

LeanderNews

The Leander Club News Winter 2009

Leander looking good for the 2010 season



Leander has had another very strong year in 2009. We've produced many club crews, helped lots of athletes into the national teams, supported their breakthrough into the senior GB team as London 2012 hopefuls and brought home a cluster of medals from the international championships.

Once again Leander had an impressive number of wins at the Royal Regatta this year with five trophies in all. Tom Wilkinson, Tommy Burton, Tom Broadwater and Phelan Hill made up the lion's share of the British eight which won the blue-ribbon Grand and in the GB women's eight Jo Cook marked her breakthrough into the senior national team this season by winning the Remenham Challenge. In the GB quad back from an early deficit to a comfortable win in the Prince of Wales and Alex Partridge, Matt Langridge and Rick Egington were dominant in the Stewards'.

In this issue:



Page 5
Regatta 2010



Pages 6-7
Reunited - The Leander Cadets



Page 8
Every Little Helps!



Page 10
How I swam in the steps of Leander

Continued on page 2.

Leander looking good for the 2010 season

Continued from page 1.

It's fair to say though that we also had our racing at the Coupe de l'Europe were on a mission, but still disappointments this Regatta but this is a great achievement – watch this space. Looking ahead to the 2010 season Leander was the most Leander has ever done and be in good shape. We've had expectations that we have within the Club came home with medals and another really strong intake again this year. There was no shame in it though and an impressive Gold for Vicky Bryant and Rachel and we now have a core group of about fifty athletes training at the Club. It is fantastic that we have so many athletes down at Leander and every time I walk into the Club it amazes me how much it has transformed over the ten years I've been rowing here and over none of this would have been possible without the continued support of our members and sponsors.

It was a real shame though that we didn't get to see our Freshers and Sporting Giants race at HRR this year but they dealt with the huge disappointment of being barred from the Thames Cup with aplomb. They were a credit to themselves and Leander throughout the year and especially their alternative end of season at US National Championships. Up against an extremely tough field that included three US national eights our boys not only made the final but authoritative Gold. It was a very respectable performance in the World title in the fours, Matt's first junior title in 2001 and a group of guys who have essentially only been rowing for one year.

Leander finished off the domestic season with a strong performance at the National Championships winning a total of seven pennants including all open men's events plus the quad, the lightweight quad for Simon Barr and the women's double with Frances Nicholls and Debbie. After a year out Debbie was playing back in this summer and had already got to a flying start at Women's Henley where she won the double sculls with Jane Hall setting a course record on the way.

It was also another successful slighter for the Club on international waters and notably across all age categories coached by Livinia Cowell-Sherriff and Silver in the single on the coast.

Leander's squad is made up of a highly competitive International Development Group which again last season was a major feeder to the national teams; a team which keeps on getting more and more successful each year; the first enthusiastic Freshers and Sporting and the resurgence of a Leander Leander system for Juniors. On top of all this Leander is increasingly attracting more and more of the best lightweights in the country and maybe because of this, we are now hosting the men's national lightweight team for half of its training. It has been great to see Olympic Champion Mark Hunter come back into this group with all of his old passion and more after he's been topping up his batteries and sun tan in California for the last year.

Behind all of this we have an outstanding coaching system headed up by Mark Bank who is now in his tenth year as chief coach at Leander and doing a supreme job on both the Club and the international duties. Rob Dauncey has had a good first year as Mark's number one and he is backed up by Chris Collerton and Livinia Cowell-Sherriff and from this season

LeanderClub®



Matt Beechey and Alan Inns. It will be joining them from this season will be Rob Morgan, who will be leaving this autumn. We all wish him well as he takes on a new challenge that they bring to the GB men's lightweight coaching team. It is a tribute to the club that we are also helping to produce the country's best coaches as well as athletes. We also have a new residential physiotherapist in Mike Chisholm who replaces Wendy Davies after years of service to Leander and is working hard to keep our guys and girls in one piece.

On top of this world class coaching and support system we are only able to serve such a large and successful group of members through the dedication and commitment of the club's volunteer coaches. As always we are hugely grateful to Brian Armstrong, Ted Bainbridge, Geoff Baker, Jez Moore

It is a sad moment for me but of great memories and I would like to thank everybody at the club who have supported me over the last two years. Steve Williams OBE

Claire Lomas Fundraiser at Britain's top Rowing Club! 26/09/09

Leander Club, Henley on Thames, the home of elite British rowing, opened its doors to a group of enthusiastic supporters of the 'Get Claire' campaign. The cocktail party, hosted by Catriona Kerruish, was a huge success with guests, including Claire Lomas and her family, enjoying an evening of live music, disco and delicious food.

A silent auction with donations from a huge number of people, including Event riders, Showjumpers, Dressage riders, Rugby international players, jewellery designers and pop stars, added to the fundraising efforts. A tremendous amount raised to help Claire get back on her feet. Money is still coming and the organisers are hoping to hand over £2500!! A huge thankyou to everyone who came along and who donated the fabulous auction items.

The next fundraising project is to be a fashion show with top Showjumpers and Dressage riders posing as models. We plan to hold this at Newbury Racecourse on Saturday 16th January. For more information contact Claire Lomas via email clairelomas@hotmail.com.

Did you know?

Hippo Happenings.

We have a monthly e-newsletter - 'Hippo Happenings', which keeps members up to date on activities around the club outside of this newsletter and receives great feedback. However, we don't have email addresses for all members and regularly get a number of 'bounce-backs' and other non-deliveries. If you are not receiving Hippo Happenings and would like to, please send your name and email address to cheryl@leander.co.uk and we will add you to the distribution list.



Beating the credit crunch.

Did you know that if you put money on your membership card, you get a 5% discount on all food and drink purchases at the Club... To do this, you need to ask Cheryl to activate your card for payments and then tell her how much you want to put on it (minimum £100). Simple.

Gratuities at Leander.

From time to time members ask if they can 'tip' the staff. The Club policy is that gratuities are entirely at members' discretion; they are not expected at a table but members often wish to show their appreciation after a private event and the staff are obviously pleased to receive this acknowledgement.

A number of members are extra-generous at Christmas time and, for information, any payments made via the office are shared out among the food and beverage staff.



Mapping Leander's longer term future – Nick Aitchison

Despite the yearly challenge of the funds needed to support our world-class rowing programme to maintain our historic Clubhouse service levels, it is also vital to eye on our longer term prospect end, a small group was recently led by Ted Bainbridge (Hon Treasurer), also comprising Ivor Lloyd (Director of Rowing), Tony Hewlett (a Chartered Accountant, newly elected to the Committee), Nick Aitchison (Chairman) and Paul Budd (General Manager). During July and August, a five year review and forecast was undertaken, which has certainly focused our minds on our longer term priorities.



Nick Aitchison (Chairman)

Many members will have been involved in similar exercises at work and must readily imagine the process of developing the necessary financial assumptions and strategic goals, as well as imposing such as the speed of recovery from the current recession, the likely inflation, interest rates, and even the strength (or otherwise) of the Pound, given that most of our rowing equipment is imported and that regular overseas training camps and regattas have to be paid for in Euros. General cost control is obviously vital and we have made some very difficult decisions this year, including a freeze on staff remuneration. Many of our costs are largely outside our control and we have taken a fairly pessimistic view on items such as energy, insurance and rates.

In some ways our deliberations were relatively optimistic. For example, support

membership numbers have grown well in the past decade, and clearly that benefits the Club across the board. We cannot be complacent in this regard. The review highlighted how hard we must work to continue this trend. Our discussions on subscription levels and the necessary financial assumptions are based by the objective of maintaining the necessary financial assumptions and strategic goals, as well as imposing such as the speed of recovery from the current recession, the likely inflation, interest rates, and even the strength (or otherwise) of the Pound, given that most of our rowing equipment is imported and that regular overseas training camps and regattas have to be paid for in Euros. General cost control is obviously vital and we have made some very difficult decisions this year, including a freeze on staff remuneration. Many of our costs are largely outside our control and we have taken a fairly pessimistic view on items such as energy, insurance and rates.

Our annual rowing expenditure (£165,000 in 2008) has seen a step change in 2009 and while we expect some increase, the size of our squad (and the spend) is ultimately likely to be constrained by the size of our boat house. Thus the mid-term challenge will be to ensure that we have the financial resources for on-going improvements rather than for further major expansion.

That alone will be a challenge, given that we currently enjoy substantial external support which may be harder to attract

after the London Olympics.

Another cause for optimism is that members' own expenditure at the Club has held up well during the recession, both during the Regatta and year-round. That is a tribute to the loyal support of the membership, as well as the result of much hard work by Paul Budd and his team in improving our menus, value for money and service levels, as well as improving bedroom occupancy rates. The financial result for the 2009 Regatta was down, simply the result of the dramatic

reduction in corporate entertaining this year, not just at Henley but at most other comparable venues. Fortunately our members supported the Regatta very well, and the new marquee and bar layout was very well received. What does need to be done, year round and during the Regatta, are the previous levels of corporate business so important to us. In our finances; efforts to upgrade and expand our marketing activities are now underway.

In conclusion, the review was valuable not for the figure that emerged in the bottom right hand corner, but for highlighting our challenges – particularly in member recruitment, in restoring our corporate business through increased marketing and in retaining and attracting external financial support for our Rowing. As a result we are reviewing and restructuring the sub-committees to bring new focus to these tasks.

Nick Aitchison
Chairman



Regatta 2010

themselves the question 'what business are we in?' In the early part of 2009, your Committee took the decision to change the regatta cloth to fit the expectation of a leaner corporate profile in 2009. We reorganised the space into a more efficient layout and turned the Riverview corporate boxes into the Members' Riverview Bar. These new arrangements were well commented on by members and the raised bar, with its spectacular views, is fast becoming 'the place to be' during the day and especially after the days racing.

In 2010 we intend to build on this success and in this respect it is timely that the catering contract with S was up for renewal. The new contract which starts in 2010 is with Crown Group who will provide both the bar and the marquee arrangements. We are delighted with the proposals Crown have made and we are pleased to announce the following enhancements:

- A much improved shop layout immediately to the left of the gateway.
- The marquee and bar layout will be broadly similar to 2009 but with more space in the marquee and less slopes and trips on the walkways.
- Members will be pleased to note that many of the luncheon and tea prices are broadly similar to 2009 prices (VAT aside), but will provide a significantly enhanced standard of service with different menus each day.
- Wines and Champagnes will provide noticeably better value for money.
- The evening food offer in the Riverview Bar will be enhanced and service time extended.
- The Committee wished to enhance the Clubhouse luncheon, afternoon tea and bar service to members. A less crowded Club dining room will provide a finer menu and the Club Bar will offer a quality snack food offer providing a quality alternative to the Riverview Bar.
- Higher staffing levels will be provided throughout and more attention will be given to detail.



We are very hopeful that our new catering contractors will provide us with even better hospitality in 2010 and that we will enjoy a memorable Regatta.

Paul Budd OBE
General Manager

Reunited - The Leander

It is now some 40 years since the 'Leander Cadets' pulled off a **University of Pennsylvania** by three of wins in the Thames Challenge Cup and the great majority of those involved. Finally, in 1970 the returned this year to the Club on Regatta Finals Day, to take part in a row past and to celebrate their achievements.

The creation of the Cadets in the mid 1960s, the scheme was launched and proved not only a vital step in the first Cadet crew raced at Henley in 1965, re-establishing Leander as a major force in British rowing, but was also a major factor in Britain's subsequent extraordinary success. For the first time, Leander was able to field a regular international success. Following the mid 1960s, was a lean spell for Leander, in the face of the coaching efforts. Drury, who had been responsible of their home base during the week, standards overseas and also at home, the coupled with the recruitment of new oarsmen from the ranks of school leavers, the Club wisely decided to focus on re-establishing junior international standards. In 1968, the Club was real camaraderie in the squad, Thanks in particular to the efforts of Pete Cup. In 1969, a fresh Cadet crew was real competition was intense, Sutherland, Donald Leggett and Jumped to victory, this time beating the



The 1969 & 70 combined crew with their coaches after the row. Left to right: Donald Leggett (coach); Greg Phillpotts; Jeff Easton; Tim Bennett; Tony Allen; Chris Etherington; Glyn Locke; Charlie Wiggin; Jon Pemberton; Phil Angier; DHD (coach)



The combined '69 and '70 crew in a



The Row-past - neck and neck at the finish



Steve Williams, DHD and Sir George Cox

LeanderClub®



nder Cadets



The '68 crew in action



Donald Leggett (coach) and Hugh Twiss (organiser) relax after the lunch and remember the old days.

Eight oarsmen from the three crews went on to represent the country at the 1968 Olympics with four (Tim Crooks, Dick Lester, Yallop and Charlie Wiggin) winning Olympic medals.

The reunion was conceived and organised by Hugh Twiss, Donald Leggett and Peter Mullard. The festivities began with a row-past by two crews; one was the original 1968 crew, while the second was formed from the 1969 and 1970 crews.



"DHD" - Derek Drury, the Head Coach

Though some had literally not rowed since their famous victories, the technique was predictably faultless! Back at the Club, the crews rejoined friends and family for a lunch to celebrate their achievement. Nick Aitchison, Leander Chairman (himself a member of the 1971 Cadet crew) paid tribute to the crews and coaches and, to the delight of all present, announced that Honorary Membership had been conferred on Derek Drury in recognition of his outstanding contribution. Derek in turn paid tribute to his coaching colleagues, especially Donald Leggett. Club Captain Steve Williams and President Sir George Cox were on hand to congratulate Derek and to meet the Cadets, without whom Leander's modern day success might well have proved elusive.



The 1968 combined crew with their coaches after the row. Left to right: Donald Leggett (coach); Rodney Burgess; Dick Crane (injured on the day); Graham Davidson; Tim Crooks; Nicola Tee; Robert Brereton (substitute); Ian Morton; Dickie Clarke; Tim Redfern; Charles Parry; DHD (coach);

Every little helps!

The feeding of our athletes at Leander Club has always been given a high priority and each day of the week athletes eat up to four planned meals a day and snack in between to maintain the 6-7000Kcal intake they require. Nutritional standards are exacting and the following extract from the nutritional guidelines gives you a flavour (no pun intended) for the requirement:

- Athletes require a diet that is high in carbohydrate, low to moderate in fat, with generous amounts of protein.
- Open weight rowers have high energy requirements and so it is important that they have access to large portions of food, especially the carbohydrate rich foods.
- Lightweight rowers will generally be eating smaller portions of food than the open weight rowers and will need to follow a lower fat diet. They will need to eat immediately after training and so it is also important to have a snack available if training finishes outside regular meal times.
- The foods on offer each day need to vary as much as possible to prevent boredom with a mix of high and low fibre choices. Different pasta choices, and ideally different breads. Fat content of dishes needs to be kept to a minimum.
- Low fat versions of standard foods should be offered e.g. milk, margarine, yoghurt, salad dressing.
- A wide varied range of fruits, salads and vegetables is required.
- Rowers have high fluid requirements and will drink a lot of fluids. There should be plenty of drinks available at all times. There should be jugs/bottles of water and ordinary and low sugar squash available well as milk.

All the dishes the athletes eat at Leander are prepared by Scott and his team in the Club kitchen and we all regard feeding the athletes as every bit as important as feeding our other members. Top quality ingredients are used and although athletes pay a contribution to the meal costs, the Club has always provided a heavy subsidy amounting to several thousands of pounds a month.

Enter Tesco.....in an extraordinary generous gesture to our athletes Tesco have recently arranged to underwrite a substantial part of the cost of feeding our athletes and much of their day to day foodstuffs are now delivered to us from the Tesco Store in Henley, where we are able to source products of the required standards from their extensive range. The store manager David Burgham could not be more helpful and his delivery vans will now be a regular sight outside the Club service delivery door. Scott and his staff have quickly adjusted to a different ordering pattern (with domestics rather than catering sized packaging) and are exploring a wider range of products to further enhance the athletes' diet.

Thank you Tesco



LeanderClub®



Honours Board 2009

HENLEY 2009

GRAND

T.E. BROADWAY
J.E. ORME
T.G. WILKINSON
T.F. BURTON
P.P. HILL

REMENHAM

J.M. COOK

STEWARDS'

A.M. PARTRIDGE
R.P. EGINGTON
M.K. LANGRIDGE

RACICE 2009

UNDER 23s continued

LM4x (BRONZE) D.R. JONES
J.A. CLEGG
M4+ (9th) R.R. POULTE
R.T. BUCKE

M4- (11TH)

W.S. SATCH
W. LAUGHTON

POZNAN 2009

PRINCESS GRACE

C.R. GREVES

PRINCE OF WALES

D.R. JONES
J.A. CLEGG
J.C. HOCKLEY
P.G. TURNHAM
D.S. READ
R.J. DOWELL

M4-

A.M. PARTRIDGE
R.P. EGINGTON
M.K. LANGRIDGE

LTA4+

N. RICHES

M2- (2nd)

P.K. REED

W2x (2nd)

A.R. BEBING

QUEEN MOTHER

R.M. BATEMAN

LW4x (2nd)

J.L. HALL

DOUBLE SCULL

M.W. WELLS
S.C. ROWBOTHAM

M8+ (5th)

T.E. BROADWAY
J.E. ORME
T.G. WILKINSON
T.F. BURTON
P.P. HILL

LADIES'

R.T. BUCKE
A.P.B. LOCKE
M.E.T. ROSSITER

W8+ (5th)

J.M. COOK
K.L. STILLER

RACICE 2009

UNDER 23s

W8+

V.L. BRYANT
R. JEFFERIES
Z.M. DE TOLEDO

W4x (5th)

LM2- (5th)

W2- (6th)

LM2x (6th)

M2x (B Final)

M8+ (BRONZE)

T. CLARK
B. DUGGAN
A.P.B. LOCKE
M.E.T. ROSSITER

LM4- (13th)

M4x (Unplaced)

C.R. GREVES

R.T. HUNTER
L. REEVE

P A D. MATT

M.W. WELLS
S.C. ROWBOTHAM

C R. BARTLE

R.M. BATEMAN

Annual Subscriptions for 2010

Leander Club subscriptions for 2010 will be as follows:

Ordinary and Associate members - £230

Overseas members - £115

Ordinary members under 30 - £50
(including Overseas Ordinary members under 30) The British Rowing annual levy will be £5.20 added to the subscription. Subscriptions are collected by Direct Debit on 1st January each year.

Recruitment of new members during 2009 has been buoyant and has once again exceeded losses. The overall membership therefore continues to grow but the Committee is keen that we continue to grow and existing members are asked to continue their efforts to recruit. By way of an incentive, and to encourage new members into the Club at the earliest opportunity the proposer of a successful full paying applicant will receive an invitation to dine with the new member and their respective guests (a table for four) at the Club's expense. The General Manager hopes these occasions will be used to explore some of the better wines on offer! A joining fee equal to one year's subscription for the category is applied to new members but is waived for members under 30. Members are reminded that their spouse may be extended membership in their own right at half subscription rate (with no joining fee) and may use the Club independently.

Notice of the Annual General Meeting for the year 2010

Notice of the Annual General Meeting for the year 2010

The Annual General Meeting of Leander Club will be held in the Marquee at the Club House, Henley on Thames on Sunday 27th June 2010 at 11 a.m.

Elizabeth Henshilwood
Honorary Secretary

How I swam in the steps of Leander

Leander came to grief while visiting Hero on the opposite shore. The race was no less memorable than its predecessors.

The Hellespont is the only swimmable waterway separating Europe but the strong currents running North to South from the Black Sea mean that the race takes the form of a 4.7 mile dog-leg. Last year's competitors overshot the finish and were disqualified – after winning in the Thames at Henley I was determined not to make the same mistake.

Admittedly neither the Thames nor Highgate Pond in London provided the rough seas I encountered along with the other 300 swimmers.

I ploughed through the waves as best as I could, and looking across the straits I felt completely alone except for the odd fishing boat.

At last I saw the big yellow balloon and the finishing line, where a beached whale on the rubber mat which electronically records times. I cut it close, but as I stumbled along on terra firma, I saw on the huge screen as the winner in my age category. Only later were no other competitors in my age group!

Just as we were heading for the nearest bar to celebrate, a speaker announced to be given to the oldest competitor in the race, at just over 70 years of age - me!

by Simon Moyle



Simon Moyle of Skirmett prepares to mount the victory rostrum as the oldest competitor in this year's Hellespont Swim

Pink Hippo Club second draw for 2009

The lucky winners of the second 2009 Hippo Draw are:

1st Prize B R Eastick (2532) - £300

2nd Prize K J O'Sullivan (4054) - £200

3rd Prize M T Kirby (962) - £100

The Hippo Club is established to buy boats for our athletes. Member's may buy tickets at £12 each through Standing Order arrangement. Details are available from Philippa in the office.

LeanderClub®



Leander Club in the AA Guide Book

The Committee recently took the decision to place Leander Club in the AA Guide Book to help attract last minute non-member trade to top up our bedrooms and restaurant business when we can predict low member attendance. The AA Inspector paid us an unannounced visit during October and his report gave us a '4 Star' rating.

This is a most commendable report and it reflected well on all the staff and mirrors many of the comments we receive from our members. Of course it would be nice not to have to attract non-members to improve our bedroom occupancy and to this end members are reminded that we are still offering attractive mid week bedroom deals when you book for a club event and a 'distant member breaks' which include dinner at very attractive price. So why not pay us a visit for an out of season break or to meet up with some friends?

The report summary was as follows:

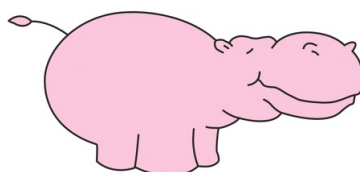
Leander Club provides a most excellent location for guests, this was a particularly pleasant visit, and the inspection found a well run and pleasant place to stay. Physically there is a great deal to commend here, not least the well appointed bedrooms which are not only comfortable but also very well equipped. Bathrooms also impress, and high quality towels and toiletries also make a big impression here. The range of public areas is also excellent and the views and riverside setting are memorable. Housekeeping deserves praise, high standards of cleanliness throughout. So too cuisine, and the kitchen are to be praised with an excellent dinner and breakfast, dinner gaining a 'dinner award' notation for the guide book entry. My compliments to the whole team. Hospitality was very friendly, and a well delivered attentive and helpful service.



Leander trademarks

Leander Club and our well-loved hippos are now trademarked, so that we can keep them safe and secure. The images that we have trademarked can all be seen here, and so it is important that if any member sees anything that they think contravenes one of our trademarks, that you let our General Manager know as soon as possible.

Additionally, now that we have it, we are looking for opportunities to exploit the brand in an appropriate manner across Europe so if any members has experience of this and may be able to assist in this process please contact Paul Budd: paul@leander.co.uk



Community Trademark 2491370

Leander Club

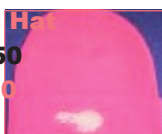
Community Trademark 007051097 Community Trademark 007051113 Community Trademark 007051105

Christmas sale in the Pink Hippo Shop!

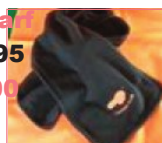
The Pink Hippo Shop has had a great year and so, on behalf of everyone involved, I would like to thank you for your support. The shop exists to generate income directly for the Leander Club Boat Fund meaning the money you spend goes towards buying new boats. It was particularly great to see so many of you at this year's Regatta – which I am sure you will agree was a success. We are now busy sourcing many exciting new products for the 2010 Regatta, so keep your eyes peeled around the website. In the meantime we are having our big winter sale. The perfect opportunity to get your hands on bargains and just in time for Christmas.

Wrap up for Christmas on the river with these winter warmers

Pink Beanie Wool Hat
WAS £9.50
NOW £6.00



Fleece Scarf
WAS £9.95
NOW £7.00

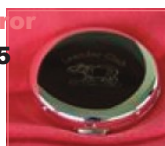


Unisex Navy Rugby Shirt
WAS £39.95
NOW £25.00

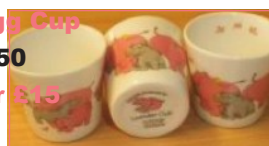


Especially for Ladies

Compact Mirror
£12.95



Frolicking Hippos Egg Cup
WAS £6.50
NOW £4.50 Or 4 for £15



Sterling Silver Brooch
WAS £46.00
NOW £30.00



Especially for Gentlemen

Pewter Tankard
£29.95



Bottle Opener
£6.95



Business Card Case
£12.95



Hip Flask
£19.95



Sterling Silver Wine Coaster
£37.50



For the Rowers

'While you were rowing...'
Blackboard
£19.95



"Gone Rowing Sign
£9.95



For the little ones

Navy Rugby Shirt
WAS £27.00
NOW £20.00



Large Cuddly Hippo
£19.95



To order any or the items above or any other Leander Club gifts please visit our shop website at www.leander.co.uk. You can also call our friendly team on 01491 575782 or email us at shop@leander.co.uk. We also love to meet our customers in person. The Clubhouse is always open during office hours, or outside of this, the duty manager will also be able to help during evening hours.



Leander Club Henley-on-Thames RG9 2LP

Tel: +44 (0) 1491 575782 Fax: +44 (0) 1491 410291 Email: info@leander.co.uk
www.leander.co.uk

