

## Australian Rowing Championships

Wind, mud, rain and heat just about sums up the 2010 Australian National Rowing Championships held at Nagambie, Victoria.

Monday morning saw all lane racing cancelled and replaced with heat based time trials. The only lane safe enough to use, and

even that was still whipped by wind and the protection afforded by the bank was lost as the rowers passed the open water from the start to the 1000 metre mark. That no one capsized was a testament to the skill and determination of all rowers on Day 1.

Such appalling conditions and poor course causes one to ask why such an important event for national competitors is held there. NSW has the course, the volunteers, the accommodation and the skill to be charged with the staging of the Nationals yearly yet it seems parochial views outweigh such a sensible option leaving the competitors to try and cope with extraneous circumstances that don't test their rowing skills but rather their survival skills.

Days two and three saw much jockeying for boat stands [as there were not enough stands available] or space for trailers [parked cheek by jowl as the space available did not match the number needed] and only the good humour and camaraderie of all allowed these issues to be resolved.



**The winning Kings Cup Crew**  
[Photo: Rowing NSW]

***"...not only did they bring it home again but they did it in style..."***

Our own Captain and Vice Captain competed in the single sculls and both rowed personal best times. Given the awful conditions and the continuing bad weather they are to be commended.

A number of other Bay club rowers were spotted and wished luck with NSW being well represented in all categories.

The competition was fierce in all categories contested, with the anticipated interstate eights race almost causing a book to be run. Of course NSW was the pick of the states, but all eyes were on any of the rowers in any of the State Teams to try and gauge how they might perform on Sunday.

Toward the end of the week the dustbowl had been converted to sticky, sloppy mud with the hint of more rain to come. The threat of strong winds caused all to tie down and ensure boats and equipment were well protected.

By Sunday the anticipation was high – would NSW be able to bring the King's Cup home again? It was that morning we heard that there had been several replacements in the NSW boat due to injury and there was some concern as to how the boat would fare. No one should have been worried, not only did they bring it home again but they did it in style and with a margin that made it not just a win but a mighty thumping.

Go the Blues!

## From the President

On Sunday 20<sup>th</sup> March a Special General Meeting discussed and voted on what we trust will see Balmain Rowing Club's premises both preserved and upgraded to meet the needs of its members for another century.

I would like to thank everyone who attended as the presentation, your input and the review by members were critical in not only ensuring we had addressed all relevant issues, but in so doing we were garnering your support. Whilst no one voted against the adequacy of what we proposed or that we expend club funds to procure a Construction Certificate, (which I am informed is not a unanimous vote but one without dissent), if we are to achieve the objective detailed in the plans it is vital that the whole of the club membership gets behind the project.

Firstly let me provide you with a bit of background. Some of you may be aware a competition was held around 40 years ago to design a replacement for the existing building. I recollect seeing those designs when I first joined the club, but it was beyond our capabilities at that time and I am not aware if the project progressed beyond that point.

A few years ago our Co-Patron and Life Member Don Croot A.M. requested permission to commence work on a proposal to replace the club building. Don initially undertook this

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## From the Editor

From Taree to Nagambie and everywhere in between your Tiger rowers have competed with honour and glory. The roundup of events makes for interesting reading and in the next edition we will look back at the highlights of the season. Thanks to James and Liam for their reports.

As always, David's article makes for an interesting read. Unfortunately, along with several long standing club members I was at SIRC serving with them as Boat Race Officials on the day of the Special Meeting so could not take part but I am grateful for the ability to read David's summary and thankful to Terry for his recording.

Now is the time for all club members to step up and take an active involvement in the rebuilding of your club. Whether it's as a fundraiser or as someone who can look at the plans and make critical suggestions so we end up with a club for and by rowers all are welcome (for those that wish to, the plans are displayed on the wall of the club near the stairs).

There is much to be done and many needed to be able to do it. For those who may wish to become involved by donating money or in kind please direct all inquiries to [treasurer@balmainrowingclub.com](mailto:treasurer@balmainrowingclub.com), for those who may have other skills they wish to contribute send an email to [secretary@balmainrowingclub.com](mailto:secretary@balmainrowingclub.com) so lists can be made.

Last but not least, a very special thankyou to **Ernie Chapman OAM**, a longstanding member who commenced his rowing career at BRC and went on to represent Australia at the Olympic Games, for his priceless personally recorded history of his time at Balmain Rowing Club. If you have anything that would assist in putting together a history of BRC, please contact the editor at [tigeroars@balmainrowingclub.com](mailto:tigeroars@balmainrowingclub.com).

Barbara Ramjan, Editor

## Important Announcements

### UPCOMING EVENTS

#### TRIVIA NIGHT

**WHEN:** 14 AUGUST, 6:30 for 7

**WHERE:** Balmain Town Hall

All money raised will assist with the rebuilding of YOUR club so come on and get those tables organized!

Contact: [trivia@balmainrowingclub.com](mailto:trivia@balmainrowingclub.com)

More information to follow...

#### MELBOURNE CUP LUNCHEON

**WHEN:** Tuesday November 2 2010

Book it in to your calendar now. Special guest speaker, Gorgeous lunch, Great company. Start gathering your friends for a table! More information to follow...

### EMAILS

We are currently going through the process of organising and setting up a new email system for the club. If you want to receive email notices from Balmain, you MUST (if you have not already done so) email [webmaster@balmainrowingclub.com](mailto:webmaster@balmainrowingclub.com) with the following details:

- **Name**
- **Primary Email address**
- **Other email addresses (eg work, parent etc ) (if any)**
- **Do you want to receive messages from the club about races, meetings, etc?**

Please make sure you get this done soon, we will be phasing out the use of this mailing list so if your details are not on the new mailing list you will stop receiving emails from us.

Thanks,

Ian Craig, Webmaster

### WE ARE RENOVATING AND NEED YOUR HELP!

Balmain Rowing Club is working hard to complete the much needed renovation of its clubhouse and has registered the 'Balmain Clubhouse Renovations' project with the Australian Sports Foundation to assist us with the funding of the renovation. Through this arrangement, donations to the ASF are tax deductible. This is a great way to contribute to the development of sport, support the Club's growth and receive a tax deduction for your donation.

The Australian Sports Foundation Ltd. (ASF) was established by the Australian Government to assist organisations in raising funds through donations for the development of sport in Australia. In accordance with the ASF's listing in the Income Tax Assessment Act (1997) (div 30, S 30-90), donations of \$2 or more to the ASF are tax deductible.

Donors must contribute unconditionally to the ASF, however the structure of the ASF makes it possible for you to nominate a preferred beneficiary for your donation, in this case the Balmain Clubhouse Renovations project. All grants issued to Balmain Rowing Club will be used in the renovation of the clubhouse.

Donations can be made by cash, cheque (made payable to the ASF) or credit card\*. Any contribution is valued, whatever the amount and the ASF will issue official tax receipts for any donation \$2 and over to substantiate your taxation claim.

Anybody wishing to make a donation to the ASF should see our Treasurer, Anne Craig who will provide a donation form, which needs to be completed, signed and returned to the address provided.

\* Please note that a 2% administration charge is applicable to all credit card donations.

-Anne Craig, Treasurer

## Get Tigeroars Online

Should you wish to receive TIGEROARS by email only, please send a message to [tigeroars@balmainrowingclub.com](mailto:tigeroars@balmainrowingclub.com), and we will add you to our online mailing list.



## From the President

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task without assistance and totally at his own expense. His starting point was to commission a design, a process made more complicated in recent years by an increased number of regulatory bodies, changed design and environmental standards, previously unresolved issues with land ownership/leases and the expectations and desires of the local community.

When the process became protracted Don requested that a Building Committee be formed. That group, sanctioned by the BRC Committee, was headed by Don and included Hans Hefer, George Neilson and myself.

Given a number of unresolved issues that were delaying submission of the DA, it was suggested that we ask our then Club Captain Joseph Grech to become involved. Joe initially assisted with some of the outstanding design and regulatory issues before taking full architectural responsibility for the project.

Despite strong support from individual councillors, once we submitted this DA to Leichhardt Council we were advised by council officers that there were heritage and historical issues that would make justifying demolition of the existing building extremely difficult. One of the prime reasons for this was that the Balmain Rowing Club premises had been identified as one of only two buildings of this nature that remained on Sydney Harbour. In fact it was similarly unique, nationally.

It was decided that we would look at what we could do to incorporate the existing structure in the upgrade and took the initiative of engaging our own heritage architect {Mr John Oultram} and suggesting to Leichhardt Council that they do likewise, so that they could advise

Joseph on how he might achieve a design that preserved and incorporated as much of our existing building as possible and provided the additional facilities, accommodation and access necessary to meet our present and future needs as well as meeting council and the other regulatory authorities' standards.



**Balmain Rowing Club on a busy day**  
[Photo: Liam James]

The design presented to members at the Special General Meeting is that which was approved by Leichhardt Council in December 2010, having gone through a rigorous process where we were asked for ever more detailed information and additional consultants' reports with us at times having to argue strongly to avoid what we believed were unreasonable requests and/or unnecessary reports that were costly and time consuming to provide. So getting to this stage has involved a significant amount of effort and significant expense, largely borne by senior members of the club as well as many hours of their time.

The detail contained in the Development Application (DA) in effect indicated to Council was "What we wanted to build". This was subjected to outside scrutiny both by NSW Maritime and the Foreshore & Waterways Planning and Advisory Council and a number of related bodies. The DA approval has 60 conditions imposed by Leichhardt Council and 19 conditions imposed by NSW Maritime, the last of which indicates they reserve the right to add additional conditions if and

when they deem it necessary.

To obtain a Construction Certificate we need to document how we intend to incorporate those conditions in the design, in other words "How we will build" it whilst meeting the Conditions contained in the D.A. approval. Only when this is documented will this authorisation be issued. We are currently in the process of putting together a specification so that we can get competitive pricing for this work from the relevant professions.

As I said at the commencement of the meeting, all questions were fair game and, whilst there were some who suggested this caused the meeting to go on too long, it was important that everyone had the opportunity to ask about any issues that were unclear to them. Maybe the balance was right as there was some criticism that there was no opportunity to ask questions in relation to funding. I have taken that on board and we will invite all members to hear the fund raising proposal, offer their suggestions and get involved.

If we manage to bring this to fruition it will be a magnificent milestone in Balmain's history and ensure rowing continues to be a feature of our community for the next hundred years and beyond.

Don Croot on many occasions has said "Balmain people can do anything" (if they put their minds to it). This project might be Don's vision but we all have a responsibility to ensure that it continues to be available for future generations. With our collective stamina I am certain we can bring our historic clubhouse back to life and make it a landmark that will be admired, not only by rowers but also by the local community for generations to come.

Go the Tigers!

-David Longhurst, President



## From the Captain's Table

It's always a useful exercise when planning for the future, to look backwards and try to learn from the past. Of all people I should know – having spent at least 4 years at Uni studying a lawyer who died 2,000+ years ago, and now just finishing off my studies as I prepare to begin my own law career.



[A quick note: Cicero didn't really have much to say about rowing, but he did understand the run of a good rowing boat (De Oratore 1.33)!]

We had a good result at the J B Sharp, coming 3<sup>rd</sup> overall, and winning the Kevyn Webb OAM Cup for the men's novice pointscore jointly with Leichhardt RC – the lesson here being that numbers are not always the best way to gather points: Leichhardt had up to 5x the number of rowers in these events! However, balance was also needed, and sadly we were lacking in both novice and junior girls, leaving the door open for other clubs to reap the benefit.

This year we are now in a much stronger position on the Novice and Junior

front, with Janine Lippi and Joseph Grech tending to our budding Junior Girls squad, while Ian Craig has been tirelessly working

to bring up the next level of 'junior junior guys' for the J B sharp.

Taree taught us a few more lessons as we learned

that good accommodation can be hard to find, and in high demand! We

missed out on booking our usual spot, but have managed to pre-book for next year already. Many

more lessons were taught via the expert hand of BRC Life

Member Ron Beattie, who oversaw the coaching at our training camp, and along with the video assistance of Ian Craig has imparted a great deal of knowledge onto the participants.

We will be looking to build on this next year with a number of weekend camps planned throughout the Winter and Spring off-season, as well as the Taree camp.

Our Christmas party certainly taught a few people the dark side of 'sculling,' but overall the lesson was that the club can be a fantastic social hub as well as a place to train and compete. Look out for many more social events to come, as well as our fantastic club breakfasts organised by June Henning and the women's novice squad.

Most importantly, we are learning that hard work can really pay off, as we have seen some stunning results this year from Josh Bray's amazing 7 from 7 wins at Taree, to Christian Conti's Sydney Women's MLC cleanup, Janine Lippi's 4 regatta winning streak, and more recently Vice-Captain James Waldersee's 4 from 4 at the Sydney Women's MLC regatta – in total and not counting the Edward Trickett regatta, BRC has placed first in 142 events this season, and has a 'podium rate' (chance of coming 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in an event) of over 60%!

There are many more lessons we will learn as we move forward again this year, and towards the end of my first year as Captain I am doing my best to learn and adapt from each lesson. If there's something you've learned, or a lesson you would like to pass on to me for next season, please do not hesitate to email me at [captain@balmainrowingclub.com](mailto:captain@balmainrowingclub.com).

Cheers,  
-Liam James,  
Club Captain

**BRC doing what it does best**  
[Photo: Rowing NSW]

***"Most importantly, we are learning that hard work can really pay off..."***

### CHIROPRACTOR IN WATERLOO

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## The Vice Captain's Roundup

From the 11<sup>th</sup> to the 17<sup>th</sup> of January this year, Taree was the place (for rowers) to be. A solid number of Balmain Club members made the trek up this year to race in the annual regatta held on the Manning River.

The Regatta evolved very slightly compared to last year, being promoted as the "Taree Summer Regatta", rather than two separate ones. More significantly, the number of races and competitors dictated that the racing be started on Friday afternoon. Two and a half days of racing? No complaints from me!

Before racing began on the weekend, the club ran its annual training camp. Well, actually, Liam ran the club's annual training camp (many thanks!). Anyway, the four days of intense training proved to be immensely beneficial. We had up to three sessions per day with the three great coaches that generously offered to come up with us. Keith Swanson and Lynette Skelton were both familiar faces. Both showed great patience and encouragement, which was much appreciated by the rowers. People were perhaps less used to seeing Ron Beattie around, but his vast technical knowledge and valuable feedback was also immensely valuable.

I was particularly impressed when he correctly guessed, to the nearest degree, the pitch on one of the single sculls' gates from the tinnie! Having these three coaches also allowed the rowers to experience three different coaching styles over the week. Rowers were often shown three different approaches to how they can improve their rowing, which is a fantastic luxury to have.

We were unfortunately unable to book the cabins at the Dawson River Caravan Park where we stayed at for last year's camp. With a bit of luck we can get in earlier this year (before that irritating cricket team!) to get a club booking together. In the next little while, Liam and I will be asking for expressions of interest for next year, so that hopefully the whole club can end up

staying at the same place. This makes organising the sessions much easier, and saves people the hassle of organising accommodation themselves.

When the weekend did eventually roll around, everyone from Balmain relished the opportunity and rowed fantastically, bringing loads of impressive results. The regatta was structured in such a way that clubs could choose to favour either age/open races or grade races. Balmain entered a few of the arguably more difficult age/open races, with encouraging results. Janine placed 2<sup>nd</sup> in the Womens' Lightweight 1x, and Thorsten managed 3<sup>rd</sup> in his first ever 2,000m race, the MU17 1x.

The open men managed 2 2<sup>nd</sup> placings, 2 3<sup>rd</sup>s and one fourth in their single sculls. We also had wins in the Mens' Open Quad, Open Double and Under 23 double. All these results show that, despite being a club that focuses on novice rowing and is open to everyone, we still have the ability to mix it with the bigger, more formidable clubs.

The grade races, though, were where the gold (or glass?) rush really set in. Jeff's crews had some great races, winning a D grade quad and a couple of D single races. There were also plenty of 2<sup>nd</sup> and 3<sup>rd</sup> placings in C grade and Masters' events. They guys did equally well, with a near whitewash of the Mens' C and D grade doubles and singles. There were some pleasing results in bigger boats as well.

Special mention should go to Josh Bray, who won all seven of his races. I must apologise at this point because I'm sure that I've forgotten to mention some excellent races. My feeble excuse can be that there

were too many to remember...

In addition to the strong showing on the water, Balmain had a distinct presence on the banks of the Manning. Our supporters were by far the most vocal on the weekend.

Everyone showed a fantastic willingness to support their fellow club members. For the

rowers, that encouragement was invaluable. I, for one, found myself working harder on the water, not only for myself, but for the club. I'm positive others felt the same way.

Perhaps the most positive sign of how competitive our showing was that weekend was from our appearance on the local news. A member of the Manning River RC was being interviewed. He was explaining that the country clubs can't possibly compete with the much larger city clubs. He made particular mention of big clubs "like Leichhardt, Nepean and Balmain". For a club with no more than 40 racing members present, we must have left one hell of a mark!

Congratulations everyone. Let's keep punching above our weight for the rest of the season and well into the next!

- James Waldersee, Vice Captain



**Keith keeping a keen eye on the Taree races...**

[Photo: Liam James]



## Edward Trickett Results

Balmain Rowing Club enjoyed a share of the spoils at the Edward Trickett NSW Grade Championships Regatta on the weekend at the Sydney International Regatta Centre in Penrith. Held over two days, the regatta is named after Australia's first world champion in any sport and featured clubs from throughout the Sydney Metropolitan area, Newcastle, Queensland, Victoria and the ACT. Relatives of Edward Trickett were on hand at the regatta to present medals to placegetters.

Day one was run with still conditions all day and Balmain concluded the first day of competition with a silver medal in the Men's B Grade Quad Scull. The Balmain crew of Josh Bray, Brett Fountain, James Waldersee and Liam James were drawn in lane 8 alongside Macquarie University in station 9 and the crews maintained an overlap throughout the race, with Balmain holding 2/3rds of a boatlength margin over Macquarie, behind race favourites Mosman, after 1000 metres. This buffer was eroded to just 0.13 of a second after the third 500 and Macquarie edged into second place with just 150 metres to go. However a powerful finishing sprint where the rating in the Balmain crew increased by 9 points, saw the Keith Swanson coached boat edge ahead and claim silver behind Mosman, by just 0.03 of a second.

Further success was to be had on day 2 in the Women's D Grade Quad Scull. Jeff Paterson's crew of Katrina Macgregor, Sheila Donnelly, Renata Ijpma and Lucy Blakemore qualified comfortably for the final in Lane 1 with the slowest of heat times. Under coach's orders to take the race to the other eight boats from the outside lane, the Balmain crew did exactly that trailing early leaders and eventual gold and silver medallists Black Mountain and Hunter Valley Grammar School respectively, by a mere half a boatlength at the midpoint of the race. The crew enjoyed a similar buffer over fourth-placed Surfers Paradise after 500 metres and pushed hard in the next 250 to preserve this gap in the race for the bronze medal. The Queensland crew continued to erode the deficit that stood at a

canvas with 50 metres still to cover and result for 3rd place went to the photo finish camera (capable of deciding the outcome of races down to a hundredth of a second) to determine who would claim a spot on the podium. Both crews waited out on the water nervously and were elated to hear that they could not be separated and both Balmain and Surfers Paradise claimed the bronze medal.

**"they could not be separated and both Balmain and Surfers Paradise claimed the bronze medal..."**

The last Balmain crew to take to the water was the Men's C Grade Coxless Pair of Chris Nelson and Josh Bray. With most

Balmain crews racing in sculling events this season, Nelson and Bray had been targeting this race since February and starting to find increased speed in training in recent weeks. A solid headbreeze greeted competitors on the start line and the Balmain crew lined up alongside one of the top Masters crews in NSW in Geoff Canning and Duncan Crockford of Drummoyne. The Drummoyne crew has been together for a handful of years and featured Crockford, a winner of both the Thames and Britannia Challenge Cups at the Henley Royal Regatta three decades ago in crews with dual Olympic Gold Medallist, Andy Holmes. Also contesting this race was the young Leichhardt crew of Kristian Bodell and Nicholas Andronikashvili, who turned their attention to sweeping at Christmas time.

The Leichhardt crew moved out to a boatlength and a half lead after 500 metres from Nelson and Bray who were also holding the Drummoyne combination at just over a boatlength. These three crews continued to pull away from the rest of the field and Leichhardt went on to win by just over 3 boatlengths. In the race for the silver medal the Balmain crew toughed it out to hold off Canning and Crockford with the Drummoyne crew reducing the deficit to just under a boatlength at the finishing line.

A second silver medal for Balmain concluded a successful end of the season for a number of competitors. For many the Trickett regatta is the culmination of a long season, while others will be targeting success in the JB Sharp series over the winter months on Iron Cove.

## A Younger View

*Ever wondered what some of our more junior members think while they are at the club? Below is a quick article from Sarah who joined Balmain only in the last 6 months – remember when YOU were just starting out? How does this compare to your experience?*

"I am part of the 'new' Junior Girls crew that have been rowing together since October last year. Rowing has been an amazing experience both on and off the water. We have had to get used to the early mornings and the 'occasional' crab caught, but so far the experience of rowing has been lots of fun. We all get along so well and have a great time helping and laughing with and more often at each other."

"Everyone at BRC has been very welcoming and has gone out of their way to make sure we fit in. Special thanks to Anne who organised the Learn to Row program where we started."

"We are coached by Janine and Joe and we all thank them for not losing their temper and persevering with us to get us this far! They have shown great patience in putting up with us arguing over who goes in the tinny and when we try to hide from Joe. There wasn't even an issue when we didn't tie the tinny up properly and it floated away from the pontoon."

"We will start racing as a team this winter and although I know we still have a lot to learn I am sure we will do the club proud!"

- Sarah, Member of the Junior Girl's squad

***If you would like to write a guest article for the next Tigeroars, please submit it to [tigeroars@balmainrowingclub.com](mailto:tigeroars@balmainrowingclub.com) no later than June 30<sup>th</sup> 2010.***



## BRC Clothing Shop

Don't get stuck at home digging around in the back of your wardrobe desperately looking for that one piece of clothing that screams "I row at Balmain!" If you can't find it, or don't have enough, buy some more!

The following items are for sale in the BRC clothing shop - you can order them on our website: [www.balmainrowingclub.com](http://www.balmainrowingclub.com) or by sending an email to Barbara at [tigeroars@balmainrowingclub.com](mailto:tigeroars@balmainrowingclub.com).

All proceeds go to the club, so make sure you stock up on the latest in Balmain Rowing Club fashion, and never get caught short again! For all enquiries, please call Barbara Ramjan on 0417 292 024.



**Balmain Racing Pack** - \$60.00  
The Balmain Rowing Club racers pack includes a polar-fleece vest, a hat, pair of socks and drink bottle!  
Sizes: M and L available



**BRC Racing Cap - White or Black** - \$20.00  
This BRC racing cap is available as a white or black mesh baseball style cap that is perfect for rowers and supporters alike.



**BRC Beanies** - \$15.00  
The BRC Beanie will keep your head warm in the long and cold winter months! Available in black or golden.



**BRC Socks** - \$17.00  
BRC coloured socks - perfect for training or racing and just the thing to protect your feet!  
Sizes: Youth and Adult available.



**BRC 3/4 T-shirt - Yellow** - \$20.00  
A BRC 3/4 sleeve T-shirt. Golden sleeves and a white body, the perfect training shirt!  
Sizes: XL and XXL available



**BRC 3/4 T-shirt - Black** - \$20.00  
A BRC 3/4 sleeve T-shirt. Black sleeves and a white body, the perfect training shirt!  
Sizes: XL, XXL and XXXL available.



**BRC 125th Ed. Footy Jumper** - \$25.00  
The BRC Footy Jumper is a limited edition 125th Anniversary celebration Football jumper.  
Sizes: S, M, L, 2XL available



**BRC Footy Jumper** - \$65.00  
This is the BRC Club standard footy jersey - the best thing for club members and for supporters alike!  
Sizes: XS and S available



**BRC Tracksuit** - \$30.00/\$20.00  
The BRC Tracksuit is a limited edition 125th Anniversary celebration Tracksuit.  
Sizes: XS, S, M, L available in full tracksuit - \$30.00  
Sizes: XS, S, M, L available in pants only - \$20.00



**BRC Driza-Bone** - \$120.00  
A BRC Drizabone, with an embroidered BRC logo on the pocket, is sure to keep you dry even in the harshest conditions!  
Sizes: M and L available.



**BRC Polo Shirt** - \$20.00  
The BRC polo shirt has gold piping across the shoulders and down the side of the shirt.  
Sizes: 1/2XS Women, XS Women, S, M, L available in 125th Anniversary shirt  
Sizes: S, M, L, XL available in standard shirt.



**BRC Fleece Vest** - \$25  
The BRC fleece vest is a limited edition 125th Anniversary celebration vest perfect for the in between season or added warmth for winter.  
Sizes: M and L available

## Club Events Calendar



### May 2010

1/5/2010	Iron Cove Masters	Iron Cove
2/5/2010	Learn to Row Day 4	BRC
8/5/2010	Learn to Row Day 5	BRC
9/5/2010	Learn to Row Day 6	BRC
15/5/2010	Learn to Row MINI REGATTA	BRC
15/5/2010	NSW State Master's Championships	Grafton
29/5/2010	BRC Presentation Dinner	BBC

**WITH  
PAIN IN THE PARK**



**SIX PACK A.**

**WASHBOARD A.**

**WITHOUT  
PAIN IN THE PARK**



**SIX PACK B.**

**WASHBOARD B.**

**YOU CHOOSE**

**Come along for a FREE training session  
on Thursday March 4th**

## **COME BACK TO PAIN !!**

**Pain in the Park is in danger of ending!**

For 6 years, Balmain rowers have been running, lifting weights, boxing, erging and done countless push-ups, sit-ups, squats and burpees to stay on top of their game.

### **WILL YOU JOIN US?**

Utilising the local parks and BR Clubhouse, Pain in the Park runs for one hour every Thursday evening at 6.45 for a 7.00pm start under the guidance of personal trainer Mike.

**The cost is only \$60 for 6 weeks or \$12 for a casual visit.**

Please support this great club initiative - all ages and fitness levels welcome!  
Email Lucy at [secretary@balmainrowingclub.com](mailto:secretary@balmainrowingclub.com) to sign up today.