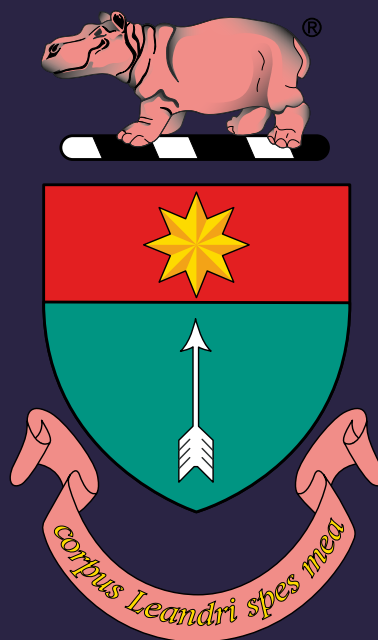


# LEANDER REVIEW

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2022

# LEANDER Editorial

The editorial challenges for this edition of the Leander Review have been that is far too much to say and not nearly enough room!! We have had such an amazing year on the water that all the pages could be taken up with race reports and photographs, and we have had such an amazing year in the Clubhouse and garden that all the pages could be filled with reports and photographs of events!

I hope the end result is a good balance and that there is something for everyone.

Felicity Rutland, Editor  
newsletter@leander

**Contributors:** Vicky Thornley, Mike Sweeney, Al Heathcote, Robert Treharne Jones, Timma Marrett, Barbara Wilson, the coaches, Leander partners Spire and Kanghua, The Pink Post.

**Acknowledgements:** Photographs: Ali Brown, Robert Treharne Jones, ALLMARKONE. Technical advice: Kat Green.

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We are delighted that this year's Mayor of Henley is Michelle Thomas, a member of the Leander staff. The Mayor's Civic Dinner will be on 25 March 2023 at Leander Club and Michelle is seeking donations or sponsorship for the auction to be held that evening. Please support her via office@leander.co.uk or JustGiving.com and enter henleymayorscharities; her charities are Henley Primary Schools and Greener Henley Nature and Climate Hub.

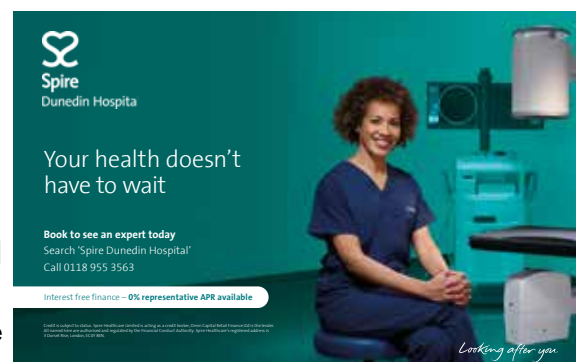
## SPIRE, Our Much Valued Partner



"The Spire Dunedin Hospital in Reading provides free diagnostic testing of our athletes. This is a wonderful and valuable service which is very much appreciated by our coaches and rowers."

Spire Healthcare is a leading independent hospital group in the United Kingdom and the largest in terms of revenue. It delivers high standards of care, with integrity and compassion and from high-quality facilities to its insured, Self-pay and NHS patients.

From its 39 hospitals and 8 clinics across England, Wales and Scotland, Spire provides diagnostics, inpatient, day case and outpatient care in areas including orthopaedics, gynaecology, cardiology, neurology. They are the principal independent provider by volume of knee and hip operations in the United Kingdom.



Spire also owns and operates sports medicine, physiotherapy and rehabilitation brand, Perform. Working in partnership with almost 8,150 experienced consultants, Spire's hospitals delivered tailored, personalised care to almost 870,000 inpatients and day case patients in 2021.

# LEANDER People

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

## The Committee



Mike Sweeney  
President



Pete Bridge  
Chairman



Barbara Wilson  
Secretary



Justin Hodges  
Treasurer



Peter Gostling



Rob Clegg



Monica Relph



Marcus Bateman



Jennifer O'Reilly



Felicity Rutland



Joe Michels



Tony Reynolds



Dick Lester

## In Attendance



Al Heathcote  
General Manager



Matt Beechey  
Chief Coach Men's Squad



Ross Hunter  
Chief Coach Women's Squad



John Collins  
Club Captain

## The House Team

General Manager  
Alastair Heathcote



Operations Manager  
Will Kuhl



Snr Duty Manager  
Matthew Herbert



Office Manager  
Michelle Thomas



Membership Sec  
Cheryl Vyvyan



Finance Manager  
Philippa Gutteridge



Duty Manager  
Mandy Gibson



Comms Manager  
Timma Marrett



Events Manager  
Nora Marcinka



Head Chef  
Jamie Broadridge

For the other members of the Team see [www.leander.co.uk/meet-the-team/](http://www.leander.co.uk/meet-the-team/)



# LEANDER *The Death of our Royal Patron*

## A tribute to Her Majesty Queen Elizabeth

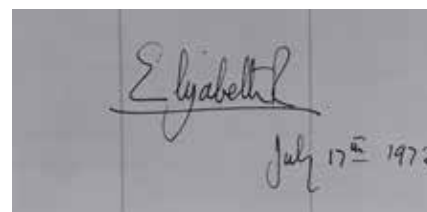
*"The Members, Athletes and Staff of Leander Club have learnt with great sadness of the death of Her Majesty Queen Elizabeth II. We join the nation in mourning for the passing of this exceptional monarch. We remember her selfless devotion to duty in support of all her people, throughout the world. We thank her for guiding her country through an ever-changing world, always leading by example."*

**Mike Sweeney**  
Leander Club President



Royal Patron and the Committee unanimously decided that the Dukes of Windsor, Gloucester, and Edinburgh also be offered Hon. Membership.

Despite her long service as our Patron Her Majesty never actually ventured inside our clubhouse during her reign. Her signature, which is framed in the library, dates from the time when she visited Henley to christen a new lifeboat, and used the opportunity to visit Leander, and sign the visitors' book on a table which was specially laid out in the garden!



Her Majesty's son, the Prince of Wales, now King Charles III, was elected an Hon. Member of Leander in 1974, and so the story continues.

**Robert Treharne Jones**  
Archivist, Leander Club

(For further detail on this history see The Pink Post of September 2022.)

## HISTORY OF THE ROYAL PATRONAGE

The first royal patronage of Leander occurred in 1936 when the Prince of Wales ascended the throne as King Edward VIII. He was already a member in his own right, having been elected whilst still an undergraduate at Magdalen College, Oxford in 1913. A letter of invitation had been sent to the Prince's equerry, Major the Hon. WJ Cadogan, and the election followed the Prince's indication that he would "be pleased to join the club as an Hon. Life Member".

The new King was invited to become the first Patron of Leander Club on his accession to the throne in 1936. The King's secretary at the time was the first Lord Wigram, whose grandson would become a GB junior rower and Henley Steward. He wrote that 'his Majesty would be graciously pleased to become Patron' and the Minutes record that 'the news was greeted with loud cheers'.

However the patronage was shortlived, and ceased at the point of his abdication, when his brother became King. During Coronation Week the Committee agreed to floodlight the clubhouse, and when they next met they agreed to write to the Duke of Kent (younger brother of Edward VIII and George VI) to invite him to become a Life Member, and the Duke's letter of acceptance was read to the next meeting.

Following the death of her father in 1952, Queen Elizabeth gladly consented to become our next

As Chairman of Henley Royal Regatta, Mike Sweeney had the privilege of meeting Her Majesty at Buckingham Palace in 2006, when she presided over a small ceremony. The Rector of Imperial College handed over a new trophy to the Regatta - The Prince Albert Challenge Cup. "It was a pleasure to be in her company and to appreciate her interest and understanding of the rowing world" said Mike afterwards.



# LEANDER *World Championships*

## Eighteen Leander athletes went to Racice, twelve returned with medals!



Great Britain finished top of the 2022 World Rowing Championships medal table.

Leander medals were 7 gold, 2 silver and 3 bronze, in the following events:

- Mens 8+ Gold: Tom Ford and Sholto Carnegie
- Mens 4- Gold: Will Stewart
- Women's 4- Gold: Heidi Long, Sam Redgrave and Rowan Mckellar
- PR3 Mixed 4+ Gold: Morgan Baynham-Williams



- Mens 4x Silver: Harry Leask and Tom Barras
- Womens 4x Bronze: Georgie Brayshaw, Lola Anderson and Jess Leyden
- W2- 5th: Emily Ford and Esme Booth
- W1x 5th: Hannah Scott

We would also like to congratulate Leander members Charles Elwes who took home gold in the M8+ representing Oxford University, and Ollie Wynne-Griffith and Tom George bronze in the M2- representing Cambridge University.



*"The performances for the British Rowing Team were outstanding. We are so proud of our athletes and their contribution to the overall team success in Racice. We look forward to continuing support to the team and athletes as they push for Olympic qualification next year."*

**Ross Hunter**  
Chief Women's Coach





# LEANDER Vicky Thornley's Journey to the Olympics

## Rowing Greats: 7 questions for Victoria Thornley



Olympic silver-medallist Vicky Thornley is a former equestrian rider and model and the first graduate of the Sporting Giants scheme to win a medal.

### How did you get into rowing?

A few months before going to university, I had applied to the Sporting Giants campaign. A month after moving to London, I was selected for the World Class Start programme to train in Bath with my coach, Paul Stannard. Rowing was a now or never opportunity, so I left university and moved to Bath.

I started rowing in November 2007 and won Gold in the women's eight at the 2009 U23 World Championships. The following year I was asked to train with the senior team, moving to Henley and joining Leander Club.

My first senior World Championships was in 2010 in the women's eight where we finished fifth. In 2011 we won bronze and qualified for the London Olympics, and in London I stroked the eight to a 5th place finish.

In 2013 and 2014 I raced the single scull, finishing 7th and 8th respectively. Dame Katherine Grainger and I formed a double in 2015 and finished 6th at the World Championships. In Rio 2016 we won a silver medal. After Rio, my goal was to be in Tokyo in the single scull.



### Your single scull project?

In 2017, I started the single project with Paul Reedy as my coach, a relationship that was integral to how much I enjoyed the next five years, even on the really bad days! That year I became European Champion, and won silver at the World Championships, a brilliant start to the Tokyo Olympiad. However, in 2018 I suffered

from over-training, missing the Europeans and World Championships. 2019 was a long road back to fitness and form, and in an extremely competitive World Championships, I qualified the boat for the Tokyo Olympics finishing 4th. This was the first time in 20 years that a GB women's single scull had qualified for a Games.

2020 brought Covid and a delayed Tokyo Olympics. In 2021, we finally got to race at a very different sort of Olympics, producing the best performances of my career and finishing 4th.

### Your top three races?

The three I am most proud of are:-

1. The Olympic Silver in Rio. We were huge underdogs, but we stepped up when it mattered.
2. Qualifying the single for the Olympics in 2019. I had really to get back to fitness and form after over-training, and had to dig deep



into my motivation and self-belief to deliver those races. The quality and intensity at those World Championships was insane, and I have never been as nervous as I was before that semi-final. I had to finish in the top three to qualify and enjoy the A final. But if I was in the B final I would have had to finish top three, (as nine qualified from a 39 strong field) and no-one wanted to be in that race!

3. The semi-final and final in Tokyo, the best performances of my career.

### What's so special about being a Leander Club Member?

You are part of such an incredible club, the history and success that has come before you is inspiring. The club also feels like a second home. Whenever I was having bad times in rowing, whether that was selection issues in the team or I was struggling in my performance, I always knew I had the support of the club and the coaches there. The fact that we are such a successful club helps inspire you to deliver great performances. And the pink lycra of course!

### What skills has rowing taught you?

Rowing is an incredible sport but it's seriously tough, so without resilience and dedication you won't go very far. The saying, "Hard work will beat talent, when talent doesn't work hard" is absolutely the case. I have definitely learnt that I am capable of more than I thought, and if you want something enough you will find new limits and surprise yourself. I want to keep that work ethic and discipline in what I do next..

### What would you say to Leander squad rowers now?

Remember it is a privilege to be able to do the sport you love every day, it won't last forever so try and

enjoy even the bad days. Do the basics well. Be a sponge for information, learn from everyone around you, ask lots of questions.

*Vicky was Captain of Leander from 2018 to 2020*

### What are you doing now?

In 2020 I married fellow Olympian Rick Edgington and we live near Henley.

I am now working with my Dad in the family business. We have a residential caravan park in Cheshire and a holiday lodge park in Shropshire. My Dad, after running the business for more than 50 years, is looking to retire, so I have a lot to learn! I am loving spending more time with my parents, and feel very lucky I have this business to go into, it gives me a great focus which is what I needed after finishing rowing.

*"Fundamentally our performance is the only thing we have control of - we can't slow anyone else down!"*





# LEANDER Henley Royal Regatta 2022

## Record number of entries for HRR, four fantastic wins for Leander



In what was a record year for Henley Royal Regatta, Leander Club brought home four victories: The Prince of Wales, The Ladies' Plate, The Remenham and The Grand!

On finals' day, the Prince of Wales quad of Jack Keating, Olly Costley, Bryn Ellery and Rory Harris, faced local neighbours Reading University. Leander stormed out of the starting blocks and led from start to finish always increasing their lead to win with an easily verdict.

Next it was the women's club pair of Sophia Heath and Annie Campbell-Orde who faced the USA national team pair. Both Sophia and Annie had also doubled up into a club women's 8 earlier in the regatta. Despite

the Leander women putting in a fantastic effort, the USA crew led from start to finish.

Races for Leander crews were coming thick and fast with the Wargrave club women's 8 up next. This crew steered by Katy Ward and stroked by Sarah Ferris had beaten stiff competition to make the Sunday finals. The Thames crew on the Berkshire station led off the start, however the Leander crew

never let them get too far. The tenacity and fight never let up by these Leander women, however they were beaten to the line by Thames in a new course record.

Throughout the day's racing, Leander athletes in the British team raced across multiple senior events. In both the Grand Challenge cup and Remenham Challenge Cup 11 Leander athletes competed against the Australia national team crews.



Both British crews won their events in a clear demonstration of the strength of the current British rowing team.

All tension and hype had built towards the last Leander crew of the day to race, in The Ladies' Plate. Leander had not won this event since 2016. The crew stroked by Peter Lancashire gathered a large crowd as they boated from Leander. As the crew sat on the

start line, the supporters at Leander were waiting with baited breath.

From the first stroke, Leander made their intentions clear as they led coming out of the island. The crew then had their opposition, Cal Berkley (IRA National Champions), in their sights the whole way. An exciting race that went the full track, and at the finish line Leander won by 1 length.

### The four winning crews



#### The Prince of Wales Challenge Cup

Intermediate M4x  
Bryn Ellery, Oliver Costly,  
Rory Harris, Jack Keating

#### The Remenham Challenge Cup

Open W8+  
Morgan Baynam-Williams, Heidi Long, Rowan McKellar,  
Rebecca Shorten (Imperial), Sam Redgrave, Esme Booth,  
Emily Ford, Lauren Irwin, Rebecca Edwards



#### Ladies, Challenge Plate

Intermediate M8+  
Peter Lancashire, Dan Graham, James Robson, Ed Grisedale,  
Felix Drinkall, James Vogel, Ryan Todhunter, Tom Ballinger, Wilf Le Brocq

#### The Grand

Open M8+  
Tom Ford, Sholto Carnegie, Charlie Elwes, Henry Fieldman,  
Tom Digby (Oxford Brookes), David Bewicke-Copley (Oxford  
Brookes), James Rudkin (Newcastle University), Rory Gibb  
(Oxford Brookes), Morgan Bolding (Oxford Brookes)

**Photographs:** Robert Treharne Jones

*"I am extremely proud of all the Leander crews for how they performed at the regatta. It was inspirational to watch them race and congratulations to all our athletes for some truly excellent racing. Of course, it was fantastic to win several events and we must add special congratulations to all our victors. Bring on the rest of the season!"*

**Pete Bridge**  
Club Chairman



# LEANDER Head of the Charles, USA

**A brilliant win for Leander Club women and an impressive fifth place for the men, starting last**



Leander Club sent 20 athletes and the Men's and Women's chief coaches, Matt Beechey and Ross Hunter, to represent them at this most prestigious event.

Conditions at Boston were calm early in the day but as the Championship crews lined up for the regatta's blue ribbon events, a strong tail wind started to blow down the course.

First up was the Men's event, led off by last year's winners, Washington, soon followed by the US senior team starting 4th.

Leander Club as a new overseas entry were back down the starting field in 20th, steered by Jack Tottem. After a fast start, Leander

looked strong going through the first of the timing points in 2nd place just behind the US national team. Finding a strong rhythm through the middle section Leander were narrowly squeezed into 3rd at the 2nd timing point only 0.3 seconds behind 2nd place finishers, Syracuse. As Leander approached the final section of the race they were quickly closing in on the Danish national team crew and although cox Tottem did an excellent job of judging the overtake he had to move from the best racing line to do so and this no doubt affected the crew's time as they dropped to a very creditable 5th by the finish line.

*"The athletes raced well over a course that presents challenges that they don't encounter in the UK. We have had a fantastic time on and off the water and the support we have had from the club and its members has been incredible."*

**Matt Beechey**  
Chief Men's Coach



Thirty minutes later, the women's crew stroked by Flo Donald started 19th. At the first timing marker the crew were in second place, less than one second behind Penn University. As the racing progressed, the Leander women looked strong as they worked their way through the field of women's eights in front of them. At the penultimate timing marker the Leander women still sat in 2nd place but showing grit and determination and excellent coxing by Morgan Baynham-Williams, they managed to finish the world famous championship course as winners.

This is such a fantastic result for not just the women's squad but the whole club and all its members.

*This is indeed such an amazing result that the Women's Eight undoubtedly deserve pride of place on the back cover of this 2022 Review. Editor.*

The Leander Club would like to thank Boston University for their incredible hospitality providing us with boats, oars and a beautiful boathouse in a prime location on the River Charles.

The incredible support of our members, in particular Paul Crudge, Dr Mark Ableson, and Sean and Bibi Colgan (The Colgan Foundation), made this trip happen. We are all so grateful to them.

*"The Head of the Charles is such an iconic event and to be part of it this year has been amazing. The athletes have performed superbly and I hope these results bring pride to all our members around the world. We are all so privileged to be part of the Leander Club."*

**Ross Hunter**  
Chief Women's Coach



## Our Ukrainian Athlete



Leander Club warmly welcomed Ukrainian Dmytro Mikhay (Dima) to the squad from April to July.

Dima was in the M2x at the London Olympics and the M4x in Rio; World and European Champion in M4x, 2014; Bronze medal at World Championships in M4x, 2018. He was in Turkey on training camp when war broke out.

Dima was due to take part at HRR but sadly contracted Covid and was unable to do so.

When Dima and his new wife Dasha arrived in Henley they were temporarily hosted by Jack Beaumont's family. They have since had a baby and are considering their future.



# LEANDER Clubhouse Review

## From the General Manager - reflecting on a year of change

With covid slowly becoming a distant (and rather bizarre) memory we reflect on a year of change at the club once again. Firstly, we must welcome a huge number of new members to our ranks; 193 since 1st January! A good influx of local and even not-so-local members have added to the buzz around the club both outside on the deck in the summer months and inside the club, more recently, as the rain started and didn't stop... After a very slow start in January the club has gone from strength to strength. Covid still had its tentacles all over the hospitality industry earlier in the year meaning that events were, generally, of much lower numbers in frequency and capacity than normal. As it loosened its grip in February we could get on with our in house events and started to prepare for

dining night, Steve Williams talking us through his ascent of Everest, and that was all before April.

A further club house initiative was put together late spring to bring the catering facilities out into the garden. The kitchen food shack took only a fortnight to construct and was delivering the deck menu to members and guests by the 1st of May. The amazing weather this summer meant that the deck was rarely empty and it was great to see so many members enjoying the endless sunny evenings.

We welcomed some great new faces to the house team this year including our head chef Jamie Herridge, Will Kuhl who has taken over from Laura Andrew as operations manager, Mandy Gibson our excellent new duty



(more on this later in the review) handling 4 big weddings over the year and despite the deck finally closing down in September, everything ramping up again over the autumn from GLOW festival to the top notch refined Sunday lunches.

2023 looks to be a welcome repeat of this year with lots of members keen to be using the club for social and business events. We are particularly looking forward to the results of a full garden landscaping project with adjoining boat storage for our small boats. This project starts in the spring and will aim to bring the look and feel of the remainder of the garden up to the high standards of the clubhouse and its river deck. The boat storage will now house our small boats and serve as an outdoor kitchen for regatta hospitality (more on this later).

*"Before these exciting changes we still have the opportunity to look forward to the first (we hope) unimpeded festive season since the start of the pandemic and would like to wish all our members a very Merry Christmas and Happy New Year!"*

**Al Heathcote**



the summer months. Some very well attended members' events included Mike Sweeney talking us through 22 years of HRR and the Boat Race, new members welcome drinks, an athletes quiz, a vegan

manager and lastly, Nora Marczinka who has moved up from duty manager to events.

The team has battled well through a hugely busy Henley Royal Regatta

# LEANDER Rising Stars

## Young athletes



At the 23 World Championships in Varese, Italy, Leander athletes produced amazing performances. All six Leander women returned with a medal.

To kickstart the medal haul, Leander athlete Katherine George partnered with Vwaire Obukohwo in the women's 2x. This event saw

fierce racing with all crews still tightly packed at 1500m. Romania won gold, Canada took silver and the British women's 2x won bronze.

Next up was the women's four with three Leander women:- Phoebe Campbell, Lauren Carey and Lettie Cabot partnered with UL athlete Georgie Robinson Ranger. This crew was coached by Leander women's assistant coach Richard Chambers. USA took gold with the British four winning silver.

To complete the Leander medals for the day, Daisy Bellamy and Abigail Topp raced in the British Women's 8+. USA took gold and the British took silver.

The men's 4x with three Leander athletes and coached by Ali Brown, men's assistant coach, finished 7th overall.

## Junior Squad/Kanghua

### Unique partnership between Leander and Kanghua, bringing huge benefits to the Junior Squad

Leander's cadet group recently took delivery of a brand-new Kanghua KX quad. The KX is the top-of-the-range Kanghua, using the very latest in pre-preg carbon technology – not only for the hull, but the bow-mounted wing riggers too. This boat has a new design of rigger that maximises strength and rigidity, so it will be a great asset to the junior squad. It certainly looks good, with its chequered carbon interior, and first impressions out on the water were excellent.



The new Kanghua 4x is proving a great addition to the Leander fleet. Kanghua boats are constantly evolving to ensure that they stay ahead of the latest trends in boat design, construction and fittings.

Feedback from Leander athletes helps to drive these improvements and has contributed to the outstanding rigidity of Kanghua riggers and hulls, in both torsional and longitudinal directions.





# LEANDER Wingfield Sculls

## Congratulations to all athletes for providing exciting racing in challenging conditions



Tideway Championship Course.

This event is steeped in history, dating back to its first race in 1830, with many famous winners in British sculling folklore.

This year Leander's Seb Deveraux lined up against the best of club sculling in the UK. Deveraux showed what great form he was in, in the lead from the very start, extending to a large margin by the milepost. The Tideway conditions didn't disappoint with rough and windy conditions that never allowed Deveraux to feel comfortable. Battling to keep

opening up his lead, Deveraux won in wonderful style.

The women's race was also very successful. Racing before the men, the women had slightly more favourable conditions. It was a fast start by all athletes with all still overlapping at Fulham Football Club. In a race that saw clashing and crashing, the eventual winner and current World Champion from Cambridge, Imogen Grant, got into a slight collision that allowed Leander scullers Imogen Magner and Becky Wilde to take the lead.

The grit and determination of Grant, however, took her back to the front of the field with Magner finishing second and Wilde in third place.



*"Tough conditions and tough opponents meant that despite taking the lead early I never felt comfortable. I'm really pleased to come away with the win and couldn't have done it without the support from Leander Club. Also a big thanks to Mark Chatwin and Imperial for hosting us over the past few days."*

**Seb Deveraux**

## Lensday

### Unique to Leander

Nearly fifty years ago a member by the name of Len Habbitts, who was well known for his sculling in the Diamond Sculls in the 1930s and for competing in Tideway Scullers Head, decided that the Club needed to promote rowing activity amongst some of the older members of Leander. His solution was to organise outings on a Wednesday, followed by lunch in the bar with the crew and their friends.

This weekly tradition continues today as 'Lensday' with some

members enjoying a morning outing before being joined by non-rowing members at 12.30pm in the Bar. This is followed by a convivial lunch in the Dining Room.

The Lensday Group welcomes new members - both Full Members and Club Members. If you are interested in joining the group on a Wednesday at 12.30pm for a social gathering, or for an outing on the river before meeting in the bar before lunch,



please contact Peter Taylor at [prandbctaylor@btinternet.com](mailto:prandbctaylor@btinternet.com) for further information..

# LEANDER Boston GB Trials

## Strength in depth with a number of Personal Bests



With two full trailers and 57 athletes eager to show what they could do, Leander set off for a busy weekend in Boston, Lincolnshire. The trial was over two days starting with a 2k ergo test for all athletes on the Saturday. Leander athletes performed well on the ergo producing some strong scores including many PBs. Sunday was a 5k time trial on the River Witham in pairs and singles.

In the Open men's pairs category, Leander's Matt Rossiter and Jacob Dawson were the winners in style producing the fastest time of the day by 14 seconds. Felix Drinkall and Lenny Jenkins were in 3rd place and Ryan Todhunter in 4th with Nick Farrell and Josh Bowesman-Jones in 7th.

In the singles, Seb Devereux came 2nd overall - just 0.1 seconds off

winning overall. Leander showed strength in depth achieving six in the top eight of the men's singles. Miles Devereux was the fastest U23 sculler and gap year

Matt Long was the fastest U23 lightweight.

This year British Rowing had decreed that all the women had to race in singles. In the Open women's event Ruth Siddorn was Leander Club's fastest sculler, coming home in 6th place just ahead of Chloe Brew in 7th place. Leander women then finished with nine scullers between 10th and 21st place.

## Head of the River and Women's Eights Head

### A triumph over illness and injury Head of the River

Leander boated three eights this year. The course is raced in reverse of the upcoming Boat Race course.

Preparation was far from ideal due to injury and illness with many crew changes daily until the race itself. Although losing top GB athletes was disappointing, this did give our younger athletes a fantastic opportunity.

The Club was placed 2nd, 4th and 11th. We were of course disappointed but considering the number of athletes unavailable, we did well to put three crews in the top 11, with only one club ahead of our top two.

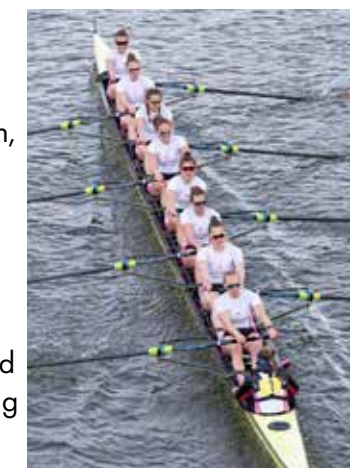


### The return of the Women Women's Eights Head of the River

The return of the Women's Eights Head since 2018, saw 266 crews race from Chiswick to Putney.

For the first time in its history, Leander fielded four women's eights. The Leander A boat, steered by Morgan Baynham-Williams were the first crew to start and put on an impressive display. At each interval marker they had a significant winning margin, with a final verdict of 35 seconds ahead of the second placed crew.

It was impressive to have two crews in the top 5 and with all four crews finishing inside the top 14..





# LEANDER *Fours' Head*

## The final event of the year - going out on a high with a clean sweep of wins and several course records!

The Fours Head of the River took place on Saturday 19th November. Leander had nine crews competing in open events as well as two in the junior men's category.

This event is a special one for Leander Club and its athletes as it is a rare opportunity for us to mix our GB senior rowers, who mostly train at Caversham Lake, with our current club based athletes.

The weather was kind on the day providing light winds and sunshine for the 490 crews racing.



We were also dominant in the coxed fours events, with both our men's and women's crews winning in record times.



Leander's results were outstanding with first and second places in the men's quad and with first place in the women's quad (in a new course record). The successes continued with first and second places in the men's four (a new course record) and a win for the women's four by over 30 seconds.



Finally our junior boys quad raced superbly to win their event and to post a new course record of 18:25.8.



*"It was a fantastic day for Leander, winning every open event for both men and women as well as the junior boys quad."*  
**Ali Brown**

# LEANDER *The New Gym*

## New gym for the athletes



Our athletes are now taking full advantage of the space and equipment at Toby Garbett's new gym, TG Gym and Wellness. All our athletes are doing their strength and conditioning at this new site which means the men's and women's squads are able to train together.

The Leander team has been allocated use of the gym for their training during specific hours.

This has opened up the Leander gym for the massed ranks of ergometers with plenty of space for stretching.

## TOBY GARBETT



Toby first moved to Henley in the 90s to row for Leander, and went on to compete for Great

Britain at five World Rowing Championships and the Olympic Games.

*"I have long seen a gap in the local market for a space that not only provides excellent gym, personal training and exercise class facilities but also offers a calming space for holistic wellness."*

# Societies, Sports and Fitness Classes

## More ways to be sociable, keep fit, support the Club and win some pocket money!

### PILATES CLASSES



### YOGA CLASSES



### CYCLING CLUB



### PINK HIPPO CLUB

The winners of our Christmas Draw are

|     |      |              |
|-----|------|--------------|
| 1st | £300 | RCI Bate     |
| 2nd | £200 | C W Crowther |
| 3rd | £100 | J F Adey     |



### INVESTMENT CLUB



### BOOK CLUB





# LEANDER Pink Hippo Shop

The Leander Club shop is a treasure trove of sports kit, clothing, accessories, wine and gin! Great care is taken to source the best quality for the Pink Hippo shop. It's an excellent place to find gifts for others - and personal treats.

For details see  
<https://shop.leander.co.uk/>  
Order online 24 hours a day.

## Members Only

Only Full Members are permitted to wear the full Leander Pink regalia. This includes the Leander Club cap, blazer buttons, cummerbunds, socks and bow ties. Lengths of cerise ribbon for Panama hats are also only available from the shop.



## Sports kit

We've worked closely with the team at 776BC to create a bespoke Leander Club x 776BC Collection collection. Featuring lightweight, ultra sweat-wicking breathable fabrics designed to move with the body, technical trims and finishes offering absolute freedom of movement and non-slip silicone bands. Featuring all-in-ones, baselayers, tights and shorts. This collection is designed to meet your performance needs on the water, in the gym, on the bike or yoga mat..



Some of the new 776BC clothing range developed exclusively for Leander.



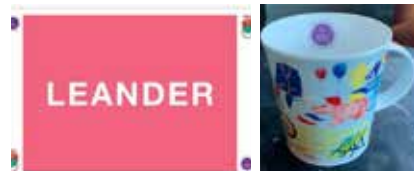
## Clothing

The classic Leander clothing range is always popular, with padded jackets, hoodies, gilets, jumpers and rugby shirts all bearing the famous crossed oars logo. These are a great way to share allegiance to the Club while out and about! There is also a fabulous range of children's clothing including a gorgeous hoodie.



## Accessories

Leander Club's golf umbrellas are always a hot selling item! There are many soggy purchasers popping in to the the shop on rainy days. The Platinum Jubilee mug and tea towel are also popular impulse buys.



## Cheers!

Working with master distillers at The Henley Distillery, new for 2022 Leander has produced its own Leander Pink Gin. It's a contemporary twist on a London Dry Gin featuring Kaffir lime, green pepper, Schezuan pepper and cardamom backing up bold juniper and citrus. The gin is distilled in 300L traditional copper pot stills on open flame burners.



The Digby Leander Pink non vintage fine sparkling wine is ever popular, with its delicate bubbles carrying the essence of an Henley-on-Thames summer: fresh roses, strawberries and impromptu picnics.



# LEANDER Henley Women's Regatta

## Medals, course records and a wonderful collective effort

Leander had a total of 35 athletes in eight different crews, entered across five different Championship events. Five of these crews reached the finals.

In record breaking conditions, the winning Leander pair of Sophia Heath and Annie Campbell-Orde set a new course record.



Next up the four's final where Issy Hawes, Issy Powell, Juliette Perry and Sam Courty raced a formidable crew from Brown University (USA). Another win and another course record.

The strength and depth in the Leander women's team was evident in the double sculls final. The full Leander crew of Imogen Magner

and Kathryn Mole faced an U23 composite crew of Katherine George (Leander) and Vwaire Obukohwo (Twickenham). A good battle for 700m but with the U23 crew taking the overall victory.

Another Leander vs Brown showdown completed the day's racing in the women's quad with Leander athletes Xanthe Weatherhead, Rosa Thomson, Tash

Harris-White and Jess Martin. This was a very hard fought race and another Leander victory.

*"I am so proud of our women. These results are the collective effort of our whole women's team and coaching staff. The Henley Women's Regatta team have again put on a world leading event. Thank you."*

**Ross Hunter**

# Food and Fine Dining

## A flavour of the superb catering of our new team



**Jamie Broadridge**  
Head Chef



**Jamie Herridge**  
Senior Sous Chef

Our catering team produces a consistently evolving menu. Sunday Lunches, Fine Dining, a Dickensian Banquet on New Year's Eve, themed events such as the recent Mexican Feast - they take them all in their stride.



**Annie Gruszecki**  
Pastry Chef



**Johnny Purcaru**  
Chef de Partie

The Fine Dining evenings are always popular, as also are more informal lunches on the Deck.





# LEANDER Club Projects and HRR 2023

## Tackling the problems of space and some changes for HRR 2023

The club has been busy in the background tackling both space issues in the club on the house and rowing side whilst addressing some of the general wear and tear problems on all floors. Since the early summer outdoor kitchen project we have switched attention to the athletes' areas. With an influx of over 80 athletes for the new rowing season, space is understandably at a premium, particularly in the crew room. We have now converted the crew room annex to a fully fledged crew kitchen from which all meals are served. This can now be used by athletes to cook and prepare meals outside the standard meal times (second, third and fourth breakfasts are now all cater-able!). The space that used to house the rather tatty crew kitchen is now a smart banquette seating area adding another 20 seats to the space.



Concurrently, the builders have constructed a smart new regatta shop that fits to the awkward space adjacent to the club entrance. This provides a dry, clean and ergonomic set-up for regatta whilst significantly increasing storage space for the remainder of the year.

Lastly, this year, the gym will get a fresh coat of paint at the same time as embarking on a big lighting



overhaul adding much needed lumens for those cold winter nights and helping to address our esg commitments.

As mentioned previously in the club house review, we now look towards the garden works for 2023. The project aims to smarten up the garden through some extensive landscaping, the creation of two flat lawns with hedging and wall surrounds and a bonded gravel courtyard at the front of the club. The major part of these works is to create boat storage to house our small boats so that the garden remains clear all year round and have further racking space available to expand the Leander fleet. The boat storage will be designed in a way that it can convert to a bar and kitchen during regatta and to which the marquee can seamlessly fit. It is hoped that the landscaping will start mid January with boat storage construction a few months later enabling the club to benefit from the beginning of the summer season onwards.

Timma, our tireless communications manager will keep you updated with progress on all these projects via the Pink Posts throughout 2023.

*"We had a lot of feedback on the regatta last year and, as the Chairman has noted to all, there will be various changes to the 2023 event. The garden project, combined with a new tent will produce a really stunning outdoor space to house our outdoor lunches and teas. We hope this will enable us to accommodate more meal requests this year with our new setup."*

**Al Heathcote**

### The Pink Post

This email newsletter is sent to our 3,500 Members every month. It shares all our racing and events information. Previous issues (from April 2022) are available on the website, and are a wonderful and comprehensive summary of all that the Club does both on and off the water.

# LEANDER Illuminated Boat Parade

## Inaugural event that we hope will return next year



The inaugural Henley Illuminated Boat Parade took place in September, with the compère and judges based at Leander. Viewing and hospitality were on the Decking, with the Leander Trust being one of the two charities supported, alongside The Rivertime Boat Trust.

Nearly 50 boats took part, with very imaginative lighting, and up

to 40 paddle boards. The buildings and houses from the Bridge to Fawley Court were brilliantly and colourfully lit and up to 2000 spectators watched the parade from both sides of the river, from the bridge and from Leander.



The Head Judge was Leander member Andy Trotman and judges included Michelle Thomas, the current Henley Mayor and Leander's very own Office Manager.

### Best in Parade

Chris Langley's Scarlet Lady - Theme 'The Crown', inspired by the the State funeral and the imperial State Crown that sat on the coffin. Music included various songs from marching bands, pipes, choirs and Vera Lynn's "We'll meet Again".

*"Thank you for making our gorgeous town the most beautiful we've ever seen it ... what a fabulous evening."*

## What Next?

### From now to the New Year (in reverse order!)

#### Leander Club Annual Dinner

The dinner will take place on Friday, 20 January 2023. This black tie event is open to all Members - Full Members, Club Members, Joint Club Members and guests. Tickets now on sale.

#### New Year's Eve



On 31 December there will be a spectacular Dickensian Eight Course Banquet! Tickets now on sale.

#### Christmas Eve

Join us for a long luncheon - free mulled wine and no turkey!

Sorry if you've missed this, just after the Review goes to print.

### GLOW

We have been looking forward to the return of the GLOW winter music festival, taking place in our heated stretch tent on the Leander Club lawn (1-3 December). It promised to be an après-ski party par excellence, with a line-up of top bands, food, drink and atmospheric entertainment.



Just prior to that (26 November), and back by popular demand:

### Bavarian Beer Festival



This was a chance to drink Weissbeer from classic steins and fill up on bratwurst and chips, accompanied by the unforgettable sounds of the Bettesteiner Footstompers Oompah Band.

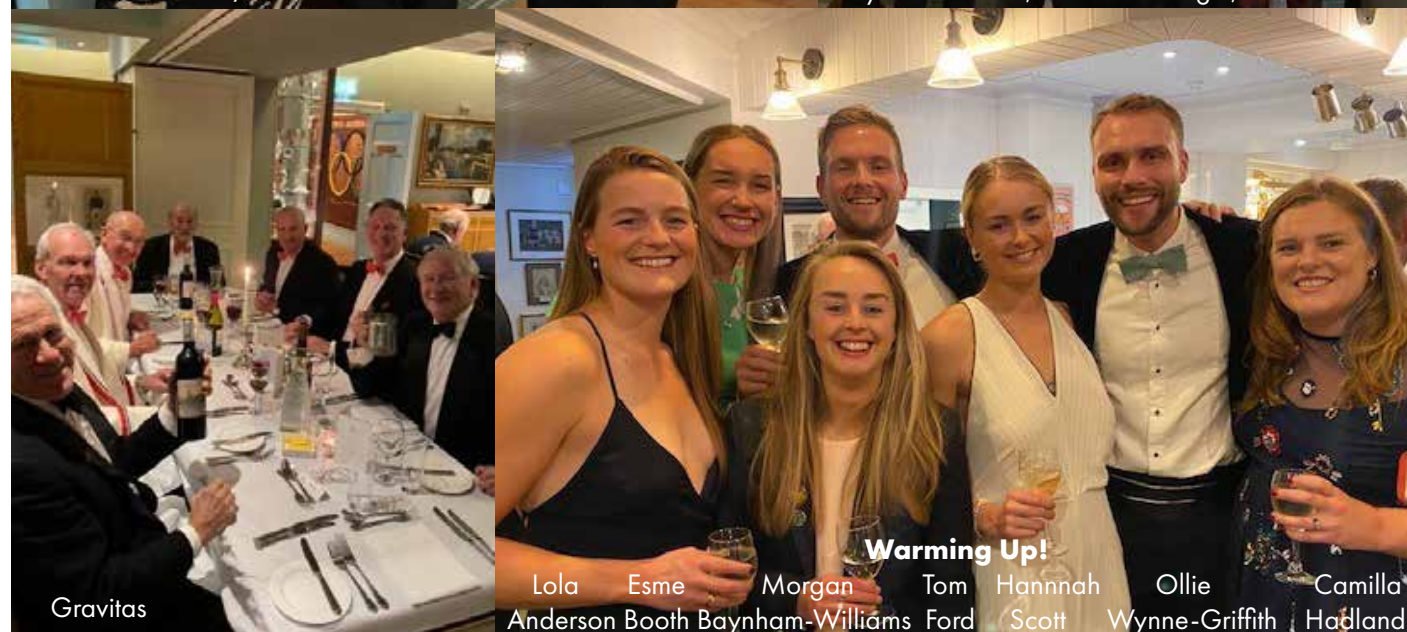
To book the Christmas and New Year events, and for a write-up in due course, see the website and the December Pink Post.



# LEANDER Annual Dinner

The Club's Annual Dinner was held on Saturday 19th November with Tom James MBE as the main speaker. After an excellent meal in a packed dining room the Club Captain John Collins summarised Leander's very successful year on the river, and Tom then gave some inspirational stories from his fascinating rowing career.

Photographs by Ali Brown



# LEANDER Membership Information

## Annual Subscriptions for 2023

At the recent Annual General Meeting of Leander Club subscriptions for 2023 were approved as follows:

|                                     |      |
|-------------------------------------|------|
| Full Members and Club Members       | £360 |
| Full Members less than 30 years old | £108 |
| Overseas Members                    | £180 |
| Joint Club Members                  | £180 |

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 2023 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 £180. The first payment of £180 (plus the BR levy) will have been taken on 1st October 2022 and the second payment will be taken on 1st April 2023.

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

## Notice of the Annual General Meeting 2023

The Annual General Meeting of Leander Club Limited for the year 2023 will be held at the Clubhouse, Henley on Thames on Sunday 25th June 2023 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 9th March 2023.

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 16th June 2023.

**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.

**Barbara Wilson**  
Honorary Secretary, November 2022

BACK COVER: WINNING WOMEN'S EIGHT AT HEAD OF THE CHARLES (SEE PAGES 10/11)



# LEANDER REVIEW

