



Sunset?



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NEWSLETTER - MARCH 2010

March has proved an eventful month. On the regatta front, the club - and particularly the juniors - acquitted themselves extremely well at the CDRA Championships. Three members won trophies at the Newcastle Permanent Hastings Sports Awards. After suffering a dearth of boats, we placed orders for two new doubles, and have funding applications in the pipeline for a quad. Funding came through for completion of a concrete slab to the east of the shed. And we have a date for the forthcoming 3 Rivers Mini Marathon. Read all about it...

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Mixed Success for Port at CDRA Champs

It was a good mix for PMRC at the recent CDRA Championships Regatta at Manning river Rowing Club, Taree on 13-14 March.

In conditions than ranged from rain, wind and chop to blazing heat, their crews won every mixed event for which they were entered, taking in quick succession the three mixed quad events, and four of the five mixed doubles events.

The CDRA Championships were attended by representatives from 18 clubs, schools and universities

from Sydney through Grafton. For juniors, it is the culmination of their season; for masters, the a final testing ground before masters' State and National Championships in May and June respectively. PMRC juniors, a small but determined team of 7, took the opportunity to strut their stuff, netting 10 gold medals overall.

The master rowers gamely pulled in another 7, bringing the total to 17.

Early in the program, masters mixed quad Jim Young, Liz Levido, Kim Chilton and Graeme Bell crossed the line 2.7 seconds ahead of the challenging Hunter team. A combined junior quad comprising Andrew Penson, Savana Purss, Aimee Gardner and their coach, Alan McCartney, comfortably took the next race. A third composite mixed quad, comprising PMRC's Jeremy Campbell, Jessica Glawson, Sean Badewitz and Hunter Valley Grammar School's Llewellyn Thomas, sailed in well ahead of the competition in the third race. Congratulations to Badewitz on his first race since he first started rowing __ months ago.

iors Purss, Lauri Lardner and Gardner then braved wave and wind to take firsts and a third respectively in the Women's Novice singles races. Campbell (recently returned from a stellar performance at Junior State and Nationals) and Andrew Penson took first in their men's novice singles race, and Campbell took second in the under-17 men's single, while Penson took first in the men's novice singles, and third in the Championship men's singles. Racing in their first 2 km race (???:), Lardner and Purss took fourth place, and Gardner 5th in the Under 17 singles.

ters Levido and Chilton took gold in the championship women's double and women's intermediate 2km doubles race. Chilton and Young placed first in their singles events respectively.

The women's masters quad of Pauline Roods, Geraldine Clarke, Geraldine Haigh and Louise Jones took third place in the Women's novice quad. This was Haigh's first race, and Clarke and Roods' first race after a long absence from rowing due to health reasons. Masters Carry Williamson and Meredith Hinds took third in the Championship women's double; Williamson went on to take second in a composite quad with Hunter in the Championship women's quad. Hinds piloted the masters quad with Haigh, Clarke and Roods to take 5th in the championship women's masters quad.

Toward the end of the program, PMRC's mixed crew again rose to the occasion. Lardner and Penson blazed their mixed race with a margin of over 13 seconds. National champions Levido and Young claimed their race by nearly 10 seconds. Juniors Purss and Campbell easily claimed the following race by over 12 seconds, while Chilton and Bell battled to the end against Newcastle University, pulling ahead at the last minute to set the best time overall for the mixed doubles races.

Penson and Campbell then brought the final race of the day to a close in a blaze of glory, coming in nearly 20 seconds ahead of the competition in the men's intermediate (2k) race.

was an exhilarating finale to the central district's rowing season. The Juniors are now entitled to rest on their laurels, while the masters prepare in earnest for NSW State Championships in May and the Australian Nationals in June.

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Three Members Win Hastings Sports Awards

PMRC crowned its recent winning streak at the CDRA Championships by claiming two awards at the 11th Annual Newcastle Permanent 2010 Hastings Sports Awards at a breakfast organized by the Rotary Club on 19 March 2010.

Amid multiple athletes recognized for their outstanding achievement in sports ranging from triathlon through rifle shooting, Liz Levido and Jim Young were selected as the Sports Team of the Year, and Robert Hopley (who celebrated his 70th birthday in January this year) as the Veteran Sportsperson of the Year.



Levido and Young have been rowing competitively as a mixed doubles team for close on 8 years and

have been one of the most consistent crews in Australia, taking gold at state and national events for the past 5 years.

In 2009, Levido and Young claimed gold medals in their mixed doubles race at NSW State and the Australian championships, as well as gold in a number of mixed quad races. Young additionally won silver in his singles race, and Levido, a bronze in her singles. At the World Masters Games in Sydney last year, they were awarded a silver in mixed quad, and Young went on to claim bronze in his singles race.

The pair have also won several marathon events for successive years, most notably the Iluka marathon and our local Three Rivers Mini Marathon.



Hopley, who can also be found at 5am every weekday morning working out on the ergometer, pulling times and wattages that put members half his age to shame. His yellow scull is a familiar sight in the canals every morning, even in the most inclement of weather.

Hopley has been rowing for 50 years. As a penniless student, he built his first scull on a desk at his university residence (to the extreme consternation of the warden), then had to lower it out of a window.

Since then he has maintained an extraordinary record of rowing achievements both in his native South Africa (where he was selected for an Olympic team), gaining gold, silver and bronze medals in both sculling and sweepoar rowing.

Hopley's lifetime achievements in rowing are encyclopaedic; more recently he was awarded a gold, 2 silver and a bronze medal at NSW State championships, 3 golds and a silver at the Australian Nationals in Rockhampton, and a gold and 3 silvers at the World Master's Games.

Port Macquarie Rowing Club is proud to count athletes like Young, Levido and Hopley among its members.

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Two New Doubles for PMRC Fleet

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funding Approved for Concrete Apron

Ablurb about the funding for the new concrete slab to east of shed.

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