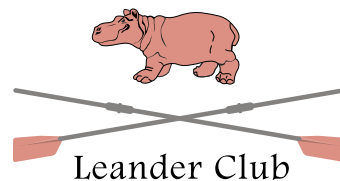


# LEANDERNEWS

SPRING 2019



*Junior quad scull of Stephen Hughes, Alex Milne, Miles Devereux and Tim Eilers on their way to winning at the Scullery*

*Photography by Dent Goodman at Allmarkone.*

# 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.

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## EDITORIAL

Over the last year we have endeavoured to make the Newsletter more interesting by introducing more items about Members' events and looking forward to what will happen at the Club.

In this edition we look forward to the 2019 season. This year the World Championships are in Linz, Austria and will determine most of the qualification slots for the 2020 Olympic Games in Tokyo, so the pressure will be on the GB team to secure their places for 2020. With a strong representation of Club athletes in the GB team we wish them all the best for this event and the coming season.

On the domestic regatta scene, the National Championships have been moved to 15th and 16th June at Nottingham and will undoubtedly provide a preview of what we can expect to see at Henley. Our athletes appreciate your support at these key

events and do make yourself known if you are at the regatta.

Henley Royal Regatta will be holding a special event to mark the centenary of the 1919 Peace Regatta which was held in Henley. In 1919 the Australian eight won The King's Cup which is now annually contested in Australia as the Interstate Mens' Championship.

This year, services crews from the original six countries of the USA, Canada, Australia, New Zealand, France and Great Britain will be joined by crews from Germany and Holland. They will race in crews including two women per crew for a new King's Cup over the last three days of the regatta.

The Club is also making changes to the junior rowing programme for 2019/20 full details of which are set out in this Newsletter.

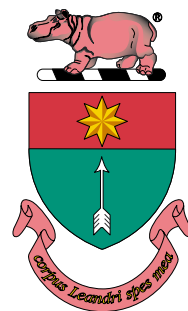
Many Members do not live near to the Club and outside Regatta rarely visit Henley. There is a huge variety of things

to see and do in the area and the Club offers a great base to explore them.

For Members who are looking to have a few days away, the area around the Club has much to offer.

The Leander Trust has been supporting our junior rowing programme for many years and Jeremy Randall, now actively fund raising for the Leander Trust, gives a report on page 8 on what the Trust is doing as well as saying how you can support the Trust in the future.

We hope you enjoy the new items we are including in this Newsletter and, as always, welcome your contributions and comments.



## 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/>

# LOOKING FORWARD TO THE 2019 SEASON

Vicky Thornley and Morgan Baynham-Williams report

We are in the middle of the most important year of the Tokyo Olympiad so far, and the pressure is building. Between 25th August and 1st September, we will be going head-to-head with the rest of the world, at the World Rowing Championships, to qualify boats for the Olympics in 2020.

The racing will be unbelievably fierce; with athletes' Olympic dreams on the line, seemingly superhuman efforts will be witnessed. We must be ready for the fight!

But before we begin that fight, we still have a lot of work to do. The light at the end of the winter tunnel is tantalisingly close. At Caversham we have recently been put through our paces on the formidable 2km ergo test, to assess our out-and-out physical capacity.

Now it's time to test our boat speed at the Spring trials, over the Easter weekend. Racing was in singles and pairs over the course of two days.

As current GB squad athletes, we will be looking to prove ourselves against our fellow team mates, but also ensure we stay ahead of young talent working hard to break into the team. Leander will, as ever, have a strong showing across all events at the trials.



*Training in Banyoles*

Once the internal testing is complete, the boats will be selected for the first international test of the year, the European Championships on the beautiful Rotsee in Lucerne from 31st May to 2nd June.

The best crews in Europe will show their hand and we will have an opportunity to test the speed we have built over the winter. Three weeks later it will be on to World Cup II in Poznan where we will meet crews from all over the world. The early season racing will culminate at World Cup III in Rotterdam from 12th –14th July before we go back to big volume training to build to the crescendo of the World Championships in Linz from 25th August to 1st September.

For the club-based athletes the season continues to build in momentum as we head towards the regatta season.

Both men's and women's squads will be aiming to place "A" final finishes at April trials in their small boats. These ranking will help drive their GB ambitions and place them in good stead for potential selection.

Henley Women's Regatta poses one of the main target points for the women's squad, with the Elite W2- title currently held in Leander's name thanks to Natasha Harris-White and Laura Meridew in 2018.

Finalist performances will see the squad in good stead to race at Henley Royal Regatta a few weeks later. The Leander men will be looking to spice up their racing roster with some international racing in preparation for HRR.

Returners Barney Stentiford and James Stanhope will be hoping to secure new, or defend, existing Henley titles this year.



*Leander international athletes training in Namibia in January 2019*



# THE LONG ROAD TO TOKYO

Matt Rossiter continues his journey towards the Olympic Games in Tokyo

The eagle-eyed of you might have read my article in previous editions of the Leander Newsletter of my progression from an athlete at the Club to being part of the GB team, so hopefully I can update you with current progress.

For those of you who haven't been attentively reading every page of your Newsletter, I'm one of the strong Leander contingent training full time with the Great Britain Rowing Team. I'm now in my third season with the team and going full tilt at gaining selection for the 2020 Tokyo Olympics.

In the 2017 season, I rowed in the Coxless 4 and everything seemed to be going really well at the start of the 2018 season. Sadly, just before the big April Trials, I injured my hamstring whilst on training camp with the team in Portugal. This kept me out of a boat for three very long frustrating months and confined me indoors to intense tendon rehab and upper body training.

I got back rowing in time to race World Cup 2 with my old school mate and fellow Leander member Ollie Cook. We ended up racing in the pair together all summer which was great fun.

Ultimately, we fell short of the fairy-tale ending we'd both hoped for. We finished 8th at the World Championships in Bulgaria but had a great summer and picked up some good results along the way including a 5th place at Lucerne.

Every season, training through the autumn and winter always seems to go past painfully slowly but we go on great camps in Spain, cycling in Namibia and Portugal.

The pace and momentum of the season always seems to rapidly gather pace around this time of year. We are now halfway through the 2019 season and I can already feel the intensity rising as we move slowly but surely towards the Olympics. No doubt other nations are also going all out to qualify their boat and keep their Olympic hopes on track.

There certainly isn't a 'non-important' year in the 4-year Olympic cycle but this year, the penultimate year before the Olympics, is a really crucial one. This summer's World Championships double up as an Olympic qualification regatta with crews needing to finish in the top positions to qualify their boat for the Olympics.

We are currently preparing for our big selection trials, where I'll be racing with reigning Olympic champion Moe Sbihi. After some further testing we'll then be thrown straight into some initial combinations for our first race of the season, the European Championships in Lucerne.

The British crews will, most likely, be tweaked throughout the racing season before being set for the World Championships in Linz, Austria in



*Training in Namibia  
in January 2019*

September. No doubt, the racing will be absolutely fierce with countries pulling out all the stops to gain Olympic Qualification.

People often ask: "how's it looking for Tokyo Matt?" In reality, I don't really like answering that question or know how to

My training is ultimately 100% focused towards gaining selection for the British Olympic Team but day-to-day I'm just training as hard as I can. Hopefully by doing that I'll put myself in the best possible position to achieve that ultimate life goal of being an Olympian.

Being honest, I feel immensely uncomfortable discussing my chances of achieving that life goal so I tend to shy away from it rather than jinxing something that ultimately I can only partially control. What I can definitely control is training hard, so that's exactly what I'm doing.

First and foremost, I need to perform well at the selection trials and get selected for this year's World Championships. Once this season is completed we can then look ahead to the very exciting, yet very daunting, Olympic season.

I will be writing an update for the Autumn Newsletter when the results of the World Championships are known and the road to Tokyo is a little clearer.



*At the 2018 world championships in Bulgaria with Ollie Cook,  
finishing 8th in the pair*





*Arnie Zarach, Cathy Stevens,  
Tony Stevens, and Ros Zarach*



*Matthew Gordon*



*Mike Williams, Chris Dalley,  
Charles Lowe and Isabel Del Rio*



*Ian Codrington and Chas Newens*

# RENT-A-CREW

## 50TH DINNER

# PICTURES



*The Raffle Prizes*



*Jeremy Randall*



*Pete Zeun, Chris Dury, Paul Stuart-Bennett, Rod Stewart,  
Kate Treharne-Jones, Robert Treharne-Jones, Brian Armstrong,  
Pip Gordon, Matthew Gordon and Bronwen Zeun*



*Anne Gregory, Phil Gregory, Nicky Innes,  
Duncan Innes, Jill Innes, Graham Innes,  
Fran Tatton and Dave Tatton*



*Anne Scott, Anne Gregory, Jane  
Richardson, Susan Keane and Irene  
Randall*



*Nigel Reid, Bette Crooks, Pat Fennessy,  
Deidre Graham, Ruth Knight and Malcolm Knight*



*Peter Scott*



*Mike Sweeney*



*Dave Shove, Steve O'Connor, Ted Jackson, Mark Lucuani, Tony Anderson,  
Barbara Anderson, Tony Stevens, Cathy Stevens, Arnie Zarach and  
Ros Zarach*



*Brian Armstrong, Rod Stewart, Jill Innes & Graham Innes*

# MATT BEECHEY LOOKS AT HOW TECHNOLOGY IS HELPING IMPROVE PERFORMANCE ON THE WATER

With rowing becoming increasingly competitive and the margins for success becoming smaller, technology has become much more involved in the work routine of a coach.

Over the last 10 years, rowing has seen many coaching aids improved through technical innovation; impacting both the coach and the athlete. Technology has become part of our daily routine, giving us data on each athlete. Stored data forms individual profiles through monitoring physical parameters, well-being, performance data on the ergo, the weights room and of course the water.

When I first began coaching here at the Club the main bits of technology used were a stop watch, video camera and desktop computer. Aluminium wing riggers were relatively new and boat speed via a stroke meter required that you accurately position an impeller on the hull. Today, carbon reinforced boats with carbon riggers are now a norm in the Club, along with stiff, skinny, ultra-lightweight oars. GPS monitors in the boats display to the athletes and the coach, in real time, how fast they are travelling on the water, and provide immediate feedback to changes in technique or pressure.

Many of these boats are now set up with telemetry which provides biomechanical data

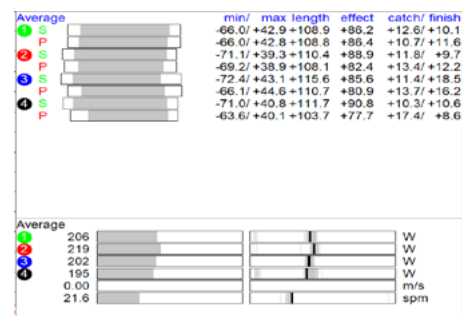
such as stroke length, effective length, power, boat acceleration and force curve.

Some international rowing teams view bio-mechanics as so important that they employ people specifically to set up the telemetry and analyse the biomechanics.

Personally I use this technology to support what I'm seeing as a coach and further illustrate to the athlete or crew what they are doing well, or what they're doing wrong. It also helps me to optimize the set-up of the rigging and identifies any similarities in technique. It even allows me to identify possible weaknesses within the crew.

There is so much information that one can collect from biomechanics that as a coach I have to be careful not to get too involved in all the numbers. By taking one or two pertinent points to show an athlete has much more impact than sharing with them all of the data, which would have the danger of confusing them and a theme being lost.

Furthermore, biomechanics doesn't measure things like feel and relaxation and I've seen athletes with great textbook biomechanics go pretty slowly! Sometimes I prefer the rowers not to have any technology in the boat at all and just go for a row, not to worry about numbers



Data from a double scull

and try and feel the boat and each other moving.

One of my favourite bits of technology remains the video camera. These days though, it's a video camera with a very high zoom allowing me to be almost a kilometre away from the rowers and get the same quality of video as if I was a few metres away.

Crews can be filmed without the need to be constantly followed in a launch, (useful when the whole club is doing pieces) or an app on my phone or tablet. I use 'Coaches Eye' which allows video replay in super slow motion in HD quality allowing me to give immediate feedback and illustration (without the need of a TV or monitor) whilst still out on the water.

All the information I gather through technology is generally fed back to the athlete and helps to manage their expectations of what we as a coaching team expect with regard to performance.

## MEMBERS' ACCOUNTS AND THE MEMBERS AREA OF THE WEBSITE

The new Membership Cards issued last December have been generally well received by Members as has the new cash discount system.

As we reported last autumn this new system makes the need for pre-paid Members' accounts redundant. Members who have residual balances on their old pre-paid accounts are reminded that this money can still be accessed through the new cards when making cash payments at the Bar and Restaurant (other than at Regatta) until 31st December 2019. At that time the accounts will be closed and any remaining balances transferred to the 'Boat fund'.

If you wish to check the current balance of your account you may do so by logging into the Members' area of the website using the 'log in' button in the top right hand corner of the screen.

You will need your email address and Membership number (which is on your Membership card) to gain entry.

In the Members' area there are other services you can access including:

Paying subscriptions if you do not have a UK bank account. Generating 'letters of good standing' if you wish to visit Reciprocal Clubs. Updating your contact details. Making a contribution to the Staff Fund.



# NEW TALENT IDENTIFICATION PROGRAMME FOR ASPIRING JUNIOR MEN AND WOMEN

September 2019 marks the start of an exciting new chapter in Leander Club's history. Mark Banks, our Director of Rowing and Chief Coach, will launch the new look talent identification programme.

The programme will be led by current junior high-performance coach James Loveday. The programme will adopt a higher focused performance strategy based on individual ability for both men and women, who are capable of GB Rowing Team selection at junior, under 23 and ultimately the senior team.

Mark Banks, with the support of his coaching team, believes this new look pathway will produce more home-grown rowers in the future at the correct level and it fits with the Club's 'DNA' of focusing on developing athletes for the Great Britain team.

To achieve this, we have decided to move away from the commitment of producing a junior Fawley Quad every year. To run a successful junior programme for this event we would need a full junior squad and have J16 and J15 athletes coming

through. The new strategy will allow us to focus on fewer athletes from ages 16 – 20, both male and female, but with more stringent performance standards than currently required to enter the Leander Junior programme.

Recruitment for this programme will be driven by James Loveday visiting local state schools and identifying young athletes who we feel have the correct physical parameters to succeed in rowing and offering them the opportunity to row at Leander Club as a part of this new programme.

Due to the entry restrictions placed on the Club by Henley Royal Regatta in the Thames Cup, Mark Banks has proposed not to run a Thames Cup training group in the future. The age restriction imposed by Henley Royal Regatta places a huge handicap on a Leander crew. This also is part of the decision not to have so many juniors at the Club, as their natural pathway was into the Thames Cup group, which will not be there for them in the future and most will not be of a standard



to row in the Ladies' Plate or Visitors' or Prince of Wales, the intermediate level events at Henley.

The introduction of junior women to the Club is an exciting prospect in itself, as it will be a "first" for Leander and will become a direct feed into our successful Women's programme coached by Ross Hunter. The women's squad numbers have now been increased to sixteen athletes from the original target of eleven athletes, last year. This increase requires more coaching resources and so will use those previously allocated to the Thames Cup group.

## MEET NEW COMMITTEE MEMBER MARCUS BATEMAN

### WHEN DID YOU FIRST BECOME A MEMBER?

I joined Leander Club in 2005 after I graduated from Bath University to train with the likes of Steve Williams and Alex Partridge. I look back on my rowing days at Leander with fond memories and still see it as a home from home.

### WHEN DID YOU FIRST GET INVOLVED IN THE COMMITTEE?

I am one of the new kids on the block and was elected in September 2018. I have been involved in the membership sub committee for a few years now and share my experiences in club management due to my current role as Membership Manager at Wentworth Golf Club.

### WHAT EXCITES YOU ABOUT BECOMING A PART OF THE COMMITTEE?

It is not easy being an athlete especially in the early stages when you're fighting for UK Sport funding and a seat in the national team. However, having the support at the Club allowed me and many other rowers to focus on one common goal. Winning. I want to ensure this support continues for all Leander rowers and give them the opportunity that I had in rowing.

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

Complacency is my biggest worry for the Club and its athletes. I believe the coaching team and rowing programme is the strongest it has ever been and if you want to row at Leander be prepared to put your hand in the candle as there are no short cuts to success. Competition is fierce, and it is the same in business.

The Club needs to keep improving daily and work hard to be the best rowing club in the world.



*Winning the Double Sculls Challenge Cup in 2011 with Matt Wells (bow) by beating D.W. Crawshaw & S. Brennan, Australian Institute of Sport, Australia the Olympic Champions in 2008.*

# LEANDER TRUST—THIRTY SEVEN YEARS ON

Jeremy Randall gives an update on what the Leander Trust is doing and how you can help.

In the early nineteen-eighties, some far sighted Committee members explored the formation of a Charitable Trust with the long term aim of supporting young people rowing.

The resulting charity, called Leander Trust, was finally formed in 1982 and received its first donations from Members in the years that followed.

Since that time, the Leander Trust has donated well over a million pounds to support rowing, benefitting young men and women who are still at School or College who, whether for economic, social or other reasons might otherwise not participate in the sport.

In addition to a substantial grant to the Club made in 2018, the most recent grants made by the Trust have been to Henley Rowing Club and Maidenhead Rowing Club. In both cases the grants were specifically made to support junior rowing.

In the case of Henley Rowing Club, the grant will enable the Club to purchase a new quadruple scull for one of their many Junior Girls' Crews. Maidenhead Rowing Club will be using their grant to help finance their Junior rowing programme for both boys and girls.

Grants have also been made closer to home to help with the junior programme at Leander by supporting the cost of employing an experienced development coach, specifically for the juniors.

The grants are only possible thanks to the generosity of donors to the Trust and I very much hope that Members will continue with their support.

There are many ways that Members can help, and there are tax advantages too:

## **A STRAIGHT CASH DONATION:**

The obvious route, in most cases, such a donation can benefit from Gift Aid which



adds 25% to the money donated at no extra cost to the donor. We can provide a simple form which requires little more than your full name and address in order for the Trust to be able to claim the Gift Aid.

There can be benefit for the donor too. For example, were you to donate £100 to the Leander Trust - we claim Gift Aid to make your donation £125. If you pay 40% tax, you can personally claim back £25.00 (£125 x 20%).

## **DONATING LAND, PROPERTY OR SHARES:**

You do not have to pay tax on land, property or shares you donate to the Trust. This includes transferring them for less than their market value.

## **YOU GET TAX RELIEF ON BOTH:**

Income Tax: you can pay less Income Tax by deducting the value of your donation from your total taxable income.

Capital Gains Tax: you do not have to pay Capital Gains Tax on land, property or shares you give to the Trust.

## **LEAVING GIFTS TO THE TRUST IN YOUR WILL:**

Your Will states what you want to happen to your money, property and possessions after you die.

Your donation will either be taken off the value of your estate before Inheritance Tax is calculated, thus reducing the inheritance tax, or it will reduce your Inheritance Tax rate, if 10% or more of your estate is left to charity.

You can donate a fixed amount, a particular item or what's left after other gifts have been given out. We can provide a very simple 'Codicil' which if you file it with your Will, allows the gift to be made by your executors.

## **PLEASE HELP:**

Legacies are particularly valuable and if you wish you can 'ring fence' your donation to ensure that it joins our capital endowment fund, which currently stands at over £1.5M and is growing all the time. If you choose this option, the gift goes on generating income. In such a case only the income can be distributed as grants, your gift can go on generating income in perpetuity.

If you want to help support young people in our sport and are interested in helping the Trust, then please contact Jeremy (Rass) Randall, Leander Trust's Fundraiser, who can be reached in complete confidence by email at [endowment@leander.co.uk](mailto:endowment@leander.co.uk) or via his mobile on 07768 300424.





Emily Carmichael, Mike Sweeney, Brendan Purcell, Mark Banks, Fiona Gammond and Hugh Richardson



Brendan Purcell



Georgie Brayshaw and Jane Trotman

## MEET THE ATHLETES DINNER WITH BRENDAN PURCELL THE NEW DIRECTOR OF PERFORMANCE FOR BRITISH ROWING



Jeremy Randall and Jacob Dawson



Sholto Carnegie and Sue Perry-Whitehead



John Collins, Whitney Powell, Daniel Perez and Mark Banks



Marcus Bateman and Sean Dixon



Signed all in one for Invesco



Karen Bennett, Lady Katherine Douglas, Beth Norton, John Collins and Mark Banks



Rory Hunt, Jacob Dawson and Helen Lewis



Rachel Heap, Georgie Brayshaw, James Robson and Ruth Siddorn



Peter Buckingham, Tom George & Tom Rossiter



Sir George Cox and Ruth Siddorn



# A WINNING FORMULA - ON AND OFF THE WATER

Teambuilding is a unique and unforgettable opportunity to learn what it takes to be the very best from the very best – and who knows, in years to come, you may be able to say that you rowed with an Olympic champion!

At Leander, we are all justifiably proud of our 124 Members who have won an Olympic medal and our status as the world's most successful sporting club. In true Club spirit, we don't just celebrate past glories; we very much look to the future by supporting our current athletes in their dreams to succeed in rowing for Great Britain too.

Our formula for success certainly seems to be working, as year after year a steady stream of Leander athletes consistently make up a high percentage of the GB rowing team. This fact has not gone unnoticed by other sporting disciplines and by the world of business. Andrew Strauss at the England Cricket Board, Waitrose, Weetabix and Nike for example, are just some of the organisations that have taken the opportunity to use Leander teambuilding events to see what they can learn from us to enhance their own performance. This is fuelled by the strong similarities between sport and business – as what makes the boat go faster is often the same basic technique that puts money on the bottom line.

A typical teambuilding day starts with a team briefing from a personal coach and facilitator for the day plus a tour of the Club, before meeting the athletes and learning rowing techniques using



*Learning technique on the ergometers before going afloat*

the indoor rowing machines. After this, the participants move outdoors to try out their newly found skills on the water – down part of the famous Henley Royal Regatta course, no less! Each boat includes up to five participants, the remainder being Leander athletes and a cox. This gives the participants a stable boat in which to experience teamwork in action – and, so far, no-one has fallen in. Once the teams have had some practice, they take part in a race (weather and water conditions permitting), before a return to dry land, prize-giving and a social afterwards.

As an optional extra for those wanting to include Professional Development as part of the teambuilding experience, we offer a CPD accredited leadership workshop in the morning. This is run by our partner, RiddleBox, who will

explore not only the Leander DNA that helps us to be so successful but also how to apply what participants learn for their own success.

*"I wish to express my thanks and congratulations to all members of Leander staff and athletes involved in our Leadership Development & Coaching Programme event. Every aspect of food, drink and hospitality service, the whole on-and-off-the-water experience at Leander, was outstanding." Stuart Branch, Group HR Director, The Weetabix Food Company".*

However, our teambuilding events do more than just help the participants. Firstly, the proceeds generate much needed funds for Leander Rowing, which provides all of the necessities to support high-performance athlete development.

Secondly, they give our athletes the opportunity to mix with people in business and as a result, they make some useful connections for the future. Finally, they give our coaches the chance to share tips and ideas with others – making it a truly winning formula for all.

Teambuilding days are suitable for any group size up to 20 participants, provided they are over the age of 18, can swim 50 metres and are medically sound - bookings for 2019 are now being taken.

If you are interested in learning more, please visit the Leander website ([www.leander.co.uk/corporate/team-building](http://www.leander.co.uk/corporate/team-building)) or contact Laura Andrew at [events@leander.co.uk](mailto:events@leander.co.uk).

Who knows, in years to come, you may be able to say that you rowed with an Olympic champion.



*On the Henley Royal Regatta course*



# MEET NEW COMMITTEE MEMBER - ROB CLEGG

## WAS THERE A DEFINING MOMENT IN YOUR CAREER IN ROWING?

I think there are probably three key things in my career that defines me as a rower. I was first hooked as I was in an exceptional year group at school and we were unbeaten at J14 and J15 levels. I enjoyed that! My next moment of memory was stroking the winning Under 23 World Championships VIII in 1993 in Greece. The crew was a perfect example of the sum of the parts being way better than the individuals. Finally the thing that hit me hardest through my career was losing three Boat Races on the trot in the mid-1990s. We got closer each year but never quite made it.

## WHAT HAS MOTIVATED YOU TO STAY INVOLVED IN ROWING?

Rowing has given me a lot. I can probably put most of what I have achieved or accomplished somehow down to rowing. The team, the determination, the competitiveness, the hardship, the people, the winning, the losing. It goes on. As I stopped actually



rowing I was fairly shortly afterwards invited to join the Boat Race umpiring panel and through that the OUBC Committee helping run the OUBC for future generations.

I have been a Boat Race umpire for 15 years now and through that and my role at OUBC I met and worked with a number of Leander Committee members and was asked to join the Leander Committee a year or so ago and

felt it would be a great way of broadening my horizons and involvement in the rowing world. I just wanted to stay involved in some capacity and these opportunities felt like a great way.

## HOW DO YOU SEE YOUR ROLE ON THE COMMITTEE AND WHAT DO YOU BRING TO THE COMMITTEE?

I have a background in start-ups and technology. I would like to bring some more creative and innovative ideas to the Club looking at ways we run and manage the Club, serve our Members, and project ourselves to the wider world.

I am also a very typical Member in so far as I have used the club during Henley Regatta and not much more. I would like to look at how we encourage Members to use the Club more both in Henley and further afield.

We need to get creative in what sort of club we are, what we offer, who we offer it to, how we generate revenue and so on without taking away from the essence that is Leander.

## RECOGNISING OUTSTANDING CONTRIBUTIONS TO OUR SPORT

Full Members of the Club include distinguished past and present rowers and coaches. Also included are many who have made outstanding contributions, over a significant number of years, to our sport at club, school and student level.

We recognise that those who work tirelessly, often behind the scenes and as volunteers, as umpires, coaches, administrators and helpers help make our sport so enjoyable and successful. Athletes go on to international and Henley success often started their rowing at a small club and were guided by volunteers. Over the years we have regularly elected Members from all over the country – and from all over the world – because of their commitment and devotion to the sport in their area.

As a guide, last year we elected a candidate who had coached the junior section of his club for over 25 years, another who had served for many years as the responsible club officer for safety and welfare and another who was a major, long term supporter of clubs and causes at national, club and college levels.

One of our new Members had held almost every office in his club over many decades and had been recognised by British Rowing with a regional award as volunteer of the year.

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. Age is not a limitation - the key factor is 'contribution to our sport'. If you have a candidate in mind and are unsure whether they meet our criteria and would like to discuss their nomination further please email [membership@leander.co.uk](mailto:membership@leander.co.uk) and we will call you to discuss your nomination.

# VISITING HENLEY

## Outside Regatta Henley offers much—Caroline Mulcahy reports.

Many Members make the annual pilgrimage to Henley for Henley Royal Regatta, however there's much to do and see in Henley all year round. The Club provides an ideal base so it's well worth considering a trip to Henley to make the most the area has to offer.

### THAMES PATH

The **Thames Path** is one of the biggest draws for visitors to Henley. We've a number of Members who have made use of the 2-for-1 weekend breaks in the winter months, and discovered new walking routes along the banks of the Thames. With regular train and bus routes from Henley to Reading and Oxford and beyond, it's very easy to plan sections of the Thames Path whilst safe in the knowledge that you have a hot bath back at Leander after an energetic day's walk.

### CYCLING

The **Athlete Service**, set up by former Leander athlete Rob Griffiths, and staffed by ex Olympian Chris Bartley, in Greys Road Car Park offer a range of services for cycling enthusiasts. If your bike needs servicing or simply need some advice from the experts, they are happy to help and instruct on the best routes around the area. Rob and his team are happy to be contacted directly for advice on the best bike routes whatever your level. Many ex-rowers join the weekly rides and joining the 'GS Henley' Facebook group, you can find out more from the Athlete Service.

Henley also provides two separate bicycle hire schemes. Brompton Bikes are available from Henley Station (and nationwide). You have a one-off registration fee and then £5

per 24hr use. You may have already registered elsewhere in the UK and that membership can work here in Henley.

We also have Bainton Bikes which have various docks in Henley including Riverside at the bottom of Friday Street, the River and Rowing Museum and opposite Coppa Club on Bell Street.

There are bike racks at the Club by the front entrance, so just bring a lock and a helmet and you're on your way!

### SWIMMING

Open Water swimming is growing in popularity and a number of our Members already enjoy regular swims in the Thames.

Open Water swimming at **Bray Lake** for controlled environment away from pleasure cruisers. There is also a tank in the **Henley Practice** where swimmers can have their technique analysed. For an upmarket experience there is the **Thames Lido** in Reading which opened 18 months ago. **Henley Leisure Centre** is open every day for swimmers and you can often find Club athletes on rehab in the pool in the mornings or ex Olympians. The Henley Classic, Thames Marathon and Club to Pub events organised by Henley Swim have grown in popularity among all age groups and the former two still have places for this year.

Members have also been taking part in Paddleboarding and are welcome to come and 'boat' from the Club during off peak times. Currently we have a few Members training for the Devizes to Westminster canoe race training out of the Club.

### PARK RUN

Whether you're attempting to complete the 'alphabet of Park Runs' or working on your very first Couch to 5km or trying to break the 100 Park Run challenge, there are ample runs in the vicinity that you can take advantage of every Saturday morning at 9am.

### EVENTS AND DAY TRIPS

Immediately after HRR follows **Henley Festival**, 10th – 14th July 2019. This year's Festival sees Boy George, Jessie J,

Tom Odell, Bjorn Again and Classic FM, a Night at the Movies. You can often find Leander athletes on the water taking in the sights and sounds of the Festival from their boats, dinghy, canoes and paddle boards. Some Members enjoy the spectacle from the decking and others choose to dine at the Club for pre-Festival dinners before walking down to the concert. The Club offers a great rendez-vous for friends to meet for drinks before heading on down to the event together.

The **Thames Traditional Boat Festival**, on Fawley Meadows, 19th – 21st July, excites many a boating enthusiast. This family friendly event attracts the largest collection of classic river boats in the world, vintage cars, amphibious vehicles and so much more.

**Henley Literary Festival** 28th Sept – 6th Oct attracts talented authors from around the world and with tickets from £8, it is accessible to all. There are pop-up events throughout the year, the next being Dame Kelly Holmes on the 16th May.

If you have a **National Trust** Membership, local venues include Greys Park, Nuffield Place and Cliveden, to name but a few, are all a short drive away.

Further afield, a day trip up to Oxford is always a bonus and with Jeff Koons exhibition at the **Ashmolean** which is running until the 9th June.

The **River and Rowing Museum** in Henley is a 'must' and is currently holding an exhibition 'William Morris and The Thames' until mid July. Purchase of a ticket allows access for 12 months, allowing multiple trips if you run out of time visiting all of the exhibits but is particularly useful if you have a family to entertain. British Rowing members receive 50% discount on RRM membership.

### VINEYARD TOURS

The Thames Valley is home to a number of vineyards producing English still and sparkling wines. Our Members have grown fond of English sparkling since we introduced Digby's "Leander Pink". Each offer tours of their estate - of Stanlake Park Wine Estate, Chiltern Valley Winery and Brewery and Brightwell Vineyard. Check their websites to book.

This is some, but not all, of what's available in Henley and a wonderful opportunity to use the Club as your base as you explore the area. Our staff will be happy to make recommendations when you visit for other events and places to see.





# JUNIORS WIN THE SCULLERY HEAD

## Ali Brown reports

Dorney Lake was the venue for The Oarsport Junior Sculling Head on Monday 18th March. After the recent bad weather, it was a relief to have such great conditions for the boys and girls from schools and clubs all over the country to race in.

Following success at the Fours Head and junior trials, the Club just had the one crew racing and that was in the Junior 18 open quads. The crew from bow to stroke consisted of Stephen Hughes, Alex Milne, Miles Devereux and Tim Eilers coached by James Loveday.

The event is 1800 metres racing up the Olympic course with a quick spin then racing back 1800 metres towards the finish. The two times will then be added together to be used for the total result.

The Leander crew set off number one on the start list and got off to a strong steady start, rating 34 strokes per minute in the head wind. James Loveday said, "the plan was to scull long and strong and stay disciplined in the first leg then push the speed on in the tailwind in the second half".

The race went to plan, and the boys achieved the fastest time in the first run by 7 seconds then an impressive fastest time in the second by 16 seconds, overall this gave them the win by a huge 22 seconds over second placed Henley Rowing Club.

Congratulations to the crew and their coach - a great result that sets them up well for the summer races to come. The Club's juniors are off to Tilburg for a training camp at Easter to prepare for the summer racing season.



*Stephen Hughes, Alex Milne, Miles Devereux and Tim Eilers with coach James Loveday*

Thank you to the Scullery for organising the event, it was great to see so many juniors enjoying racing on this now iconic rowing lake.

# HEAD OF THE RIVER REPORT

## Harry Glenister reports

After the drama of the Club's dead heat with Oxford Brookes at last year's HORR, we were determined to retain the Head outright in 2019.

The Club boated three crews to race over the famous four and a quarter mile course from Mortlake to Putney.

We arrived to the Tideway early on Monday morning in order to do pieces with Oxford and Cambridge throughout the week in preparation for the big day. Firstly, we raced Oxford on the Tuesday from the Black Boy to Hammersmith Bridge. After a bad start we managed to overhaul Oxford in the final few minutes of the piece to win by  $\frac{3}{4}$  of a length.

After the Oxford Fixture we switched the crew positioning around and felt like the boat was moving on each session. We raced Cambridge on the Thursday over a 500m piece and managed to beat them by a boat length which was a big step on for the crew. At this point the crew was confident of getting the result we wanted on Saturday.

Fulham Reach Boat Club kindly hosted the squad all week in their amazing new boat

house situated near Hammersmith Bridge. Leander is very grateful to them for their hospitality.

On the day of the race, the sun was shining and the water was calm, we had been treated to almost perfect conditions. We completed our pre race paddle and spoke with Mark Banks about the plan for the race. Our plan was to get out hard and step onto a high pace relentless rhythm which would carry us through the race.

We boated just after 10:30 to give us enough time to warm up thoroughly and get into position. We had a good warm up, the boat was feeling good.

The race started at 11:30am with Oxford Brookes going off first ahead of Leander 1. The crowds gathered on Hammersmith Bridge in beautiful sunshine with temperatures much higher than we have seen here in the UK in recent months making almost perfect racing conditions.

We flew out of the start at rate 40+ and came onto rhythm/pace after twenty strokes around 35spm which we hoped we would have been able to hold down the course.

The rhythm and the boat felt good, I could really feel the quality of the athletes in front of me. Unfortunately though, the boat felt too comfortable and in my opinion not racy enough which led to us getting caught napping in the first half of the race.

The top five crews started fast as they raced through the line at Chiswick Bridge, but it was only going through half way that the live results showed that Oxford Brookes had pulled away from Leander 1 by a few seconds.

Unfortunately, Leander 1 were not able to turn this around in the second half. This resulted in Oxford Brookes winning and Leander 1 coming home in 2nd place and winning the Club Pennant.

Although we didn't get the result we were hoping for, it was an incredible experience for me as a Club athlete to be rowing with such high quality athletes from the GB rowing team. I learnt a lot from it and will help with my future development as an athlete. I am incredibly grateful to Mark Banks for giving me the opportunity.

Leander 2 had a solid race but couldn't manage to finish higher than 4th place overall, winning the Page Trophy and finally Leander 3 came home in 11th place.

Congratulations to Oxford Brookes for their impressive 3.2 second winning margin.

# TIM CROOKS

Andy Trotman talks to Tim about his rowing memories from fifty years ago

It is a perceptive sporting adage that an average athlete remembers his best performances, while a great athlete remembers his worst.

So I was not surprised when Tim Crooks, joining me for a hearty crew lunch in the Members' Room at the Club, quickly tells me about the only three times he stopped during a race, rather than the many great victories he recorded.

The most famous was the final of the Diamond Sculls in 1983 against Steve Redgrave. Early in the race Redgrave was in the lead, but Tim mounted a sustained challenge and at Remenham Club they were level. Tim moved in front for twenty or thirty strokes but Redgrave pulled gradually back and regained the lead in front of the enclosures. Tim stopped, exhausted. Redgrave paused and Tim suddenly sat up and launched an attack with a racing start. Redgrave, startled, took off, gaining control as Tim's brave charge petered out. Nobody who was there will forget that final.

It was amazing as Tim had raced in the morning in the Kingston quad, winning the Queen Mother Cup. Also, Tim's training at Kingston had been at a recreational level, although he stepped it up to five sessions per week in 1983, whereas Redgrave was training full-time for the British Team. The two were respectful friends since winning the Tideway Head of the River together in 1981 in Mike Spracklen's eight.

This reminiscence is quickly followed by another remarkable anecdote; while



Tim with his sculling boat



Photography by HRR photo

*Tim rowing at 6 at the 2018 Henley Royal Regatta when the winning Thames Cup crew from 1968 rowed over the course celebrating their win fifty years earlier. The crew from bow is Charles Perry, Ian Morton, Dickie Clark, Graham Davidson, Tim Redfern, Tim Crooks, Nicola Tee, Dick Crane and cox Rodney Burges. Photography by HRR photo*

winning the Boston Marathon in just under three and a half hours (a record which Crooks believes still stands) having finished his supply of fresh water early on, and suffered dehydration, he drank four pints of the river to keep going.

Tim was in the first eight at Radley College and was a National Youth Champion in coxless fours for two successive years. At school he developed a passion for hobbies and brass musical instruments while rebelling and 'mischief making' - once tinkering with the clock in 'clock tower' so that the Bell chimed 400 times during Chapel at the end of Term.

On leaving School Tim became apprenticed to BSA Motor Cycles in Birmingham. He arrived at Leander when Donald Leggett had recruited Derek Drury, the coach of the remarkable Emmanuel School crews, to coach at the Club.

Derek asserted that the Leander 'Cadets' would win the Thames Cup in 1968, as they duly did, the first of three wins in a row. Tim won the Silver Goblets with Glyn Locke in a pair in 1971 and went on to race in the European Championships. In 1972, he partnered with Pat Delafield in a double. They won at Henley and went on to the Munich Olympics where they came fifth.

In 1973 Tim joined the GB Eights Squad which was being developed by Czech Coach Bob Janousek. Tim sat at 6 almost throughout and in 1974 won the silver medal in the world championships behind USA, and a

silver medal in the 1976 Olympics in Montreal, being caught in the last 250m by the East Germans. Tim has great respect for Bob Janousek, their coach 'who carried us on his back. He was Boatman, Bus Driver, Mechanic, Crew Psychologist - an amazing Coach.'



Tim on his BSA motorbike

After Montreal, Tim won the Diamond Sculls at Henley twice, the Wingfield sculls three times, and finished as runner-up in the double sculls in 1984. His highest public profile came with victory in the BBC's 'UK Superstars' competition in 1977. This involved top athletes from different sports, competing in a number of disciplines. Tim went on to compete in a number of other Superstars and Superteams competitions.

I greatly enjoyed Tim's company over that hearty crew lunch. He has high emotional intelligence, is open, sensitive, perhaps slightly vulnerable. He is currently writing his autobiography; personally, I cannot wait to read it.



# LIFE AFTER ROWING

We ask former captain Nick Middleton how he is coping

## DID YOU CONSIDER YOUR CAREER WHILE YOU WERE STILL COMPETING?

For the first four years of my rowing life, the only thing I focused on was rowing. My dream was to make the GB team, and nothing else mattered. I had a part-time job at a clothes store in town which paid the bills. The job was dull and uninspiring. Being a Leander Member meant that I could live cheaply and row.

One evening while I was watching TV I got a phone call from a friend who was working as a waiter at the Club. He said "Nick, a photographer has let an event down, would you be interested in doing it? How much do you charge?"

He knew I liked photography. I immediately said 'yes', plucked a figure out of the sky, rushed to get my camera gear and bolted to the Club. I realised from that point that I could make money doing something I really enjoyed. It was also a career that I could do alongside rowing and potentially a job that I could do when I retired.

A year after my retirement I am now at a stage where I am starting to get some traction and photography is

fast becoming my career. Recently I have enjoyed photographing Luxury Estates in Scotland for corporate marketing and have been booked for taking the photographs at a number of weddings this year including one in Switzerland.

## HOW HAVE YOU FOUND THE TRANSITION FROM ROWING TO 'NORMAL LIFE'?

I initially found the transition from rowing to 'normal life' straightforward because I had been working self employed for the last three years alongside my rowing and it was a case of upping the workload.

What I have found most challenging is the change from a regimented seven day a week training programme where you know what's to come day in day out, to a life where there is no one telling you what to do, you are in complete control of your life. It can be a really scary place.

## DO YOU DO ANYTHING OUTSIDE PHOTOGRAPHY?

I have recently joined as an on-call firefighter for Oxfordshire Fire and Rescue Service. The role had interested me for a while, but I could never find a way to get it to work around rowing.

The most prominent aspect of the elite sports lifestyle that I missed was the camaraderie and teamwork that rowing gave me. Joining the fire service has given me that aspect of life back again. It is great to be in a close-knit team learning new skills that could save somebody's life one day.

## ANY ADVICE TO ATHLETES STILL TRAINING?

My advice to the athletes still training is to focus hard on your training. It is



very easy to go through the motions each day and tick the boxes, especially when it gets hard.

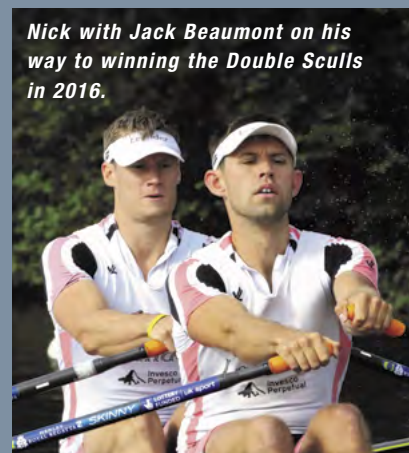
We are fortunate that at Leander we have everything on a plate and it is easy to slip into this mindset. Be proactive in your approach to training.

Pick the sessions you are going to attack and pick the sessions you are going to be conservative with. Make sure you recover properly between sessions with lots of sleep and decent food. Use spare time to explore hobbies and interests that you might have and start thinking about what you might be interested in after you stop rowing.

If you want to follow a particular career the chances are that someone at the Club will be able to offer you advice so don't be afraid of asking for some help! Mark Pilkington has set up a great facility at the Club for athletes to get help from Members in making network introductions and any member interested in helping should contact Mark at [talent@leander.co.uk](mailto:talent@leander.co.uk)



*Nick as part of the Oxfordshire Fire and Rescue Service*



*Nick with Jack Beaumont on his way to winning the Double Sculls in 2016.*

Photo by Robert Trehearne Jones

# LEANDER CLUB BOOK

## THE FIRST 200 YEARS

Shortlisted for Daily Telegraph Sports Book Awards 2019

The Telegraph Sports Book Awards is the major annual competition for sports writing and publishing, highlighting the most outstanding sports books, showcasing their merits and enhancing their reputation and profile.

Leander's Bicentenary book has been shortlisted as one of the outstanding Illustrated Books of the Year.

Editor Andy Trotman said: "I am delighted that our book and our Club has been recognised by these prestigious awards. I am particularly pleased for our crew of brilliant writers and photographers, for Paul Budd and our ever helpful staff, and for our inspirational athletes - past and present - who have given us such wonderful raw material to write about."

"Our Members enthusiastically supported the initiative, subscribing 3,000 copies, after the Bicentenary committee approved the enterprise. Very special thanks are due to Paul Mains, Sir George Cox and to Jeremy Randall."

"Our publishers, Vision Sports Publishing, were quite brilliant in every stage of the project, and helped us pursue our commitment to excellence on and off the water."

The Awards dinner will take place on Tuesday 4th June at Lord's Cricket Ground.



### Invesco is proud to be part of the Henley community

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.

[invesco.co.uk](http://invesco.co.uk)





# REMEMBERING OUR MEMBERS

## JOHN RUSSELL

1935–2019 ELECTED 1965



John was one of the first members of The Tideway Scullers' School when it was set up in 1957 by Ernie Barry as a

vehicle to bring together all the best 'bona fide' scullers from all the Tideway Clubs. John enjoyed a stellar rowing career, competing in two Olympic Games - Rome and Tokyo - and winning a Silver Medal in the Coxless Four at the 1964 Tokyo Olympics. John also represented Great Britain in the 1964 European Championships and the 1966 World Championships.

John won the Wingfield Sculls in 1959 and The Grand Challenge Cup in 1960. Also in 1960 he won the Stewards' Challenge Cup - a feat that he repeated in 1963, 1964 and 1965. In the Tideway Head of the River John rowed in a number of winning crews. He was undoubtedly one of the major players on the British rowing scene throughout the sixties. John Russell died on 22nd January 2019 aged 83.

## JOHN SHORE

1934-2018 ELECTED 1991



John Shore was the doyen of British rowing photographers, having turned his hobby into a passion after his sons took up the sport at

Weybridge RC. He managed to combine his day job as senior manager of Terminal 1 at Heathrow with a prodigious output of pictures at the Boat Race, Henley, and many other domestic and international events. For years he was picture editor of the (now defunct) 'Rowing' magazine before taking on the same role with the new 'Regatta' magazine in 1987, and became an enthusiastic treasurer of BARJ, the British Association of Rowing Journalists, throughout its existence.

## CANON PJ ALLEN

1937 – 2018 ELECTED 1959

## DENNIS ASHTON

1926-2109 ELECTED 1991

## CHRISTOPHER BERESFORD-JONES

1940 – 2018 ELECTED 1962

## A D BIKER

1954–2018 ELECTED 1975

## DR EDDIE CHENG

1952-2018 ELECTED 2012

## TERENCE DILLON

1937–2019 ELECTED 1990

## E W FAURE WALKER

1946–2018 ELECTED 2008

## JOHN HUTCHINSON

1930–2018 ELECTED 2001

## D J JEFFERSON

1934-2018 ELECTED 1986

## PATRICK KELLY

1939– 2018 ELECTED 1992

## J L KUIPERS

1924-2018 ELECTED 2004

## PROFESSOR CERI PEACH

1939-2018 ELECTED 2001

## BEVIS SANDFORD

1918-2019 ELECTED 1937

## MALCOLM TAYLOR

1937-2018 ELECTED 2003

## DAVID THALLON

1935– 2019 ELECTED 2000

## MIKE TOVELL

1972-2019 ELECTED 1991

## DR SIMON WILLDER

1934-2018 ELECTED 1991

## RECOGNITION OF OUR ROWING PARTNERS

At Leander our priority is to get athletes into the national team, which we do very successfully and have done for a long time.

We could not do this without the support and the strong relationships we have formed with the former schools, clubs and universities of our athletes. We feel it is very important to recognise their previous boat clubs.

Below is a list of where Leander athletes who were selected for last year's World Rowing Championships learnt to row. All our other athletes' biographies are on the Club website.

**Matt Rossiter** - Abingdon School & Durham University

**Tom Ford** – The Grange School & Newcastle University

**Jacob Dawson** – Plymouth RC & Washington University

**Adam Neill** - Peterborough RC & Reading University

**James Johnston** – Bishops Collage, South Africa, Leander & Harvard University

**Tom George** – Radley College & Princeton University

**Tom Ransley** - York City RC & Cambridge University

**Alan Sinclair** – Inverness RC & Aberdeen University

**Oliver Wynne-Griffith** - Radley College – Yale University

**Will Satch** – Shiplake College

**Henry Fieldman** – Latymer Upper School, Imperial College & Cambridge University

**Harry Leask** – Leander Club

**Angus Groom** – Walton RC & Durham University

**Jack Beaumont** - Maidenhead RC

**Jonny Walton** – Leicester RC & Loughborough University

**John Collins** – Putney Town RC & Tideway Scullers

**Tom Barras** - Burway RC & Cardiff University

**Sam Mottram** - Upper Thames RC

**Tom Jeffery** - Thames RC

**Rowan McKellar** – Broxbourne RC & University of California, Berkeley

**Harriet Taylor** - Sir William Perkins & Syracuse University, New York

**Emily Ashford** - Reading University

**Jo Wratten** - Tees RC

**Anastasia Posner** (Chitty) Dragon School, Canford School & Oxford University

**Fiona Gammond** – Headington School & Washington University

**Katherine Douglas** – Oxford Brookes

**Holly Norton** – Ohio State University

**Karen Bennett** – Strathclyde Park RC & Clydesdale Amateur RC

**Jessica Leyden** - Hollingworth Lake RC

**Emily Ford** – The Grange School, & Newcastle University

**Erin Wysocki-Jones** – Oxford University

# NOTICE OF A GENERAL MEETING

A General Meeting of Leander Club Limited will be held in the Marquee at the Clubhouse, Henley-on-Thames, on Sunday 30th June 2019 at 11.00

## AGENDA

1. To read the Notice convening the Meeting; and to confirm a quorum
2. To consider the Resolution

"that the term of office of a Director should be changed from annual election to a three-year term of office, by amendment of Articles 19, 22, 23 and 24 as listed in the attachment: and that if so resolved, the change to the Articles should have immediate effect."

**Proposed by: Fiona Dennis Hon. Secretary**

3. Any other business will be referred to the AGM which follows this meeting

CURRENT ARTICLE	SUGGESTED WORDING
1. Defined Terms	Officer means any person elected in accordance with Articles 22 to 25;
19. Election of Directors <b>At the annual general meeting each year, the Directors other than the President shall retire and shall be eligible for re-election in accordance with these Articles. The elections for those offices shall be conducted in accordance with Articles 22 to 25, as appropriate. A Director so elected shall hold office for a period of one year from the 1 September immediately following that annual general meeting, when he shall retire but may be re-elected for a further one-year term, subject to not exceeding nine consecutive years.</b> For all persons the maximum period for which they may hold any specific office (other than the office of President) is six consecutive years, and the maximum period for which they may serve on the Board (in any office) is nine consecutive years.	19. Election of Directors <b>At every annual general meeting, one-third of the Directors other than the President or, if their number is not three or a multiple of three, the number nearest one-third, shall retire from office by rotation. The directors to retire by rotation shall be those who have been longest in office since their election. If any directors became directors on the same day those to retire shall (in the absence of agreement) be determined by lot. Elections for Officers shall be conducted in accordance with Articles 22 to 25, as appropriate. An Officer shall hold office, subject to not exceeding nine consecutive years.</b> For all persons the maximum period for which they may hold any specific office (other than the office of President) is six consecutive years, and the maximum period for which they may serve on the Board (in any office) is nine consecutive years.
Articles 22 Chairman, 23 Honorary Treasurer, 24 Honorary Secretary, the following amendments are proposed for each Article. A full copy of Articles 22 -24 can be found on the website.	
22. Chairman On 31 August <b>2017 and each anniversary thereof</b> , the Chairman shall retire but shall be eligible for re-election in accordance with these Articles. The election for the office of Chairman shall be at the annual general meeting in the relevant year and shall be conducted in accordance with Article 25. <b>A member so appointed shall hold office for a one-year term and may be re-elected, subject to not exceeding six consecutive years in total.</b>	22. Chairman On 31 August <b>in the relevant year</b> , the Chairman shall retire but shall be eligible for re-election in accordance with these Articles. The election for the office of Chairman shall be at the annual general meeting in the relevant year and shall be conducted in accordance with Article 25. <b>A member so appointed shall hold office for a three-year term and may be re-elected, subject to not exceeding six consecutive years in total.</b>
23. Honorary Treasurer On 31 August <b>2017 and each anniversary thereof</b> , the Honorary Treasurer shall retire but shall be eligible for re-election in accordance with these Articles. The election for the office of Honorary Treasurer shall be at the annual general meeting in the relevant year and shall be conducted in accordance with Article 25. <b>A member so appointed shall hold office for a oneyear term and may be re-elected, subject to not exceeding six consecutive years in total.</b>	23. Honorary Treasurer On 31 August <b>in the relevant year</b> , the Honorary Treasurer shall retire but shall be eligible for reelection in accordance with these Articles. The election for the office of Honorary Treasurer shall be at the annual general meeting in the relevant year and shall be conducted in accordance with Article 25. <b>A member so appointed shall hold office for a three-year term and may be reelected, subject to not exceeding six consecutive years in total.</b>
24. Honorary Secretary On 31 August <b>2017 and each anniversary thereof</b> , the Honorary Secretary shall retire but shall be eligible for re-election in accordance with these Articles. The election for the office of Honorary Secretary shall be at the annual general meeting in the relevant year and shall be conducted in accordance with Article 25. <b>A member so appointed shall hold office for a one-year term and may be re-elected, subject to not exceeding six years in total.</b>	24. Honorary Secretary On 31 August <b>in the relevant year</b> , the Honorary Secretary shall retire but shall be eligible for re-election in accordance with these Articles. The election for the office of Honorary Secretary shall be at the annual general meeting in the relevant year and shall be conducted in accordance with Article 25. <b>A member so appointed shall hold office for a three-year term and may be re-elected, subject to not exceeding six years in total.</b>



# 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 30th June 2019 immediately following the General Meeting at 11.00

## AGENDA

1. To read the Notice convening the Meeting; and to confirm a quorum
2. To approve the Minutes of the Annual General Meeting held on 1 July 2018
3. To consider any matters arising from these Minutes
4. To receive the Chairman's Report (incorporating finance report)
5. To approve the Accounts for the year ended 31 December 2018
6. To appoint Auditors for the year 2019
7. To receive the Captain's Report
8. To agree the Annual Subscription rates for the year 2020, as proposed by the Committee at £340 for UK members, £170 for Overseas Members and £105 for Full Members under the age of 30
9. Elections to Office and Committee:  
note: the maximum number of elected members of Committee is nine  
For Chairman: **Hugh Richardson** proposed by Sir George Cox, seconded by Rod Murray  
For Honorary Treasurer: **Peter Greenslade** proposed by Kevin O'Sullivan, seconded by Charles Wiggin  
For Honorary Secretary: **Mrs Fiona Dennis** proposed by Ms Barbara Wilson, seconded by Phil Clements
- a) The following offer themselves for re-election to the Committee  
**Marcus Bateman** proposed by Peter Gostling, seconded by Alex Gregory MBE  
**Mrs Anne Buckingham** proposed by, Ms Linda Muri, seconded by Leigh Heyman  
**Rob Clegg** proposed by Pete Bridge, seconded by Marcus Bateman  
**Chris Dalley** proposed by Henry Head, seconded by Christopher Rodrigues CBE  
**Ms Jennifer O'Reilly** proposed by Ms Jane Ferry, seconded by Dr Claire Coburn  
**Craig Walton** proposed by Andy Trotman, seconded by Mrs Fiona Dennis
- b) The following offer themselves for election to the Committee  
**Ms Anna Troup** proposed by Ms Juliet Machan, seconded by Ms Alison Gledhill  
**Peter Gostling** proposed by Ms Hannah Burkitt, seconded by Terence Gostling
10. Announcement of those persons invited to attend meetings of the Committee
11. Any other business

## VOTING BY PROXY

The 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 can be downloaded from the website at [www.leander.co.uk/membership/agm-minutes/](http://www.leander.co.uk/membership/agm-minutes/) or a copy can be obtained from the Office. A hard copy of the form must be lodged at the Clubhouse by close of business on **Friday 28th June**.

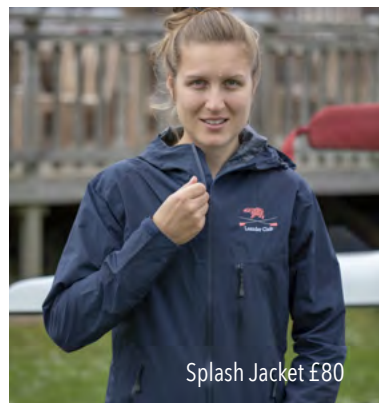
## INTERESTED IN VOLUNTEERING?

Leander Club has a small full-time staff responsible for the operation of the Club and the coaching of the crews. Over and above this, a number of volunteers are needed to serve as members of the Committee elected by the Members and to be involved on its various sub-committees, often through providing more specialised advice. The sub-committees include all the key areas - finance, rowing management, social and hospitality, membership, sponsorship, 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](mailto:chairman@leander.co.uk) to explore this further, without commitment on either side.

# ROW | Life

A selection of our latest products available to buy in the Pink Hippo Shop. [Visit shop.leander.co.uk](http://shop.leander.co.uk).



Splash Jacket £80



City Silk Hankie £12



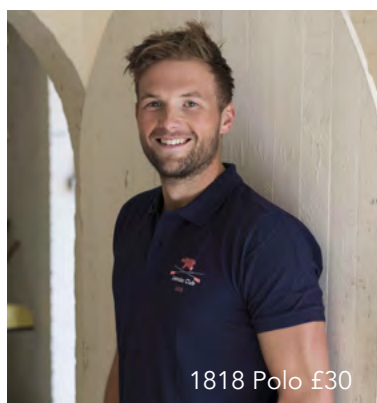
Pink Suede Hat £18



Long sleeve T-shirt £22



Pink T-Shirt £20



1818 Polo £30



Leander Pink Polo £32



Chilli Bottle £24



China Mugs - Navy £12,  
White £10

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