in a time that was much faster than Leander's in winning the Stewards'. In 1938 Bevis was 6 in the only Goldie crew ever to have won the Head of the River, and in that summer, he stroked Trinity Hall to lose the final of the Grand to London RC.

In 1939 Bevis stroked Cambridge to a decisive Boat Race win. At Cambridge he won the Magdalene Pairs with Hugh Parker, and they went on to win the Goblets and were in the Four which won the Visitors' again. Bevis had a hard Henley as he and Hugh Parker were also in the Leander crew which lost the final of the Grand to Harvard. Bevis won his final Boat Race, held in Henley due to the war, in 1940. After he came down, he went to fight the Italians in East Africa and stayed in the Colonial Service until 1955; but that never stopped Bevis coaching the Hall whenever he could and his entertainment of Hall crews in Leander was legendary.

REMEMBERING OUR MEMBERS

COLIN BARRETT

1928 – 2019 ELECTED 1985

TONY BUZAN

1943 – 2019 ELECTED 2007

DOULAS CHILD

1926 – 2019 ELECTED 2002

SIMON DEVERELL

1932 – 2019 ELECTED 2015

PETER GADSDEN

1929 – 2019 ELECTED 1971

JOHN HART

1927 – 2019 ELECTED 1951

ASHLEY JONES

1962 – 2019 ELECTED 2010

SIR MICHAEL MARSHALL

1932 – 2019 ELECTED 1953

HUBERT MATTHEWS

1962 – 2019 ELECTED 2003

ALAN MOSS

1930 – 2019 ELECTED 1991

BARRETT NAYLOR

1962 – 2019 ELECTED 2011

BRUNO SCHRODER

1933 – 2019 ELECTED 1975

NIGEL SEALE

1941 – 2019 ELECTED 2008

ROBERT SEARS

1929 – 2019 ELECTED 1950

CAROLINE SINCLAIR SMITH

1959 – 2019 ELECTED 2010

EVAN STONE

1928 – 2019 ELECTED 1984

COMMITTEE VACANCIES FOR ELECTION AT THE AGM IN JUNE 2020

The Committee will be seeking new Members to be elected at the AGM on 28th June 2020. Any Member who wishes to put their name forward for election should notify the Hon Secretary in writing no later than 12 March 2020, together with the names of their Proposer and Seconder.

In addition to those who serve as members of the Committee, the Club requires volunteers to be involved on its various sub-committees, providing more specialised advice. The sub-committees include all the key areas - finance, rowing management, social and hospitality, membership, partnerships, regatta, buildings etc..

The Club is always keen to find suitable new candidates to assist in the running of the Club. If you could be interested in getting involved, please do not hesitate to contact Hugh Richardson chairman@leander.co.uk to explore this further, without commitment on either side.

CLOSURE OF MEMBERS' ACCOUNTS - FINAL NOTICE

Members will be aware of changes to the Members' Account discount system. This is the final notification to advise you that any residual balances on your accounts will be transferred to the boat fund on 31st December 2019.

The new Members' discount system operates in conjunction with your new, blue, membership card and gives you a 10% reduction on bar and restaurant purchases, other than at Regatta. It has been well received and is much easier for Members and staff to operate.

Not everyone has a Members' account and if you are unsure and wish to check if you have an outstanding balance, then please log onto the Member's area of the website using the 'log in' button on the top right-hand corner of the home page. You will need the email address you have registered with the Club and your Membership number (which is on your Membership card) to gain entry.

The Members' area of the website has a number of other useful functions including allowing you to pay your subscription if you do not have a UK bank account. You can also generate letters of good standing if you wish to visit our reciprocal clubs and make donations to the Staff Christmas Fund.

ANNUAL SUBSCRIPTIONS FOR 2020

AT THE RECENT ANNUAL GENERAL MEETING OF LEANDER CLUB SUBSCRIPTIONS FOR 2020 WERE APPROVED AS FOLLOWS:

CLUB MEMBERS AND FULL MEMBERS - £340

OVERSEAS MEMBERS - £170

FULL MEMBERS LESS THAN 30 YEARS OLD - £105

The British Rowing Annual Levy will be £7.50 and will be added to the subscription for all classes of Membership. Subscriptions will be collected by Direct Debit on 1st January 2020 unless you have opted for twice-yearly payment. Only in the case of Overseas Members without a UK bank account will credit-card payments be accepted. Members who have set up a split Direct Debit arrangement will make two payments of £170. The first payment of £170 (plus the BR levy) will have been taken on 2nd October 2019 and the second payment will be taken on 2nd April 2020. If your credit card has been renewed this year please advise our Membership Secretary of the new details by emailing Cheryl@leander.co.uk.

The Committee is always pleased to receive applications for both Full and Club Membership and Members are encouraged to propose suitable candidates. Guidance on eligibility can be found on the Club's website or you can contact us in confidence on confidential@leander.co.uk.

A joining fee equal to one year's subscription for the category is applied to new Members but is waived for Full Members less than 30 years of age.

Proposers of successful applicants are invited to dine with the new Member and their respective guests (a table of four) at the Club's expense.

NOTICE OF THE ANNUAL GENERAL MEETING 2020

The Annual General Meeting of Leander Club Limited for the year 2020 will be held in the marquee at the Clubhouse, Henley on Thames on Sunday 28th June 2020 at 11am.

In accordance with the Articles of Association one third, or the number nearest one-third of the Committee Members (Directors) will retire by rotation. The directors to retire shall be those who have been longest in office since their election. Nominations for Committee must be lodged with the Hon Secretary at the Clubhouse by 5pm on Thursday 12th March 2020.

At the AGM, Members may vote by proxy. A proxy form is available to download from the website, and a signed authority must be lodged with the Hon Secretary at the Clubhouse by 5pm on Friday 19th June 2020.

GENERAL DATA PROTECTION REGULATIONS

The Club holds personal data on each Member. This data is used:

- To manage membership accounts
- To circulate information about the Club and its events, by mail or electronic means
- For athletes in training, to record and monitor training performance.

The Club has a legal obligation to supply information at the request of HMRC, the police and the courts.

The Club employs a professional IT company to safeguard your data. Members may view their own data via the on-line log in, or by request to the Club office. Members have the right to ask that all their data be deleted, but should be aware that the Club makes no other provision for services to Members.

PINK HIPPO CLUB WINNERS

Created to generate funds for our rowing programme, tickets for the Pink Hippo Club cost £12 each, payable by standing order and the draw takes place every six months to determine the lucky winners. If you would like to join the Pink Hippo Club please email Philippa@leander.co.uk.

THE WINNERS OF THE AUTUMN DRAW 2019:

1st prize Mr J Perree £300

2nd prize Mr JG Davenport £200

3rd prize Ms JK Fidan £100

ROWLIFE

A SELECTION OF OUR LATEST PRODUCTS
AVAILABLE TO BUY IN THE PINK HIPPO
SHOP VISIT shop.leander.co.uk



1



3



2



6



4



5



9



7



8



10

1 Leander Hamper. *Deadline for Christmas orders 26th November. Enquiries to shop via email shop@leander.co.uk*

2 Leander Keyring £10. 3 Red Wine Glasses (pair) £47.50. 4 Leander Bobble Hat £18. 5 Leander Claret £16.

6 Champagne Cooler £100. 7 Extra Fine Merino Zip Neck Sweater £90. 8 Collared Cotton & Cashmere Sweater £80.

9 Pink hippo embroidery socks £16. 10 Midlayer £60 (men's or ladies fit). *Knitwear available in a range of colours.*

All glassware comes in a gift box. They can be customised for £30. Enquiries to shop via email shop@leander.co.uk

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