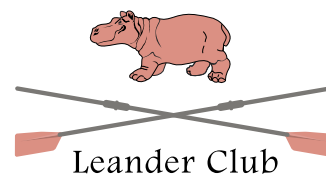


LEANDERNEWS

SPRING 2017



LEANDERNEWS

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

Editor: Ted Bainbridge

Email: newsletter@leander.co.uk

Contributors:

Charles Parry	Nick Middleton
Chris Dalley	Paul Budd
Ed Fisher	Philippa Gutteridge
Harry Higginbottom	Robert Treharne Jones
James Loveday	Sara du Luart
Matt Rossiter	Tim Clarke

Cover photo:

Leander power down Corney Reach to record their first Women's Eights Head win since 2011

Photograph:

Robert Treharne Jones

HEADS YOU WIN

A stunning win for Leander in the Women's Eights Head, a cancellation for the men's race, and some promising results for our juniors, all added up to an eventful spring Head season, as Robert Treharne Jones reports

Leander athletes reigned supreme at the Women's Eights Head in London, when they completed the 4¼ mile Championship Course in just 18 mins 13.1 secs, more than four seconds clear of second-placed Cambridge University.

The Light Blues, in their final days of preparation before going on to win the Women's Boat Race, were always going to provide the main opposition, after a GB squad composite pulled out of the race at the last minute. With Olympic silver medallists Vicky Thornley and Karen Bennett on board, the crew also included world champions Fi Gammond, Holly Norton and Holly Nixon, as well as former junior world sculling champion Jess Leyden.

"It was good to have so many GB athletes available to record our first win in the event since 2011, especially since they had just come back from a particularly gruelling cycling camp in Majorca" said their coach, Jane Hall. Despite having had just seven sessions together on the water, both in Henley and London, the crew gelled very quickly.

"There was a great bond in the crew, but the race plan was all about



Credit: Robert Treharne Jones

Leander are all smiles before going on to win the Women's Eights Head.

Crew: (L to R) Karen Bennett, Anastasia Chitty, Vicky Thornley, Holly Norton, Erin Wysocki-Jones (cox), Fi Gammond, Emily Carmichael, Holly Nixon and Jess Leyden.

simplicity, doing the basic things really well, and they executed that perfectly" said Jane, who was in charge of her last club crew before leaving for her new role with the GB Rowing Team.

Two weeks later wind against stream between Mortlake and Putney put paid to any hopes for the Schools Head to be rowed over the full course, but with all crews already on-site the organisers

opted to row the event over a shortened course to the Bandstand.

This meant a five-minute dash for the leading crews, with the Leander quad coming home just 1.4 secs shy of Maidenhead in first place. A further eight seconds back were the third-placed Windsor Boys quad, with the Maidenhead and Leander second crews taking fourth and fifth places.

The following day it was all-change at The Scullery junior head race, held at Eton Dorney, where crews raced two legs each of the 1900 metre course.

Leander A had an excellent first leg, but a loose gate with 200m to go put paid to their hopes of a win, as Windsor Boys took top honours ahead of Lea and Marlow, with Leander finishing fourth.

But there was better news for the Leander J17 quad which came a close second to Maidenhead.

Back on the Tideway the following day the adverse weather conditions persisted, and the organisers made the wise decision to cancel the Head of the River Race, for the third time in five years.



Credit: Robert Treharne Jones

The Leander A quad showed promise at the Schools' Head and The Scullery

It was disappointing news for Leander, who were looking to regain the Head title after their 2016 defeat at the hands of Oxford Brookes.

Rio gold medallist Will Satch had been joined by fellow GB Olympians Stewart

Innes, John Collins and Pete Lambert, together with four of the club's strongest development athletes, and the crew had made the best of their training on Henley Reach.

MEET THE CAPTAIN

Six-times Henley winner Nick Middleton is the new captain of Leander Club, as Robert Treharne Jones reports.

Nick, 28, took up his duties in January, succeeding double Olympic champion Alex Gregory, who has retired from his international rowing career.

A national-standard swimmer, training at Loughborough until 2008, an injury side-lined him, forcing a change of direction.

"I'd been up to Liverpool for selection to the Royal Marines Reserve, and I read about the GB success in Beijing while I was on the train" he explained.

"My old swimming physio had suggested I might like to make the transition to rowing, so I applied to Leander. They replied immediately, and I was invited to come and stay at the Club while I had my first assessment" he continued.

One aspect of his application proved controversial. "I had to submit a 2K ergo time, so I completed 500m and multiplied it by four!" he admitted. Within a week he had been admitted to the Leander development squad, and had no trouble completing two 10-minute pieces at a 1:48 split. His creativity with numbers was never tested, and at his first 2K trial some weeks later he posted a very respectable 6 mins 17 secs.

His arrival proved the start of an enormously successful rowing career,



and within two years he had won his first Henley medal as a member of the 2010 crew which won the Prince of Wales' Challenge Cup. He has since won the Prince of Wales a further three times, but made the switch to sweep rowing to race in the winning Ladies' Plate eight in 2013.

In 2016 he was selected for the first World Cup regatta of the season in Italy, where he finished sixth in the double scull with Jack Beaumont. They repeated that result six weeks later in Lucerne and decided to enter the Double Sculls at Henley, which they duly won.

Despite having no Olympic experience,

the new Captain can draw upon six years of international representation, which began in 2010 at the U23 World Championships in Belarus.

His passion for his club is clear. "Leander is my first club, my only club, and that means everything to me. To represent the athletes is a fantastic feeling, and I just hope that I can do as good a job as Alex has done. I want to be a great role model for my fellow Leander athletes and support them as much as I can. I have rowed with many of the athletes that train at the Club as well as at Caversham, and can relate to both."

CAPTAIN'S REPORT

A good start to the rowing year for Leander, as our new Captain, Nick Middleton, now reports.

The Club's first race of the new Olympiad took us to Holme Pierrepont in Nottingham for the British Senior Rowing Championships in October. Leander, once again, proudly won the Victor Ludorum title for most successful club overall. The Club dominated in men's doubles, women's eights and men's eights, and both the men's and women's quads. A great start to the season, as I'm sure you would agree.



Matt Beechey accepts the Victor Ludorum Trophy from Annamarie Phelps, chair of British Rowing.

Fuller's Fours Head of the River followed in early November. This race has always been a special one for me, as it was the first event I ever raced at back in 2008-let's just say it was an eventful experience back then, but that story is for another time. It was a bleak day but the water, was as good as it gets on the Tideway. Leander dominated, winning the overall title as well as a further five pennants. Special mention goes to the junior quad of Tom Ballinger, Cameron Forsythe, Tom Placidi and Robbie Crowther and their coach James Loveday for winning the junior pennant in their Kanghua quad for the first time.

The first rowing trial of the year took the Leander athletes to Boston, Lincolnshire. It was a hard weekend with a 2 kilometre ergo test on the Saturday and a 5 kilometre time trial on the water on the Sunday. In the men's single sculls, Leander took the top seven spots, with Tom Barras winning and Andy Joel second in the U23 category. Sam Mottram took third place in the men's lightweight sculls. Karen Bennett and Katherine Douglas won the women's pair. Leander were first, second, and third in the women's single, with Holly Nixon winning. Kat Copeland was third in the lightweight women's single.

Now that the returning Olympians are back into training, they joined other hopeful athletes for the GB rowing trials that took place at the Redgrave Pines rowing lake at Caversham in December. It was a misty start to the day and with the rare treat of mirror-flat water.



Tom Barras led the Leander sculling charge with a win at GB Trials.

The athletes' speed would be measured in the format of 2 x 2k race, time-trial style. The day started with the women's pairs and saw Leander's Fiona Gammond and her partner Sam Courty (Bath University) win. In the women's single scull, Leander athletes Jess Leyden and Emily Carmichael were second and third, respectively. Next up saw the men's pairs take to the water. A tally of pink with Leander athletes present in all racing boats, an incredible achievement that shows the calibre of our squad. Tim Clarke and Tom Ford won, overhauling returning Olympians, which was a great victory for this up-and-coming pair. In the men's singles category, the top six places were all from Leander, with Jack Beaumont winning and Harry Leask winning the U23 category. The lightweight men's category Leander athletes Ed Fisher, Sam Mottram and Jonathan Jackson finished 4th overall, 5th and 6th.

Thirty of our development athletes, along with five coaches, returned in January from the winter training camp to Banyoles, Spain. The team got some long miles in on the continent, but it rained nearly every day which is unusual for this annual camp.

Boston, Lincolnshire treated GB triallists to snow, sleet and zero degree temperatures on our trip to race the second set of long distance trials in February. Once again, Leander athletes dominated on the water

with fantastic results throughout all the disciplines. The lightweight women's single saw new Leander athlete Kat Copeland take third place. In the lightweight single, Sam Mottram was third. Stewart Innes, teamed up with Oxford Brookes' Matt Tarrant to take first place in the men's pair. Second place went to Tim Clarke and Tom Ford, showing their form in a competitive field and nudging Leander's Olympic gold medallists Will Satch and Molesey's Moe Sbihi back into third. In the women's pairs, Olympic silver medallist Karen Bennett partnered Katherine Douglas to win. In the women's pairs, Olympic silver medallist Karen Bennett partnered Katherine Douglas to win. Holly Norton and Fiona Gammond were third.

In the sculling events, Leander's men took the top seven slots with Tom Barras winning overall, John Collins in second and myself in third. It was a similar story in the women's sculling results with Leander Club's Holly Nixon winning, closely followed by returning Olympic silver medallist Victoria Thornley in second and Jess Leyden in third. In the women's pairs, Olympic silver medallist Karen Bennett partnered Katherine Douglas to win. Sam Mottram was third in the men's lightweight single. Saskia Devereux came 14th in the women's lightweight single and 6th in the U23.

In conclusion, it's been a good start to the year for Leander Club. It is clear that the next generation of athletes is "stepping up" and pushing strongly for international vests. However, there are plenty more improvements to be made and many more miles to row before the racing season. I'd like to thank our sponsors, Invesco Perpetual and Parmigiani Fleurier, for their continued support to the rowing programme and Spire Dunedin which helps keep our team fit and healthy; and all the members- without your support we would not be as successful as we are today.



Leander athletes gather for the traditional group photo in Banyoles.

Credit: Naomi Baker

Credit: Peter Spurrer

Credit: Ed Fisher

FROM CLUB TO COUNTRY

Matt Rossiter has been a proud Leander member training in the British Rowing Team at Caversham since September. Life at the national training centre is hard work but hugely enjoyable, as Matt goes on to describe for us.

I started rowing at Abingdon School and carried this forward with three years at Durham University, following which I moved to London in 2012 and worked for two years whilst rowing at the University of London. Three years ago I decided that I wanted to focus more closely on my rowing so I joined Leander. I had two fantastic years, coached by Matt Beechey and Karl Reid, culminating in a rather dramatic Henley Royal Regatta in 2016 where we won the Ladies' Challenge Plate final after ASR Nereus were disqualified. Through the 2016 season I also had some solid results at GB Trials and, as a result, at the ripe old age of 27, I fulfilled a childhood dream by getting the call-up to train with the British squad at Caversham.

The Rio Olympics was an absolute triumph for Team GB, the British rowing team and Leander Club athletes. The end of the Olympiad brings many retirements, resulting in fresh talent being invited to train at the national centre, including me. It's a really interesting time to be called up, with new athletes actually outnumbering the 'old guard' of returning Olympians. I'm sure this first year is a pretty challenging period for these established hands but for us new crop it's an absolutely fantastic opportunity. Having the chance to train with Olympic champions such as Will Satch and Moe Sbihi is incredible.



Matt (front row, centre) celebrates after helping to win the Ladies' Plate last year

Training life at the National Centre at Caversham is much the same as what I experienced at Leander. The intensity is just a bit higher and the attention to detail is a little greater, with a dedicated team of sports scientists keeping a close eye on things. We train three times a day, whereas at Leander I trained twice a day.

What's definitely noticeable - and something that certainly takes some getting used to - is the long-sightedness of chief coach Jürgen Grobler and his coaching team. Personally, I am very much operating on a week-to-week basis, focusing on just surviving each day. I worry about each test as it comes, and then move onto the next. But you can see in the more experienced athletes that the work is all going in towards building themselves for the Olympics in Tokyo in 2020. The intensity of the training is still ferocious, but those guys don't necessarily worry about performing at 100% every day. They know which are the important days and pull out the big guns when it really matters. When I was training at Leander I would tear around, training as hard as I could every session. Training is tough, really tough and most of the Leander crew work in the afternoons to fund their training. The attitude in the GB team is subtly different, with the goal being to complete the training to a very high standard session-on-session, day-on-day, month-on-month, building towards 2020.

As I've mentioned, the set-up in the GB Rowing Team is absolutely world-class, but I feel that Leander has delivered me there, and in as good a position as I could wish to be in. I've been exposed, albeit in a slightly watered-down version, to everything that Jürgen Grobler can throw at me.

In my opinion Leander offers an unparalleled launch-pad towards the national team. Unlike any other club where I've rowed, everything is put on a plate for the athletes. The facilities, the coaching staff, the boats, the



kitchen and food provision, the behind-the-scenes logistics and the over-arching support from the club enable athletes to focus purely on the rowing.

Rowing with the British Team is what I've always wanted to do and I am absolutely loving it, but Caversham will never have that tangible feel of history and togetherness that Leander has. We've all been at the club during Henley Royal Regatta and would agree that the atmosphere is like none other. All the athletes, members and staff give the club an amazing community feel and atmosphere. Caversham is deliberately clinical and generates results, but I do miss the 'club' feel of Leander.

The focus is now on GB national trials in April where competition will be fierce to gain selection for the World Championships which are in Florida this October. I hope to give an update on my first season in the GB team in the Autumn Newsletter.



Matt (right) winds down with Cameron Buchan after GB trials last year

PETER SUTHERLAND MEMORIAL RACE

Crew member Harry Higginbottom writes about the race

On 26 March I was privileged to represent the Club in a new race between Upper Thames Rowing Club and Leander to commemorate Peter Sutherland, a member of the Club for seventy years and captain of Leander from 1960 until 1963 - the year he founded Upper Thames Rowing Club.

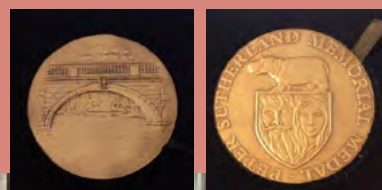
Rowing in the 3 seat of the Leander development eight, I was really excited to see how we would perform as a crew- having missed the Head of the River Race, cancelled on the day before owing to bad weather- and what speed we would achieve after winter training.

I had seen Upper Thames training in the days leading up to the race so I knew they'd be quick; hence I was somewhat nervous sitting on the stake boat with a far larger crowd on the tow path than I had anticipated, as our race formed part of the Henley Boat Races' programme. I knew we had some reasonable pace as long as we did everything to plan and so felt it would be hard for them to beat us. Our start was well executed and clinical, and we rated slightly lower than Upper Thames, giving us a good lead in the early stages as the water was particularly rough in the windy but bright conditions.

After the first minute, we settled into a strong rhythm, and started to take seats off the Upper Thames crew, moving up to open water a minute or so later. Upper Thames rowed a very good race in the early stages, and had good pace in the middle, so managed to stay in touch, however our race momentum was very strong. Our cox placed us well in the river and, over the course of the race, we just pressed out onto our stride and moved away. We were thrilled to beat a strong Upper Thames crew.

To add to our excitement of winning our first side-by-side race of the year, we were then invited to a medal presentation at the Sutherland home, to discover that the Prime Minister (on local constituency duty) would be presenting the winners' medals. On behalf of all of us in the crew, I'd like to thank the Upper Thames crew for a great race and Justin Sutherland, Peter's son and Captain of Upper Thames, for arranging the splendid medals and prizegiving, which made a thrilling end to a successful day.

*A PETER SUTHERLAND MEMORIAL RACE MEDAL,
KINDLY DONATED BY WALTER SCOTT, MEMBER OF LC AND UTRC*



MEDAL PRESENTATION WITH SAM ROYSTON, 24, - READING UNIVERSITY; PADDY GEORGE, 18, SHREWSBURY SCHOOL; BERTIE WOODFORD FISHER, 18, ST PAUL'S SCHOOL; TOM WIBLIN, 18, ABINGDON SCHOOL; HARRY HIGGINSBOTTOM, 18, KING'S SCHOOL CHESTER; CHRIS RAY, 19 LEANDER JUNIOR, HENLEY COLLEGE; THE RT HON THERESA MAY, PRIME MINISTER; FINN STEVENSON, 24, UNIVERSITY OF LONDON; CALLUM JOHNSON, 23, TEES RC; MAX LAFLAIVE-MANLEY, 18, MONKTON COMBE SCHOOL; COACH, TED BAINBRIDGE.

PINK HIPPO CLUB

Created to generate funds for our rowing programme, tickets for the Pink Hippo Club cost £12 each, payable by standing order, and a draw takes place every six months to determine the lucky winners.

An application form to join the Club can be found on the website at

<https://www.leander.co.uk/wp-content/uploads/PinkHippoClubSTO.pdf>

The **winners** of our **Spring Draw 2017**:

1st Prize	£300	J F Adey
2nd Prize	£200	R Treharne Jones
3rd Prize	£100	J D H Chadwick

TOKYO MOTIVATION

Two of the Club's Olympic athletes are asked by Tim Clarke why they decided to carry on towards the Tokyo Games



Vicky Thornley raced with the women's eight at London 2012 before winning an Olympic silver medal alongside Katherine Grainger in the women's double scull after an outstanding performance at Rio 2016.



Will Satch stroked the Great Britain men's eight to a gold medal at the 2016 Olympic Games in Rio, having won three world titles in the same boat during the previous three years and a bronze medal at the 2012 London Olympics in the coxless pair.

HOW MUCH TIME DID YOU HAVE OFF TRAINING AFTER RIO?

Thornley: Until January, so nearly five months. I wasn't 100% for a while about returning for another Olympiad so I needed time to think about it. I also knew that if I went back I wanted to have until January off as I needed a longer break than after London 2012. I went on some great holidays. I went to France and Italy for two weddings. Rick Eginton and I visited Cape Town in December which was incredible and I went snowboarding with friends over New Year as it's been seven years since I have done that owing to rowing.

Satch: I had around three months off. Normally we have three weeks after the World Championships but we get more time after the Olympics to "switch off" from rowing and contemplate your future. I had a good party in Rio then came back and caught up with friends in London. I then headed out to Ibiza with a big group of mates before another holiday in Mallorca with my girlfriend. It's great to see mates you can't normally see when you're training full time.

WHAT MOTIVATED YOU TOWARDS RIO?

Thornley: I came 5th in London and, looking to Rio, I wanted to make sure I did everything I could to achieve a better result. It was an Olympic medal that I craved. The 2016 Olympiad had its huge ups and downs, but I just kept trusting that if I kept making myself

better in every way then things would come together and my hard work would pay off. A lot of my motivation comes from seeing how much I can get out of myself and how good I can be. Rowing is a non-contact sport so the only control you have is over how quickly you move your own boat down your lane.

Satch: I was very hungry to do better than in London. We'd won the last three World Championships in the eight, so we wanted to complete the set. Winning Olympic gold is always the dream, it's something special and I had a lot of fire in my belly through the winter months to achieve that.

WHAT ARE YOUR REASONS FOR CONTINUING TO TOKYO?

Thornley: I was consistently getting better leading into Rio and I was in the best shape of my life on the start line of the final, but I believe I still have more to come. I didn't want to leave the sport and in a couple of years ask myself "what if?". You only get a short amount of time to do this sport and I want to make the most of it. I want to see how far I can take my ability.

Satch: Originally, achieving Olympic gold was beyond my dreams, but now it's done, Jurgen Grobler says that achieving it twice 'makes you a true champion'. To win two Olympic golds would be very special in this day and age. I would also like to experience another Olympics; it's different to a World Championships,

you're part of a massive team and there's a feeling from within you at the Olympics- it's hard to describe. I love to moan, but I thrive off regime, so the day-to-day grind of training keeps me out of trouble! If I can keep injuries at bay, I believe I can win again in Tokyo. Tokyo is a special place, it's got a great transport system and I love sushi.



HOW HAS THE TEAM CHANGED THIS YEAR?

Thornley: There are only three returning female athletes from the Olympic team at the moment which means there are a lot of new faces. It's great to see so many young girls with drive and determination to carry on the success of the women's team. I am now a 'senior' athlete and the most experienced which is a new experience. The team now is great to be a part of and is a lot of fun, which is really important.



Satch: It has been quite dramatic. I came into the team late before London 2012, so the last four years was my first full Olympiad. Loads of people stayed on after London with the opportunity to go to Rio. I miss the guys I trained with for the last four years, but sometimes a change is as good as a rest and isn't a bad thing. The new guys bring fresh positivity and we can't dwell on the past.

DEREK DRURY 1926-2016

His contribution to the Leander revival. Charles Parry and others write about Derek's remarkable successes at the Royal Regatta



Between 1965 and 1970 eights coached by Derek Drury were HRR finalists 5 times, won 4 HRR events, and reduced 5 HRR records, an unsurpassed achievement, winning the Thames Cup three years running for Leander in 1968, '69 and '70. Following a period in which its position as a leading rowing club had faltered, these successes in the Thames Cup marked Leander's renaissance to the premier club it is today. All this was recognised in 2009 when crews celebrated the fortieth anniversary of their victories, and Derek was honoured with Honorary Life Membership of the Club.

Derek started coaching rowing at Emanuel School in 1955. He quietly set about establishing Emanuel on the river; with very respectable placings in the Schools Head of the River between 1956 and 1960; he also managed to obtain a boathouse at Barnes. He watched and learnt from the most successful coaches, particularly the techniques of Karl Adam who coached Ratzeburg Rowing Club to World and Olympic victories.

Derek's approach was a complete change of format. Observing the fastest international crews, he distilled and synthesised the best elements into his coaching programme, whilst permitting his crews to develop in their own way. He looked for athletes, not necessarily heavyweights- skilful lightweight crews could be just as fast. Inspiring confidence in his oarsmen, all committed fully to a rigorous programme without

complaint; they were out to win. His training methods were rigorous, including weight training, speed and stamina training in the gym, with sculling and interval training. He planned training over a long period, with phases of greater intensity interspersed with lighter intervals. Usually one clear objective was suggested each outing, pithily set out in few words; he kept the crew interested; timing and rhythm were paramount, 'the beat'; individual fitness imperative; lengthy mileage outings were rare; short burst interval training was the principal diet. Derek liked the stroke unhurried around the back turn, as favoured today by Drew Ginn and the Australians, it allowed the crew to gather before coming forward, enhancing the timing of the entry; finishing out the stroke, the body did not lie back too far. Although others, like Lou Barry at the Tideway Scullers School, were also working on similar ideas, these ingredients prepared Derek's crews for racing faster than their opponents.

Derek's appreciation of sport psychology was also novel. Perhaps based on an awareness of historical events, he understood the psychology of competition. Littered with aphorisms, 'Beware Nemesis lurking the bushes' and others, Derek's coaching language was skilfully crafted to get the message across. He was also a superb race strategist and tactician, ensuring that the crew arrived at the start, whenever possible unevaluated but with high morale;



training for HRR 1968 included carefully constructed pieces to mislead watchful eyes. An aspect of Derek's race tactics was the fast start, thereby achieving almost instant demoralisation of the opposition, but applying strength with stamina minimising the risk of fading.

Emanuel won the Schools Head of the River in 1962 which began a series of 11 outright Schools' Head wins for Emanuel in the period from 1962 to 1981. Entering HRR for the first time in 1962, Emanuel lost early on but in fast times for the event, and in 1963 to the eventual winners, Pangbourne. In the autumn of 1964, after a year in USA, with a successful Colts crew, Derek started systematically and scientifically to apply his own methods.

With Derek, Emanuel again won the 1965 Schools Head of the River, the National Schools' Regatta and several regattas against adult crews before HRR. Reaching the semi-final of the Princess Elizabeth Cup that year, they beat Shrewsbury, setting new Barrier and Fawley records, and next day, Radley, lowering the Barrier record and setting a new course record. In the semi-final, Emanuel lost to the eventual winners, Tabor Academy of the USA by just a quarter of a length, equalling their record time.

In the following year, 1966, Emanuel finished 6th in the Open Head of the River Race, a position which no other School crew has achieved since, and was dominant in domestic events beating adult crews at six major regattas through the summer. They won the Princess Elizabeth Cup without being put under pressure and beat Halcyon BC, USA, in the final in 6.55, the fastest time for the event.

Leaving a remarkable legacy at Emanuel, in the autumn of 1966 Derek took up an appointment at Shiplake College. Although without him, the Emanuel crew of 1967 rowed through to the final of the Ladies' Challenge Plate, only losing with a crab in the final yards by the Stewards' enclosure to 1st & 3rd Trinity, again in the fastest time for the event.

During 1967 Donald Legget, a former Captain of Leander, and George Brown, Captain, seeing the opportunity to combine Derek's skills with Leander resources, persuaded Derek to take on the Club's ailing Cadet squad, planning to compete again in the Thames Cup, then the second HRR eights event.

In a new boat from Donoratico, Livorno, (now Filippi) a boatbuilder Emanuel had also used, with its fresh 'V' shape cutting the water, the Leander Thames Cup crew entered 1968 Reading and Marlow regattas before HRR, winning both senior eights events in record times. At HRR, racing through to the Saturday was reasonably easy; the crew reduced the Thames Cup Barrier record on the way and beat Cornell University in the final by 4 lengths. Afterwards Derek came to the boat house with a broad grin. He had apparently been asked to gather a squad for the 1972 Olympic Games.

Next year, 1969, Derek, assisted by Donald Legget and Jock Mullard, and a fresh squad of oarsmen, repeated the win in the Thames Cup and again in 1970 for an unprecedented hat trick. He also coached the 1970 Leander Grand crew, based on members from the previous winning Thames Cup crews, which was narrowly beaten by GSR Aegir, Holland. During this time he also coached both CUBC to Boat Race victory in 1968 and OUBC to defeat in 1969, the switch to the latter was because the stern four of the crew had rowed with him at Leander and/or Emanuel School and of course Derek had been to Oxford himself, so it was a request that he could not refuse. After the 1970 win he only managed to play a supportive coaching role at Leander as family and teaching responsibilities began to crowd in. In 1972 he moved to a new position at Canford School where he also took on the rowing and, whilst not reaching the same heights as before, he still achieved extraordinary results with the school's crews which had only a limited stretch of the Stour River to row on. Even in retirement he was in demand as a coach helping out at Bryanston School and elsewhere and was still offering advice until he died.

At a time in the late 1960s when continental, particularly the Eastern bloc, and American crews seemed invincible, Derek and Donald demonstrated that English crews could hold their heads up.



On occasion of becoming an Honorary Life Member in 2009: Derek Drury with Steve Williams (Captain) and Sir George Cox (President)

These successes based on the Cadet Scheme were not only the start of the restoration of Leander to its pre-eminent position in British rowing, but also made a major contribution to the revival of British rowing with three members of the Leander Thames Cup crews rowing in the 1976 British Olympic Silver Medal winning eight and other crew members rowing in successful international crews in subsequent years. The current strong position of British rowing grew from the success of this 1976 Olympic crew under Bob Janousek.

It could be said that during the 1960's Derek's record as a successful British rowing coach was unsurpassed.

He certainly played a crucial part in the renaissance of rowing at Leander. All those who fell under Derek's influence were given inspiration, taking with them lessons in life skills and unmatched memories.



1968 Thames Cup final against Cornell



1968 Thames Cup crew. Back row- Arnie Drury, Dagmar Drury, Donald Legget, Tim Redfern, Ibis Joe (Boatman), Charles Parry, Tim Crooks, Dickie Clarke. Harry (Club's odd job man), Gerry Tee (father of Nicola - logistics), Derek Drury. Front row - Graham Davidson, Nicola Tee, Rodney Burges, Dick Crane, Ian Morton.

TURKEY **SCULLS**



Leander athletes celebrated the festive period in traditional style with the Turkey Sculls, a series of 250 m dashes upstream, in scratch quad sculls.

With most of the Club's GB athletes training at the Redgrave-Pinsent Lake in Caversham, it was left to the Club's development academy athletes to form the regatta where ten crews raced in the knock-out tournament, cheered on by an enthusiastic crowd of supporters.

This year's winners were (L to R) Matt Peters, Chris Ray, Tom Placidi and Harry Glenister, pictured receiving their prize turkeys from Tom Copas, on behalf of the Copas Partnership, who have sponsored the event for many years.

JAMES **LOVEDAY**

The Club's new juniors' coach describes his coaching background

I began coaching when I was 19 at Marlow Rowing Club. Coaching had the added benefit of contributing to my Sports Science degree that I was completing at Brunel University.

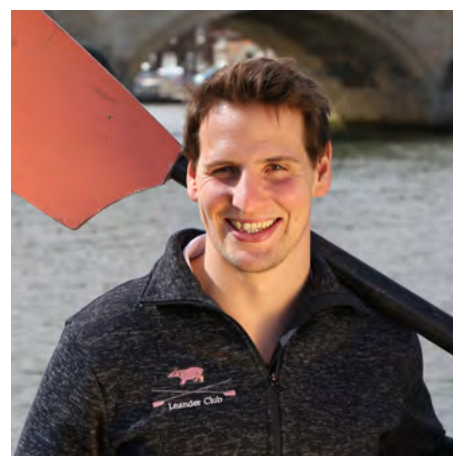
At Marlow I coached crews that won national titles and I moved on to the Henley Stewards' Charitable Trust (HSCT) Scholarship in Wales, where I studied at Cardiff Metropolitan University, while developing the junior set-up at City of Swansea RC and Cardiff City RC. Additionally, I became heavily involved in the Welsh Rowing team, running the junior sculling group.

I then moved to London and became involved in the community programmes run by London Youth Rowing. The HSCT scholarship had provided me with exposure to running state school rowing programmes and London Youth

Rowing was delivering similar projects on a larger scale. I worked closely with local schools to develop grass-roots rowing. After a year I became London Youth Rowing's head coach at Thames Rowing Club where I ran a junior squad that produced junior internationals, national titles and regular Henley crews. I was invited to coach with the GB rowing team, where I was responsible for the coxed four at Coupe de la Jeunesse 2015 and the pair at the World Junior Championships 2016.

I always wanted to use my degree knowledge and coaching experience to develop a group of athletes with high performance aspirations. Accepting a role at Leander was easy because I saw the opportunity to take a successful junior programme and develop it.

The Club's Juniors have produced



promising results this season by winning at the Fours Head of the River, taking a silver medal at The Schools Head of the River, with the younger athletes taking a silver medal in J17 quads at the National Junior Sculling Head.

LEST WE FORGET

In this edition we feature two men who represented their respective universities successfully in the Boat Race, but achieved their greatest rowing success as members of the Great Britain team at the 1908 Olympics. Their graves, and the places where they fought and lost their lives, are among those visited by the Leander tour a year ago.



Born in 1887 **Duncan Mackinnon** was educated at Rugby School before going up to Magdalen College, Oxford, where he rowed in the four which won both the Wyfold and the Visitors' at Henley in 1907. The entire regatta had been marred by appalling weather, the Visitors' final being rowed in 'a regular blizzard', while London's clash with the booms put paid to their hopes in the Wyfold.

The win led to his election to membership at Leander. Mackinnon went on to row in an unchanged Magdalen four for 1908, winning both the Stewards' and the Visitors' on the same day, and taking seven seconds off the course record in the Visitors'.

With this sort of pedigree it was scarcely surprising that the crew was selected for the Olympic regatta late that same year. There were only four entries but, Canada and the Netherlands having been defeated in the heats, Magdalen disposed of Leander in the final.

Back at Oxford Mackinnon went on to help his university to three successive Boat Race victories and two wins in the Grand from 1909-11, including the Presidency of OUBC in 1910. After going down Mackinnon became a partner in the family business in Calcutta and served first in the Calcutta Light Horse before being commissioned as a 2nd Lieutenant in the North Devon Hussars. After transfer to the 1st Scots Guards he was killed in action during the Battle of Passchendaele. His body was never recovered, and his name is commemorated on the Tyne Cot Memorial.



Almost 12,000 men are commemorated at Tyne Cot, the largest cemetery for Commonwealth forces in the world



Mackinnon's name is inscribed on the Tyne Cot memorial



Ronald Sanderson was born in 1876 at Uckfield, Sussex, the only son of Rev. Edward Sanderson, and educated at Harrow School before going up to Trinity College, Cambridge, where he learned to row.

He made his first appearance at Henley rowing at 6 for the 1st Trinity eight which contested the Grand and the Ladies',

with Raymond 'Ethel' Etherington-Smith at stroke. They lost both finals, with Leander winning the Grand, but the following year Sanderson again contested two events with Trinity, the Grand and the Stewards'.

Trinity lost their heat of the Grand to Leander once again, but the final of the Stewards' against Magdalen proved rather more eventful. The crews clashed off the start, forcing the umpire to order a restart, but Sanderson's crew promptly ran into a pile and bent a rigger. Sportingly, Magdalen stopped and offered a re-row but the result was allowed to stand.

Sanderson earned himself a place in the Blue Boat the following year, when they won the Boat Race by just over three lengths, and retained his seat the following year when they beat Oxford by a record twenty lengths.

Sanderson joined the Royal Horse Artillery in May 1900, and served as Second Lieutenant in the Second Boer War in South Africa. On his return to Britain, he gained selection, along with 'Ethel', for the Leander eight which defeated Belgium to take gold in the 1908 Olympics.

Following promotion to lieutenant he served in the Royal Field Artillery and was one of the earliest gunners to arrive in France with the British Expeditionary Force. He was mentioned in dispatches, awarded the Legion d'Honneur, and promoted Lt-Colonel, but lost his life defending the Kemmelberg outside Ypres in April 1917.



Ronald Sanderson lies buried in Lijssehoek Cemetery, near Ypres

FINDING NEW SPONSORSHIP PARTNERS FOR **LEANDER**

THE SEARCH FOR WAYS TO DEVELOP THE CLUB'S SUPPORTERS CONTINUES

The Club's Bicentenary in 2018 will have a full programme of events to celebrate this milestone of the Club's history. This will be announced in the Autumn, and the 2018 year will present unique opportunities for partners supporting the Club to maximise their visibility at the Club and at events on and off the water which Leander attends.

We are enormously grateful to our sponsors who already support the Club. Invesco Perpetual has been our 'Partner in Performance' for 13 years. The support from Invesco Perpetual has without doubt been instrumental in enabling us to deliver the results we have all been so proud of over the period of their support both at international and club level. Some of the athletes who enjoyed the benefit of Invesco Perpetual's support in the early years as teenagers have gone on to become Olympic medallists demonstrating the difference this assist has made.

Kanghua is now supplying all our junior squad with new boats and will shortly be delivering a new quad scull that has been bespoke-built for them so that our top junior crew has the very best equipment for Henley this year. The medical support we get from Spire Dunedin has enabled us to assist injured athletes and get them back into training far quicker than previously possible.

Thanks to the generosity of Jardine Motors we now have an additional support and towing vehicle that enables us to attend two regattas on the same day which has been a tremendous bonus for our junior squad who often attend events different to our senior athletes. Parmigiani Fleurier is now in its third year of support, providing much needed financial help to our next crop of Olympians.

Members will be familiar with Digby, the Fine English sparkling wine company, which has produced 'Leander Pink' which is available in the summer and before Christmas in Waitrose, Marks & Spencer's and other retail outlets or the Club website. The Club receives £1 for every bottle sold – so it is not too soon to get in your stocks for the summer!

Leander is always searching for new partners who can leverage the Leander success within their marketing plans. Rowing is one of the UK's great success sports and Leander's high profile within the sport makes it a natural opportunity for marketers to exploit, where success in sport can add to a corporate marketing message.

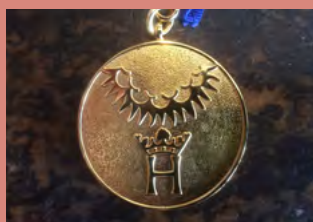
We are naturally open to talk to anyone who would like to investigate the marketing opportunities available by partnering the Club and any member who feels they can facilitate such a discussion should contact Paul Budd our General Manager

ANNUAL DINNER

The Annual Dinner will be held in the Clubhouse on **Saturday 28th November**, (and NOT after the Fours Head, which is on a Sunday this year). Our Guest speaker is Mark England of the British Olympic Authority. It is the occasion to celebrate our international and Club achievements. The Dinner is open to all members, who may each bring one guest. However, there is a priority booking period for Full Members up until the end of September.

AWARD OF TOWN MEDAL TO **LEANDER**

Leander was recently awarded the Town Medal by Henley-on-Thames Town Council. This is a special award made to an organisation that has enhanced the status of the Town and the well-being of its residents for a continuous period. Informing the Club of the award, it was written that "Leander Club has been a constant source of inspiration and we are proud to have you linked to our town. The celebration of our Olympic athletes in September last year is just one example of the importance that our residents place on having Leander Club within the Henley area."



Henley-on-Thames Town Medal

PARMIGIANI

FLEURIER



Were there to be only one

Tonda Métrographe

parmigiani.com

ATELIER PARMIGIANI
97 Mount Street, Mayfair, London W1K 2TD
Tel. +44 (0) 20 7495 5172

NOTICE OF THE **ANNUAL GENERAL MEETING**

The Annual General Meeting of Leander Club Limited will be held in the Marquee at the Clubhouse, Henley-on-Thames, on Sunday 25 June 2017 at 11.00 am

AGENDA

1. To read the Notice convening the Meeting; and to confirm a quorum
2. To approve the Minutes of the General Meeting held on 26 June 2016
3. To approve the Minutes of the Annual General Meeting held on 26 June 2016
4. To consider any matters arising from these Minutes
5. To receive the Chairman's Report (incorporating finance report)
6. To approve the Accounts for the year ended 31 December 2016
7. To appoint Auditors for the year 2017
8. To receive the Captain's Report
9. To agree the Annual Subscription rates for the year 2017, as proposed by the Committee at £320 for UK members, £160 for Overseas Members and £95 for Full Members under the age of 30
10. Elections to Office and Committee:

note: the maximum number of elected members of Committee is nine

- a) The Officers offer themselves for re-election

For President: Jeremy Randall	proposed by Richard Goddard, seconded by Mark Blandford-Baker
For Chairman: Hugh Richardson	proposed by Matt Beechey, seconded by Rod Murray
For Honorary Treasurer: Peter Greenslade	proposed by Kevin O'Sullivan, seconded by John Skuse
For Honorary Secretary: Chris Dalley	proposed by Henry Head, seconded by Christopher Rodrigues CBE

- b) The following offer themselves for re-election to the Committee

Mrs Anne Buckingham	proposed by Nick Middleton, seconded by James Fox
Mrs Fiona Dennis	proposed by Rod Murray, seconded by Peter Knowles
Andy Fiennes-Trotman	proposed by Sir Steve Redgrave, seconded by Sir Matthew Pinsent
Paul Mains BEM	proposed by Chris Dodd, seconded by Andrew Harris
Ms Gillian Perry-Millsom	proposed by Ms Yasmin Farooq, seconded by Colin Sykes
Chris Skuse	proposed by Rob Luke, seconded by Charles Lowe
John Verrill	proposed by Andrew Reid, seconded by Will Verrill

- c) The following offer themselves for election to the Committee

Ms Jennifer O'Reilly	proposed by Ms Jane Ferry, seconded by Dr Claire Coburn
Craig Walton	proposed by Karl Reid, seconded by Dr Robert Treharne Jones

10. Announcement of those persons invited to attend meetings of the Committee

11. Any other business

VOTING BY PROXY AND ANNUAL ACCOUNTS

The new Articles of Association of Leander Club Limited allow for proxy votes to be cast at the AGM. You may appoint someone attending the meeting either to cast your vote at his discretion, or to record your vote according to your instructions. A proxy form and the annual accounts can be downloaded from the website at **www.leander.co.uk/AGM** or a copy can be obtained from the Office. A hard copy of the proxy form must be lodged at the Clubhouse by close of business on **Friday 23 June.**

OBITUARIES

It is recognised that many members of Leander have been eminent in the rowing world. For reasons of space, the Newsletter seeks to remember those who have been more deeply involved with the Club.

Photo courtesy of the Ayling family



RICHARD AYLING

1952 - 2016

ELECTED TO MEMBERSHIP 1974

Richard Ayling was a giant of a man, who loved, just loved, the sport. And his laughter – Richard could take a joke as well as dish them out – was always raucous. His life touched so many who helped make our sport great. But it would be typical of 'Lurch' – his '70s nickname given to him by his crewmates in Bob Janousek's British squad – to give credit to others. Make no mistake though; British rowing owes a debt to Richard Ayling.

Richard began his rowing career at Kingston RC in May 1970. He rose swiftly through the statuses before joining Bob Janousek's Leander-based national squad in 1973. He was in the British 'Squad' Eight in 1974 which won the Tideway HOR – the first year that no other crew was awarded a '30 sec' certificate – and in the winning "Leander & TTRC" Grand crew in 1975. He narrowly missed a medal in the coxed four that year at the 'Worlds'. In the Montreal Olympics, Richard raced in the coxless four.

Richard and Astrid married after the Olympics in 1976 becoming one of the very few married couples who have both won a Henley medal. In 1977, he returned to Kingston RC where, armed with the experience of Janousek's programme and a knowledge of how the top German crews then trained, he began a glittering decade (1978-1988) coaching multiple and consistent wins at HRR and representation at International level. In 1981 Richard

produced three Kingston RC 'club' crews (M4+, M2- & W2x) which represented GB at the Worlds in Munich. His M4+ boat, which by that time included Andy Holmes, not only made the final but gave the 'unbeatable' East Germans a huge shock by leading them right through to the final part of the race.

In between training sessions Richard worked for the family business and crafted the wooden blades that, back then, most of the world used to race with. He edited the successful 'Rowing' magazine for many years and later moved into making boats. Redgrave, Holmes, Pinsent, Cracknell were just some of the names that won Olympic gold in Ayling's shells. He continued to coach internationally through to 1986 and until recently was still an active coach to club, university and school students up and down the Thames.

**From Rowing & Regatta Magazine;
Martin Cross / Paul Reynolds**

TONY CARRUTHERS

1934 - 2017

ELECTED TO MEMBERSHIP 1980

AND SHEILA CARRUTHERS

1930- 2017

Tony Carruthers was originally elected to Leander as an Associate (now Club) Member, and went on to serve on the Committee and as Honorary Treasurer from 2000 to 2005, becoming a Full Member. He was extremely generous in all things - his time, his expertise in the law and in business, his friendship and in hospitality. He also had great personal integrity and a strong sense of commitment to the many activities and organisations with which he was involved, his work at Barlow Handling, the pensions service, employment tribunals, his family and of course Leander where his genial support was freely given to Committee and staff alike. Tony and his wife Sheila (a spouse member) were both extremely active supporters of the Club.

Jeremy Randall

JON DENNY

1936 – 2017

ELECTED TO MEMBERSHIP 1956

Jon Denny steered Cambridge to victory in the 1956 Boat Race, and later that year coxed the crew which Cambridge sent to Rio de Janeiro which beat the Brazilian contenders to be their national entry in the Melbourne Olympic Games. He was 6ft 2in tall, and so was probably the tallest cox ever to compete in the Boat Race.

Mike Delahooke

IAN FISHER

1946 – 2017

ELECTED TO MEMBERSHIP 1989

Ian Fisher chaired the National Competition Committee, and worked on appeals for British Rowing on the Rules Committee. He was on the jury of the 2001 and 2006 World Rowing Championships and was proud to be the GB Umpire at the 2008 Beijing Olympic Games and a National Technical Official at the 2012 London Olympics. He was awarded the British Rowing Medal of Honour in 2008 for his many contributions to rowing.

Heidi Hackett

BOB WILSON

1928 – 2017

ELECTED TO MEMBERSHIP 1970

Bob Wilson rowed for Stratford-upon-Avon in an Elite Coxed Four which competed for the Olympic trials, eventually losing the final to Oxford University. He joined Maidenhead Rowing club holding positions of Captain, Secretary and Treasurer, and served for 50 years on the Maidenhead regatta committee. He also served on the Thames Rowing Council for 19 years. In 1975 Bob was one of the first coaches to receive the ARA gold award. At Maidenhead he coached several juniors to National Championship wins and Great Britain representation, and was also a coach on the GB senior rowing team.

Rob Wilson

OBITUARIES



LT COL DAVID MCLELLAN OBE
1926 – 2017

ELECTED TO MEMBERSHIP 1984

David, or 'Mac', as he was generally known, went to Imperial College where he won the Danesfield Cup at the Henley Victory Regatta. He won the Wyfold in 1954, nine years after his previous win. He raced in the Thames Rowing Club Grand VIII. In 1956 there were two Thames crews for the Stewards' Challenge Cup. David's crew lost to their club-mates, the eventual winners, by three feet in the first round.

David became Chairman of the National Schools' Regatta; he managed to free the Danesfield Cup from the IC boathouse, and presented it as a trophy to the National Schools. He was a FISA umpire, and served on the jury for the 1975 World Championships at Holme Pierrepont. He was appointed Deputy Lieutenant of Cheshire in 1995, and OBE for his services to the ex-service-men's families charity, SSAFA.

Martin Levy

HARRY PURCHASE
1932 – 2016

ELECTED TO MEMBERSHIP 1984

Following a coxing and rowing career centred on Quintin Boat Club, Harry went on to contribute wholeheartedly to Leander's social scene. Harry was a popular member of Lensday - and you knew when he was in the room. Entertaining, engaging, interested in others, mischievous, encouraging, and a loyal friend and supporter to many. His final lunch with Lensday was shortly before his death and he leaves an empty chair that will be hard to fill.

Paul Budd

KEITH OSBORNE
1921 – 2016

ELECTED TO MEMBERSHIP 1960

In 1949 Keith Osborne was stroke of Lensbury's winning Wyfold crew, beating his future club Royal Chester in record time. He authored a number of books including Boat Racing in Britain 1715-1975, One Man Went to Row, and Berlin or Bust. He devoted fifty years to the Honorary Editorship of the British Rowing Almanack, in which many an oarsman benefitted from his careful research.



Credit: Christine Gibbs

THE EARL OF SNOWDON
1930 – 2017

**ELECTED TO MEMBERSHIP 1950,
HONORARY MEMBERSHIP 1960**

Antony Armstrong-Jones (pictured at the Henley Masters' Regatta in 2006) coxed the winning Cambridge crew in the 1950 Boat Race. Following his marriage to HRH Princess Margaret in 1960 he was elected to Honorary Membership. See National obituaries.

ADRIAN KERRIDGE
1938 – 2016

ELECTED TO MEMBERSHIP 1984

Adrian Kerridge was an active rowing member and Vice President of Marlow Rowing Club. He was a huge benefactor to that club, and to rowing in general. He remained an extremely modest man, who sought to keep his private life away from 'work'. His elevation to full 'Pink' some years ago was a continuing source of immense pride to him, and he has been a most supportive member of Leander Club.

Martin Sharpe

RAY ARKELL 1932 - 2017
ELECTED TO MEMBERSHIP 1953

RACHEL BLEAKLEY
1916 - 2017
ELECTED TO MEMBERSHIP 2003

DAVID CHRISTIE
1935 - 2017
ELECTED TO MEMBERSHIP 1952

MIKE BROOKES
1923 - 2016
ELECTED TO MEMBERSHIP 1944

JOHN P GEORGE
1924 - 2016
ELECTED TO MEMBERSHIP 1976

CB FEARN
1934 - 2016
ELECTED TO MEMBERSHIP 1986

NJM HODGES
1923 - 2016
ELECTED TO MEMBERSHIP 1985

NIGEL KEMPNER
1956 - 2016
ELECTED TO MEMBERSHIP 1984

THE HON. TREVOR LEWIS
1935 - 2015
ELECTED TO MEMBERSHIP 1955

GERALD PARKHOUSE
1931 - 2017
ELECTED TO MEMBERSHIP 1981

J PETERSEN
1936 - 2016
ELECTED TO MEMBERSHIP 1984

ROBERT STEVENS
1920 - 2017
ELECTED TO MEMBERSHIP 2004

PINK HIPPO SHOP

Website: shop.leander.co.uk

Here are some of our new products, but please have a browse on the shop website to see the full range.



Water Rower - £749 – £1149 (10% discount for members)



T-shirts - £22 and £20



Power Bank – £10



Sports Bra - £38



Leather Belts - £55



Hippo Boxers and bag - £20



Denim Polo - £30



Bodywarmer - £55



Silver Oar Trophy - £250



Panamas - £55 and £50

Enquiries – please call the Office or email shop@leander.co.uk

Leander Club Henley-on-Thames
RG9 2LP

T: 01491 575782

F: 01491 410291

E: info@leander.co.uk

www.leander.co.uk