

**SPECIAL
POINTS OF
INTEREST:**

- 2009 Nationals Date
- Winter Time Trials
- Boats for sale

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ACT Crews take home big National's medal haul



The ACT was well represented in a range of events over the week long nationals that were held in Penrith from Monday 3rd until Sunday the 9th of March.

In the senior women's events, AIS rowers Sarah Cook and Sonia Mills were prominent, winning six medals between them. The regatta particularly highlighted the achievements of Sarah who has been selected into the Olympic Team in the coxless pair to represent Australia at the Beijing Olympic Games (pending AOC and Rowing Australia ratification).

In U19 and school events, ACTAS athletes performed well over the week with strong results in both the men's and women's under age categories. Nicholas Barnier and Riley Owen convincingly won

the men's U19 double scull while Veronica Tamsitt, Amy Fowler, Ailie McDonald and Sorelle Bowman were the dominant crew in the women's U19 coxless four. These athletes will form the basis of the ACT contingent vying for selection in the 2008 junior team to represent Australia at the World Championships to be held in Austria in July. Canberra Grammar School won two championship medals in the U17 Men's Coxed Quad as well as the Schoolboy coxed quad.

Brandie O'Connor won bronze in the leg, trunk arms single scull category (Adaptive Rowing). This followed her selection in a coxed four that will endeavour to qualify for the Paralympic Games by racing at a FISA World Cup regatta in May.

MEDALS SUMMARY

GOLD

Women's Open Coxless Pair
Sarah Cook
(AIS/CRC)

Women's Open Eight
Sarah Cook
(AIS/CRC)

Sonia Mills
(AIS/CRC)

Men's U19 Double Scull
Nicholas Barnier
(ACTAS/CGS)

Riley Owen
(ACTAS/CLRC)

Women's U19 Coxless Four
Veronica Tamsitt
(ACTAS/CGGS)

Ailie McDonald
(ACTAS/CLRC)

Amy Fowler
(ACTAS/CRC)

SILVER

Women's Open Coxless Four
Sarah Cook
(AIS/CRC)

Women's U23 Coxless Pair
Christabelle Northam
(ACTAS/CGGS)

Lauren Burraston
(ACTAS/CRC)

Women's U19 Single Scull
Amy Fowler
(ACTAS/CRC)

Men's U19 Quad Scull

APRIL 2008

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11 Close for master nomi-	12
13	14	15	16	17 ACTRA Board	18	19
20	21	22	23	24	25	26
27	28	29	30			

STATE TEAMS 2008

Women's Eight	Women's Youth Eight
Yasmin Burraston (MUBC)	Emily Balmaks (CGGS)
Lauren Burraston (ACTAS/CRC)	Amy Fowler (ACTAS/CRC)
Sarah Cook (AIS/CRC)	Melissa Greck (LTRC)
Diana Egerton-Warburton	Ailie MacDonald (ACTAS/CLRC)
Louise Kilby (ANU)	Christabelle Northam (ACTAS/CGGS)
Kerry Knowler (CRC)	Samantha Shaw (Radford)
Sonia Mills (CRC)	Rachel Stokker (LTRC)
Fleur Spriggs	Veronica Tamsitt (ACTAS/CGGS)
Anna Trundle (CGGS) - cox	Anna Trundle (CGGS) - cox
Nigel Harding (CRC) - coach	Tom Westgarth (ACTAS/CLRC) - coach
Men's Youth Eight	Women's Lwt 4x-
Matt Barnier (CGS)	Katie Duncan (ANU)
Nicholas Barnier (ACTAS/CGS)	Adair Ferguson (CRC)
Reese Graham (CRC)	Jodie Groothoff (CRC)
James Hart (CGS)	Jessica Lewis (LTRC)
Sam Lawrence (CGS)	James Macartney (ANU) - coach
Riley Owen (ACTAS/CLRC)	Charlotte Marshall (CGGS) - reserve
Anthony Tridgell (CGS)	Women's 1x
Henry Waldren (CLRC)	Sonia Mills (AIS/CRC)
Nicholas Purnell (CGS) - cox	Men's 1x
Jaime Fernandez (CGS) - coach	Craig Jones (ACTAS/CRC)
	Regan Sanders (ACTAS/CRC) - coach

Winter Time Trials 2008

Commencing in 1986, the winter time trials were originally for male and female single scullers. Now in its 23rd year the ACT Winter Time Trial Series has evolved into the competition we see today with categories for all boats from singles to eights.

Series Dates 2008

Saturday 17 and Sunday 18 May

Saturday 14 and Sunday 15 June

Saturday 12 and Sunday 13 July

Saturday 9 and Sunday 10 August

Saturday 6 and Sunday 7 September

Presentations 13 September

Start Time

The first boat to start will depart at 9:30am. Crews will generally be spaced at 30 second intervals. Start times will be advised in the draw - the final draw available on Friday morning.

Course

Race is conducted over the 4km winter time trial course. The start is on the bank opposite Scrivener Dam, with a 90 degree turn at the 1800m start buoy. Crews then navigate down the course and around the corner at

the eastern end of Western Park and finish adjacent to the white pole near Orana Bay in Yarralumla.

Categories

Crews may enter in any boat class ie. 1X, 2X, 4X, 4x+, 2-, 4-, 4+ or 8+ in Junior (under 19), Senior (over 19) or Masters (over 30) categories.

Only single sculls and pairs may trial on Saturday. All other boats with the exception of singles and pairs on may trial on Sunday.

Entries

Entries are due 8am the Monday preceding each time trial and no entries will be accepted after that time.

All entries from a particular club must be received together from the club's representative. Entries will only be received for one trial at a time.

Entries must be placed in the body of an email and sent to the ACTRA manager at actra@rowingact.org.au.

Entries should be received with details of the club, boat type and category, crew member names, and the name and contact details of the clubs nominated official/s.

Cost

Entries cost \$6.60 per rower. Clubs will be invoiced by ACTRA for the cost to enter all rowers representing that club. Payment will not be accepted on an individual basis, it is the responsibility of clubs to collect entry fees from their rowers.

Boat Numbers

Once the draw is confirmed, numbers will be allocated to clubs for both Saturday and Sunday's racing. Numbers will be distributed to club captains or another appointed official on Friday (location and time to be confirmed with clubs).

All numbers must be returned to ACTRA officials outside the ACTAS shed at the completion of racing on Sunday. A \$5 fee will be incurred for each number not returned.

Race Results and Series Points

The series winner for each category of boat is determined by a point score based on handicap times. Competitors receive one point for each race they complete, plus one point for each competitor in that race that they beat on handicap

Nationals Results cont...

Nicholas Barnier (ACTAS/CGS)	
Riley Owen (ACTAS/CLRC)	
Schoolgirl Single Scull	Amy Fowler (ACTAS/CRC)
Schoolboy Single Scull	Riley Owen (ACTAS/CLRC)
Schoolboy Coxed Quad	
Sam Lawrence (CGS)	
Anthony Tridgell (CGS)	
James Hart (CGS)	
Peter McColl (CGS)	
William Vickers (CGS)	
BRONZE	
Women's Open Single Scull	Sonia Mills (AIS/CRC)
Women's Open Double Scull	Sonia Mills (AIS/CRC)
Women's Open Quad Scull	Sonia Mills (AIS/CRC)
Women's Open Lightweight	Katie Duncan (ANU)
Double Scull	
Men's U19 Single Scull	Nicholas Barnier (ACTAS/CGS)
Women's U19 Double Scull	Veronica Tamsitt (ACTAS/CGGS)
	Sorelle Bowman (Shoalhaven)
Schoolboy Single Scull	Nicholas Barnier (ACTAS/CGS)
Men's U17 Coxed Quad	Matthew Barnier (CGS)
	Angus Moore (CGS)
	Nicholas Wadham (CGS)
	Thomas Ethell (CGS)
	Nicholas Purnell (CGS)
Leg, Trunk and Arms	Brandie O'Connor (CLRC)

2009 Nationals Announced

Following the Board meeting last night, RA is pleased to announce that the 2009 National Championships will be held in their current format (i.e as they were conducted this year at SIRC) at Lake Barrington, Tasmania

and will conclude on Sunday 8th March. Additionally, RA is pleased to announce that the 2009 Youth Cup will be held at SIRC.

A final decision on the location and date for the 2009 Masters has been deferred to allow for further consultation between the appropriate stakeholders.

**Next Event: Winter Time trial #1
May 17th & 18th**



FOR SALE

Sykes Glass/Honeycomb Single Sculls

Allan Hahn 1		\$3,000
Waniassa		\$3,000
Majura	\$3,000	
Snow Gum		\$3,000
Mugga Mugga	\$3,000	
Shanahans		\$3,000

Sykes Glass/Honeycomb Double Scull

Bendora		\$6,000
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Sykes Kevlar/Honeycomb Single Sculls

Tennant		\$4,500
Blundell	\$4,500	

Sykes Kevlar/Honeycomb Doubles/Pairs

Tidbinbilla (double only – damaged sax board)	\$6,000
Franklin (pair/double)	\$7,500
Ororral (pair/double)	\$7,500

Sykes Kevlar/Honeycomb Fours/Quads

Gudgenby	\$10,000
Bulls Head	\$14,000

All equipment can be inspected at the ACTAS shed at Yarralumla by arrangement .
Please contact Gordon Marcks on (02) 6207 4393 or 0407 787270 for further information.

Important World rowing Dates

8 – 10 May 2008	World Cup 1	Munich, Germany
30 May – 1 June 2008	World Cup 2	Lucerne, Switzerland
15 – 18 June 2008	Final Olympic Qualification Regatta	Poznan, Poland
20 – 22 June 2008	World Cup 3	Poznan, Poland
17 – 20 July 2008	2008 World U23 Rowing Championships	Brandenburg, Germany
22 – 27 July 2008	World Junior and Senior Rowing Championships	Linz, Austria
9 – 17 August 2008	2008 Beijing Olympic Games	Beijing, China