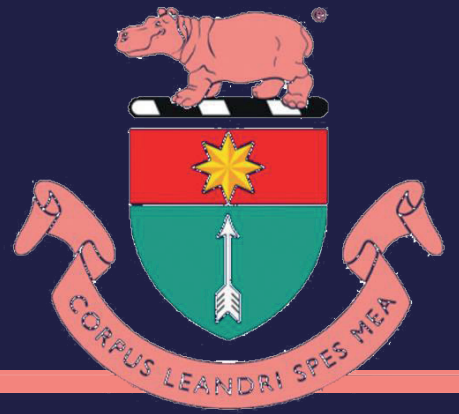


LEANDER REVIEW



November 2021

LEANDER *Editorial*

After such a successful year for the Club it has been a very considerable pleasure, as the new Editor, to put together this annual review. There is a great deal to celebrate.

A printed review will be sent to all members annually, with two electronic editions per year and regular email News Updates/Hippo Happenings. Please also see the website for news items.

Articles, photographs, ideas and news of Members are always needed and warmly welcomed, with Remembering Our Members now published in the on-line editions.

Many thanks to my predecessor Barbara Wilson for editing the electronic issues during the pandemic.

At the next opportunity we shall do proper justice to Vicky Thornley, former Club Captain, who announced her retirement from international rowing just too late for anything other than an inadequate brief mention.

Felicity Rutland, Editor

Contributors: Jack Beaumont, Matt Beechey, Annie Campbell-Orde, Daniel Goodey, Al Heathcote, Ross Hunter, Seun Oluboden, Mark Pilkington, Mike Sweeney.

Acknowledgements: Ali Brown, Henley Standard, JET PHOTOGRAPHY, Kat Green.

Editor: Felicity Rutland. **Email:** newsletter@leander.co.uk

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FRONT COVER: GB SILVER MEDAL OLYMPIC SQUAD

LEANDER People

The Leander committee meets eight times a year (2021 by Zoom), with weekly updates from the General Manager and the Chief Coaches

The Committee



Mike Sweeney
President



Pete Bridge
Chairman



Fiona Dennis
Secretary



Peter Greenslade
Treasurer



Peter Gostling



Rob Clegg



Monica Relph



Marcus Bateman



Jennifer O'Reilly



Justin Hodges



Barbara Wilson



Felicity Rutland



Joe Michels

In Attendance



Al Heathcote
General Manager



Matt Beechey
Chief Coach Men's Squad



Ross Hunter
Chief Coach Women's Squad



Jack Beaumont
Club Captain

The House Team

General Manager Alastair Heathcote

Finance Manager

Philippa Gutteridge

House Manager Laura Andrew

Membership Secretary

Cheryl Vyvyan

Events Manager Max Watson

**Office Manager
and Pink Hippo Shop**

Michelle Thomas

Duty Managers Holly Mothersole
Matt Herbert

"With a reputation for good oarsmanship, good fellowship and sporting excellence, we are committed to the recruitment and nurturing of rowing talent and the development of world-class athletes."

LEANDER Covid Training

Training during Covid took on a completely new dimension



LEANDER Coaching

The President summarises the new coaching structure including Women's and Men's Chief Coaches

In June this year Mark Banks retired from his role as Director of Rowing after over twenty very successful years at the Club. The Committee has taken the opportunity to review the coaching structure and to create new roles in their determination to develop rowing champions of the future whilst remaining at the forefront of British and world rowing. The new coaching appointments, coupled with the development of future world-leading coaches, underpins Leander Club's commitment to, and investment in, this strategy.

Ross Hunter has been appointed as the new Women's Squad Chief Coach and Matt Beechey as the new Men's Squad Chief Coach. Both appointments were effective from the 6th of July.

Ross has been a coach at Leander Club for the past seven years, the first three of which he was lead coach for the men's sculling squad. Over the past four years, Ross has been the lead coach for the Leander women's squad and in that time has grown the number of high performance athletes at the Club from three to over 25. Numerous of these athletes have gone on to train at Caversham with the British Rowing squad and to represent their country at U23 and senior level. Ross has also coached Leander crews to victories at Henley Women's Regatta and at the Women's Head of the River Race.

Matt has coached at Leander since 2009 and in that time has coached



"Leander has always had a strong tradition of success with its men's squad and I'm determined to be part of a women's squad that can equal that."

Ross Hunter

Leander men's crews to eight victories at Henley Royal Regatta as well as developing numerous athletes into the U23 and Senior British teams. Matt has been the lead coach for the men's sculling squad as well as more recently the men's sweep squad. He has been instrumental in the success of the Club on the water over the past decade and the Club is very excited to see him step up into the lead men's role.

To support Matt and Ross two further appointments have now been made. Ali Brown will



"Coaching at Leander gives me the opportunity to give something back for all the great coaching and support I had when I was climbing the ranks of the national team as an athlete."

Matt Beechey

work with Matt as the High Performance Men's Coach and Richard Chambers will work with Ross as the High Performance Women's Coach. Our High Performance Talent ID Coach is Jonathan Jackson and our squad Physiotherapist is Natascha Stagg. We are also investing in coaching apprenticeships, supported by British Rowing, for both the women and the men's squads. This will allow the club to develop top level coaching talent as well as top class athletes.

Mike Sweeney



LEANDER *The Club Captain's Journey*

Jack Beaumont's journey through the Covid restrictions to Tokyo

Making it to the start line Covid-free

Making it to the start line at an Olympic Games is an immense challenge for every rower, involving constant tests on the rowing machine, assessments in small boats and relentless seat racing to gain one of those coveted seats. The pursuit of Olympic glory also involves a great deal of personal management to stay fit and healthy whilst tolerating an incredible training load. To be selected for the Olympics is no mean feat in any year but in this extraordinary year there was an extra hurdle; staying Covid free!

Planning - to STAY Covid-free

It was clear that avoiding contracting Covid and spreading it around the team would be critical if we were to make it to Tokyo and to compete successfully. We also owed it to the Japanese public, who were sceptical of the Games, to act responsibly so that the Games did not become a 'superspreader' event. This was easier said than done and in an event involving 11,000 athletes in one small village it took a huge amount of planning.

Rules, guidelines and a Covid Charter

The IOC drew up extensive playbooks of how the games would go ahead in a Covid-safe way, and the rules and guidelines that participants would be bound by. Alongside this, in the British Rowing team we agreed a 'Covid Charter' of behaviours that we would abide by throughout the

season in order to keep ourselves and our team mates safe.



No overseas training camps

Throughout the season we avoided public transport where possible and opted for training camps in the UK to avoid the risks of travelling in packed aircraft and also to avoid the mandatory quarantine periods on return to the UK. Instead of our usual high altitude camp in Sierra Nevada in Spain, we went to St George's Park (Burton-on-Trent) the home of the England football team.

Six weeks to go

As the Olympic Games got closer, and restrictions started to ease in the UK, we had to tighten up our behaviour. Six weeks before the games began the whole Olympic team said goodbye to their families and friends and headed off on training camps where we formed our Olympic 'bubble'. For the next 4 weeks the team spent time training in Varese in Italy and in the Silvretta Alps in Austria, before reconvening in the Madjeski Stadium Hotel in Reading for one

final week of training before flying to Tokyo.

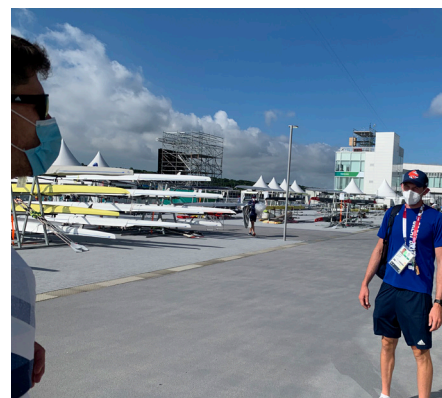
Tests, tests and more tests

Covid testing increased throughout this six weeks until we started taking daily tests and sometimes even twice a day. It was terrifying to know that one positive test could mean the end of my Olympic dream and perhaps that of my crew mates too.



The flight, protocols and tests

We flew to Tokyo following the protocols that I'm sure many of you have now experienced - pre flight testing and wearing a mask for the duration of the 12 hour flight. Upon arrival, we went through a strict quarantine area within the Tokyo airport and did a PCR test. We had to wait for these tests to be analysed before being allowed to leave by bus to our hotel. Upon arrival at the Olympic Village we were subjected to daily Covid testing.



to the Covid Games



Bubbles and masks

Instead of making friends with athletes from different countries, we were expected to avoid people outside of our crew bubbles. Inside Olympic venues we were expected to wear masks all of the time unless we were eating or training. At the course we would have our masks on until we were in the boat, and put them on just before getting out of the boat. In the heat and humidity of Tokyo, after a lung burner of a race, putting a mask on was the last thing any of us wanted to do!

Socially distanced meals

Eating in the Olympic Village was interesting. We were under the



impression that we would be eating alone, but in reality we were on long tables with Perspex dividing each place at the table. This made it hard to have a conversation. The food was served as a buffet but with everyone having to wear plastic gloves.



No fans, friends or family

The regatta ran just like any regatta would but with one massive difference: the absence of fans.

We really missed having our friends and families at the regatta course.

The people who support us through all of the tough days of training are the ones we want to celebrate with or commiserate with after these big races, so it was really tough not having them there.



Medal ceremony, empty stadium

For me and my crew, it was such a strange experience to have an Olympic medal ceremony with all

of the tracksuits, flags and anthems, but to be looking at an empty grandstand!

The final Covid restriction on the Games was that each athlete was expected to leave Japan within 48 hours. This was very different

to the usual Olympic experience where the team spends week two watching the other sports and celebrating with athletes from across the world. Instead we were greeted at Heathrow by our families, and I went straight to Leander for a lovely dinner on the new decking before cheering for the rest of our rowing team from the comfort of my sofa!

"Amazing experience: back to normal for Paris 2024?"

It was a shame that all of these restrictions had to be in place but in my opinion they did not take away from the amazing experience of competing at the Olympic Games. That said, I have my fingers crossed that things will be back to normal for Paris 2024."

Jack Beaumont

LEANDER Tokyo 2020



The challenges and successes of a very different and delayed Olympics

This summer in Tokyo Leander Club provided 24 athletes to compete in the 2021 Olympic and Paralympic Games. Leander athletes competed across nine events at the Olympics and one in the Paralympics. This Olympic cycle has been anything but straight forward for all the athletes having to deal with the pandemic, training in isolation and postponement, not to mention coaching changes and the retirement of former chief coach Jurgen Grobler.

The all-Leander Men's 4x of Club Captain Jack Beaumont, Harry Leask, Tom Barras and Angus Groom have all come through our Leander development squad. They had a great Olympics building through the regatta coming 3rd in the heat, winning the repechage and then in the Final leading most of the way, to achieve a fantastic silver medal.

"On Finals day, we arrived at the course to be welcomed by a strong tailwind. We agreed as a crew that we were going to take the race "by the scruff of the neck", and we did just that - Great Britain's first ever Olympic medallists in the Men's Quadruple Sculls."

Jack Beaumont



(or was it 2021?)



The Men's eight included six Leander athletes - Cox Henry Fieldman, Tom Ford, Jacob Dawson, Charles Elwes, Oliver Wynne-Griffith, and Tom George. They came into the Games with confidence after some impressive results earlier in the season. The crew put together their best race of the regatta in the Final to win Bronze, missing out on the Silver by the narrowest of margins.

"We had to take the long route through to the Final but in the end we were able to come away with a Bronze medal. Although it wasn't the colour medal we had set our aspirations on, we did deliver the best possible race on that day."

Jacob Dawson

Vicky Thornley racing in the Women's Single Sculls had a fantastic regatta reaching the Final and coming home in fourth place. This makes Vicky Great Britain's highest ever finisher in this very tough event. Vicky was not the only boat to narrowly miss out on

a medal and finish in fourth place, sadly this was a position team GB had to settle for in six events. Fourth places went to John Collins racing in the M2X, Matt Rossiter and Sholto Carnegie in the Men's 4- and Rowan McKellar and Karen Bennett of the W4-. Seventh places went to Fiona Gammond, Rebecca Edwards, Chloe Brew, Katherine Douglas, and Emily Ford in the W8+ and to Hannah Scott racing in the W4x.

Leander Club's Erin Kennedy was coxing the PR3 Mixed 4+ at the Paralympics. This phenomenal unbeaten crew went into the Games as the hot favourites for



their event. They certainly did not disappoint, winning the Final by clear water over the rest of the world to take Gold.

Matt Beechey



LEANDER Clubhouse and the Decking

From the General Manager - refurbishment during Covid and spectacular unveiling of the Decking

It is such a pleasure to be able to write this review with Covid on the retreat (fingers crossed!) and such a bright future for the club ahead of us. The past 18 months, as has been the case for everyone, has been such an upheaval for Leander Club. Notwithstanding the difficulties faced with lockdowns and restrictions to hospitality, the club has used this time to good effect to forge ahead with some much anticipated changes to both the public spaces and its culture.

Lockdown #1 saw the club seize the opportunity to refurbish the bar, balcony room, regatta room and reception area. Alongside the experience of a skilled design outfit (House 9), the enforced closure of the club allowed us to improve on the layout and atmosphere of the first floor members' rooms whilst rearranging the fixtures, fittings and artwork to enhance and complement our history and heritage.



We reopened in July on what would have been regatta weekend 2020 with a garden picnic. As much as we deserved a balmy summer's day with golden sunsets and a warm breeze, what we



actually got was what would be considered a bad day in Svalbard. Despite the howling wind and sideways drizzle members erected their gazebos and, in true British spirit, wolfed down their soggy quiche and sub arctic rolls, with no more than a blink of an eye as each gust dropped their core temperatures by a degree at a time.

The rest of the year saw us dip in and out of lockdowns, endless tiers and gradually tightening Covid restrictions. As soon as Covid infections dived, sighs of relief reverberated around the building

and plans were made for summer parties, BBQs and Christmas market until spikes in infections decimated them just as quickly.

The final swish of the executioner's axe fell on the 3rd of December when, in a cruel twist of fate, Henley town on the south Oxfordshire bank fell into tier 3 and, just 20 metres over the river, Leander fell into tier 4. By the morning of the 5th December, the club was, once again a ghost town; the gym empty of every morsel of equipment and athletes once again erging in their kitchens, bathrooms and stairwells.



The second lockdown gave us the opportunity to look towards the regeneration of the deck and outside bar for the summer. Taking a leap of faith (and hopes bolstered by vaccine good news) we embarked on the garden project on 1st March when the first shovel hit the ground. The project progressed well and to plan with a fixed opening party to take place on 5th June. The toxic mix of Brexit and Covid threw up some incredibly difficult hurdles as we hurtled down the runway towards our first big event and an unfettered restaurant opening. Across the UK hospitality staff shortages were at an all time high and Henley certainly didn't avoid this problem. With restaurants and hotels across the country imposing restrictions on opening hours/days and some staying shut completely, we were very lucky that we had just enough staff to manage in the short term. What we didn't expect was that the situation would not improve.

The final opening of the deck proved a huge success. June was a hot, dry month and the deck proved to be the perfect spot for all day dining and the various events hosted by the club throughout the summer.

As with everything in a covid

world, HRR planning was also done rather last minute. Waiting for announcements from regatta HQ we settled on running a low key garden event whilst maintaining our formal dining indoors. For the first time for a long time the club ran the outdoors operation with our regular staff and, alongside Hardy Yard Pizza and Seasoned events food stall (not to mention the clement weather), the garden and deck proved the popular place to be for the 2021 regatta.



The Sunday night 'all crews party' drew oarswomen and men from all clubs, universities and schools and proved to be an enormously celebratory end to an alternative regatta week.



We look forward to the remainder of the year for a number of good reasons: our new head chef, Daniel Goodey who will be drawing on his 20+ year experience in some top class establishments and curating a new dining menu, the Christmas music and food festival running in the garden between 7th and 12th December and the chance to welcome as many members as possible back to the club for Christmas dining and events.

In addition to this, there are plans afoot for further building developments which will offer members far more services to their membership. Details of these exciting projects will be communicated via our emailed newsletters in time.

"Lastly, I'd like to take this opportunity to thank you, our members, for your tireless loyalty for the club. The athletes, I know, are always aware of the special nature of the club and that our success is born out of the enduring support of our members."

Al Heathcote



LEANDER *Henley Royal Regatta 2021*



An overview of Leander's most successful Henley Regatta to date

After the disappointment of the 2020 racing season it really was a pleasure to see the 2021 Henley Royal Regatta back to form.

With a few changes to the off-the-water structure the on-the-water performances were as exciting as ever. With three new events added to the programme for School, Club and University women's eights, never before had so many athletes had a chance of holding their own "little red box".

For Leander Club this was also a special Regatta as we had 17 crews competing and 12 of these crews made it to finals day. With eight wins it became Leander Club's most successful Regatta

to date and shows the depth of our current programme with wins in Open, Intermediate and Club level events split between men and women both sculling and sweep.

A particular highlight was the performance of the women's squad which has been growing with numbers and quality over the past four years and came away with six wins out of the seven events entered, five of these in the Open classes. The victory of the Wargrave Challenge crew was a very special moment meaning that Leander Club became the first name engraved on to that trophy. It is also important to celebrate those who raced valiantly on finals day but were unable to come away with wins.

Seb Deveraux raced in the Diamonds Challenge Sculls and Georgina Brayshaw and Jess Leyden raced in the Stoner Challenge Trophy. Both crews were beaten by GB Team athletes who were placed 4th at the Tokyo Olympics.

The Visitors' Challenge crew put in a brave effort and led their race until the last few strokes but were unable to hold on against a very strong finish from the opposition. And last but not least the Town Challenge B crew who were only defeated at the Regatta by a very strong Leander A crew.

"On the back of such a successful Regatta and after a good break, the athletes and coaches are back at the club working hard to keep this momentum moving forward into the coming season."

Ross Hunter



The eight winning Leander crews



The Prince of Wales Challenge Cup

Intermediate M4x

*Victor Kleshnev, Oliver Costly,
James Cartwright, Jack Keating*



The Town Challenge Cup

Open W4-

*Hope Cessford, Lauren Irwin,
Heidi Long, Alice Davies*



The Hambleden Challenge Cup

Open W2

Susie Dear, Sam Redgrave



The Remenham Challenge Cup

Open W8+

*Morgan Baynham-Williams (Cox), Susie Dear,
Lauren Irwin, Hope Cessford, Heidi Long, Holly Nixon,
Sam Redgrave, Alice Davies, Annie Withers*



The Wargrave Challenge Cup

Club W8+

*Costi Levy (Cox), Katie King-Smith, Imogen Wagner, Xanthe
Weatherhead, Juliette Perry, Lauren Carey, Katherine George,
Seun Olubodun, Carla Russell*



The Princess Grace Challenge Cup

Open W4x

*Cordi Mahony, Natasha Harris-White, Michelle
Truax, Katherine Maitland*



The Queen Mother Challenge Cup

Open M4x

*Jack Beaumont, Tom Barras,
Rory Harris, Harry Leask*



The Princess Royal Challenge Cup

Open W1x
Lola Anderson

LEANDER *Heroes' Return*

In the time honoured tradition, our returning Olympic athletes took part in the Heroes' Return

This was our chance to personally congratulate and celebrate with all of those who put their careers on hold and made the dream come true – representing their country at the Olympics. This is an incredible achievement and we are very proud of every one of them.

The parade around Henley took place after a row past on the Thames, with an open-top bus tour through the town.



Many members attended the reception and party. It was a chance to mix with Olympians, hear their stories direct and buy them a drink!

There was a BBQ, indoor and outdoor bar service and a live band. Some members had the opportunity to hold one of those winning medals!

As well as meeting our returning heroes, we also welcomed our 2022 squad, who had joined us just a few days earlier, to help our future stars feel welcome in their new rowing home.



Boston GB Trials and Fours' Head

GB Trials

Leander Club had 42 athletes competing at the recent GB trials in Boston, Lincolnshire - by far the most from any of the other Clubs or Universities represented. The first day was a 2k Ergo test where our athletes achieved 28 Personal Bests. We normally aim for 50% so this is a very positive step on from previous seasons.

The second day was on the water in singles or pairs racing over 5k. In the women's pair Leander was represented in the top seven crews, with five of these crews being 100% pink. In the men's pair we were represented in the winning composite crew and then had five full Leander crews in the top 13

In the women's singles we had the top two finishers with seven other scullers in the top 18. In the men's singles we came first and second with nine other scullers in the top 19.

Fours' Head

The Fours Head was raced on the Tideway on Saturday 13th November.

Weather

conditions were good for the day with a generally following wind. The crews boated from the Fulham Reach Boat Club at Hammersmith, an ideal location for this event. Many thanks to Fulham Reach for their excellent hospitality.

Leander entered 13 crews and produced a spectacular set of results in the Open Championship events.



JET PHOTOGRAPHY

M4x	1st, 3rd, 4th	W4-	1st, 3rd
M4-	1st, 2nd, 5th	W4+	1st, 5th
W4x	1st, 3rd		

This concludes our racing programme for 2021.

LEANDER Career Pathway

The support available to athletes to help prepare for life after rowing

At Leander we have been running the Athlete Career Pathway programme for 5 years. The programme is designed to prepare the athletes for their next career step when their time at Leander comes to an end, by providing them with the tools and opportunities to move into the next stage in their career. Elements of the programme include:

- 1) Identifying the career area the Athlete would like to get involved in by researching and discussing career options with Leander members
- 2) Supporting athletes in producing a CV, and practicing interview techniques
- 3) Providing relevant introductions to Leander members who can

arrange work experience and ultimately job roles in the athletes' chosen career field.

The objective of the Athlete Career Programme is to ensure every athlete is "job or career ready" when their rowing life comes to an end, to the point when one or more employer organisation offers them a role as a result of the relationship the athlete has built with them during their time at Leander.

Leander currently has more than 50 members who have offered and/or given support or roles to Leander athletes. The member organisations on this list include venture capitalists, sports marketing, investment banking, medicine, project management.

Two of many relationship successes includes support from an equine bloodstock company and a US major league basketball company!

"We are currently looking for any other members who are willing to offer work experience or roles within their organisations."

If you are interested in helping the athletes in the Athlete Career Pathway program please email

Ali Brown at talent@leander.co.uk



Mark Pilkington

New Arrival in the 2022 Squad

Arriving at Leander for the first time



The move to Henley

This is my first season at Leander, relocating from Nottingham. I was both excited and apprehensive. Leander's reputation, top athletes and demanding programme were going to be a lot to live up to.

The first few weeks

What with moving house, joining the club and meeting everyone, the first few weeks have been quite overwhelming but a lot of fun.

The welcome

The welcome I have had from the athletes and coaches has been incredible. There are quite a few new members who have joined this year and we have been able to integrate easily into the squad and been made to feel a part of the team.

Training

Training is tough but rewarding, helped significantly by the club's excellent facilities and food.

"I'm sure there will be highs and lows over the coming season but I'm incredibly excited, particularly to be able to train alongside such talented women. I hope that we will be able to continue to bring success to Leander Club this year."

Annie Campbell-Orde

STOP PRESS: Past Captain VICKY THORNLEY has just announced her retirement from international rowing after a glittering career on the water. For further details see the British Rowing website..

LEANDER World U23 Championships

The World U23 Championships took place at Racice, Czech Republic from 7th - 11th July

Leander had an impressive 12 athletes selected to represent Great Britain at these Championships. Unfortunately, 6 of the 12 had to isolate after being in contact with someone who tested positive for Covid, so could not travel.

The Men's coxless four was the first of the Leander boats to race starting on Wednesday 7th in the heat. Iwan Hadfield and Dan Graham's crew raced confidently to take the win, qualifying them to the semi final. Dan then unfortunately came down with a sickness bug so had to be replaced by another oarsman, Callum Sullivan, from the Men's eight. This was very disappointing for Dan,

who was making his World U23 Championship debut. The crew showed good character in difficult circumstances, not only to qualify for the final but to then take the bronze medal in Sunday's final, against a strong field.

In the Men's double scull, James Cartwright and Oliver Costley had a great regatta to reach the A final after a very tight semi-final. The boys went on to finish in a

respectable 4th place. The Women's double scull of Katherine George and Zoe Adamson improved through the regatta to also reach the A final. In the final, the Leander double finished in 5th place.

Our sympathies go to the athletes who were selected but could not travel: Victor Kleshnev, Hope Cessford, Phoebe Campbell, Lauren Carey, Lucy Edmunds, Flo Donald.



Wingfield Sculls

Wingfield Sculls 2021 - high winds, high stakes, superb results



Leander Club had three scullers racing in the recent 191st Wingfield Sculls:

Lola Anderson, Georgie Brayshaw and Jack Keating.

The course starts at Putney and finishes at Chiswick racing side by side over the famous Boat Race course. The race conditions were challenging, with high winds.

In the women's race, Lola Anderson took a commanding lead off the start, and never looked back. Lola went on to win and become Wingfield Sculls champion for 2021.



"I really enjoyed my first experience of racing the Wingfields. I have wanted to take part in it myself for quite some time so despite the wind being quite strong and making some uncomfortable racing conditions, I had so much fun taking part in such a prestigious race! The win makes it even more special."

Lola Anderson

In 2nd place, Georgie Brayshaw struggled with the conditions in the early stages of the race but paced the race well to come through to finish second.

In the men's race, Leander had development squad sculler Jack Keating racing. The hot favourite for the win was Team GB's Graham Thomas, who led from the beginning to secure a comfortable win. Jack Keating raced well to secure 3rd place in a competitive field.

Congratulations to all the competitors for taking part and to the organisers for putting on such a great event.

LEANDER *Training, Covid AND a Full-time Job*

The conflicting pressures of training during Covid and being an NHS doctor



How it all began

I started rowing at Exeter university under Richard Tinkler where I developed a rowing physiology. However, after graduation I wanted to develop technical ability and row within an elite high performance programme. I joined Leander in September 2019.

The first season at Leander

This was a steep learning curve; balancing the demands of training with optimal nutrition, recovery and maintaining that ever elusive 'work-life-balance'. My first training camp to Banyoles with Leander was a particular highlight of the season. With hindsight, it was the calm before the storm

Then came the lockdown

We arrived back only a few weeks before the first lockdown was implemented. Like all athletes at the club, I was pretty blindsided by the idea of training in isolation but I think, as a squad, we leant on each other to keep morale high and employ pretty novel ways of staying fit and keeping morale going.

The call from the NHS

In April 2020 the NHS were actively recruiting those recently retired/not currently working, and

having taken time out of medicine following graduation, I felt a sense of duty to help at a time where I had a particularly sought after set of skills.

The NHS during Covid

Starting my medical career in the midst of the pandemic was quite daunting: having had a break from medicine following university, the idea of starting back was nerve racking. Starting out, morale amongst the medical teams was surprisingly high; I was pretty taken by how supportive the local community in and around Reading were in keeping staff going. Paying for or cooking healthy homemade meals really went a long way to help staff during that time.

Training at the same time

The coaching team were also really supportive, adapting training and checking in with me to try to ensure that I was balancing work and training well.

The second season

Starting back for the second season at Leander was daunting. There was a lot of uncertainty and gaining and losing momentum at multiple points in the season with the reintroductions of lockdowns, and with that an increase in the volume of land training. Again, Ross and JJ (Jonny Jackson), were great at providing advice, saying the right thing at the right time - recognising when I needed a break but also when a bit of encouragement was required.

HRR Ambition

Despite COVID, the women's squad started the season with a very clear aim of doing something special at HRR. To be part of that team was something that I'm extremely proud of.

"To finish the season as part of Leander's first Wargrave VIII was something really special."

Seun Oluboden



LEANDER Food

Leander's acclaimed new chef describes his culinary journey to Leander



I spent the first 10 years of my career working at the 2 Michelin starred L'Ortolan restaurant under the guidance of John Burton-Race and the 5-star Hotel Pennyhill Park with Karl Edmunds. Meeting my

wife and starting a family led me to work at various B&I contract catering outlets where I was head chef for Nokia, Virgin Atlantic's upper-class clubhouse and later Microsoft.

I then worked with the Jockey club, leading a team of 120 chefs at Epsom Downs Racecourse and working at various other racecourses throughout the calendar. Subsequently I spent almost five years as Executive Head Chef at Coppid Beech Hotel in my hometown of Bracknell.

I feel very honoured to have been chosen to take on the reins at



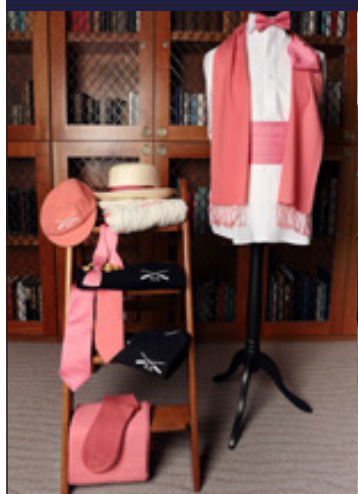
the acclaimed Leander club and hope to carry on the traditions of exceptional food.

"My philosophy with food is bold uncomplicated food prepared with care and attention, letting the quality of the ingredients shine."

Daniel Goodey



Leander Shop



Pink Hippo Shop



Exclusive gifts and souvenirs. Supporting future champions.

Great ideas for Christmas.

A wide range of clothing, accessories, memorabilia and gifts is available from the Pink Hippo Shop. For details see <https://shop.leander.co.uk/>

You can order online 24 hours a day.

A Platinum Jubilee limited edition range will be available from February 2022.



LEANDER Membership Information

Annual Subscriptions for 2022

At the recent Annual General Meeting of Leander Club subscriptions for 2022 were approved as follows:

Club Members and Full Members	£340
Overseas Members	£170
Full Members less than 30 years old	£105

The British Rowing Annual Levy will be £7.50 and will be added to the subscription for all classes of membership.

Subscriptions will be collected by Direct Debit on 1st January 2022 unless you have opted for twice-yearly payment. Only in the case of Overseas Members without a UK bank account will credit-card payments be accepted.

Members who have set up a split Direct Debit arrangement will make two payments of £170. The first payment of £170 (plus the BR levy) will have been taken on 1st October 2021 and the second payment will be taken on 1st April 2022.

If your credit card has been renewed this year, please advise our membership team of the new details.

Notice of the Annual General Meeting 2022

The Annual General Meeting of Leander Club Limited for the year 2022 will be held at the Clubhouse, Henley on Thames on Sunday 26th June 2022 at 11 am.

In accordance with the Articles of Association Directors shall be elected at the Annual General Meeting and shall hold office for a three-year term and may be re-elected, subject to not exceeding six consecutive years in total. Elections for Officers shall be conducted in accordance with Articles 22 to 25, as appropriate. For all persons the maximum period for which they may hold any specific office (other than the office of President) is six consecutive years. A person who serves as an Officer for three years or more may serve on the Board for a maximum period of nine consecutive years.

Nominations for Committee must be lodged with the Hon Secretary at the Clubhouse by 5pm on Thursday 10th March 2022.

At the AGM, Members may vote by proxy. A proxy form is available to download from the website, and a signed authority must be lodged with the Hon Secretary at the Clubhouse by 5pm on Friday 17th June 2022.

Nominations for appointment to the Committee are being actively sought - there will be two vacancies arising at the next AGM.

General Data Protection Regulations

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

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

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

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

Fiona Dennis
Honorary Secretary

LEANDER Annual Dinner

The Club's Annual Dinner was held on Saturday 13th November with Sydney Gold Medallist Ben Hunt-Davis as the main speaker. After an excellent meal Ben entertained a packed dining room with stories from his fascinating rowing career.

The attendees included Sir Steve Redgrave and Jurgen Grobler.

Images kindly provided by the Henley Standard



Jurgen Grobler, Jack Beaumont, Ben Hunt-Davis, Pete Bridge, Mike Sweeney



Club Captains and Vice-Captains with Leander's Eight trophies from HRR



Fiona Dennis, Hugh Richardson, Mike Sweeney, Peter Greenslade



Rass Randall, John Collins, Paul Budd



Jack Keating, Rory Harris, James Robson, Oliver Costly



John Pilgrim-Morris, Joe Michels, Barbara Wilson, Jill Pilgrim-Morris



Matt Stallard, Jane Trotman, Andy Trotman, Matthew Gordon



Harry Leask, Brian Armstrong, Ivor Lloyd, Ted Bainbridge