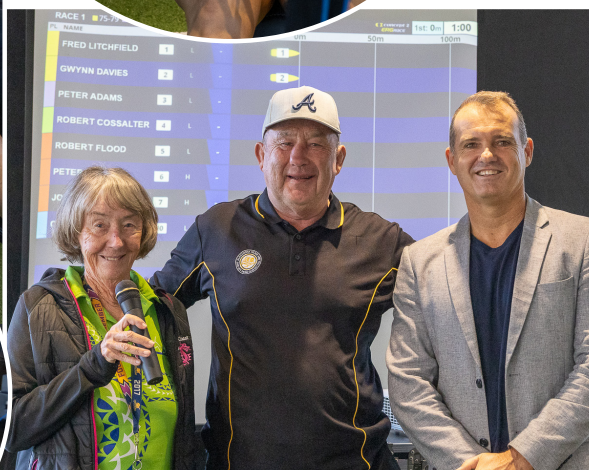# The Sunshine Coast Indoor Rowing Club

Newsletter

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The 2022 QLD Indoor Rowing Championships were held on Sunday, 5th June at O2 Performance at Bokarina near Lake Kawana on the Sunshine Coast. The Championships were hosted by the Sunshine Coast Indoor Rowing Club and O2 performance. Thanks to O2 Performance for providing this brilliant, world class venue for the QLD Championships.

Thanks to Peter Cox, the Division 3 Councillor, for once again supporting the QLD Championships financially. Peter and Ashley Robinson are the Patrons of the QLD Indoor Rowing Championships. Ashley is the General Manager of Alex Surf Club.

Thanks to Dicky Beach Surf Club and boatie coach, Rob Flood, for supporting the QLD Championships with competitors, First Aid, the loan of rowing machines, computer assistants, Kate and Emily, and Rob's excellent commentating.

Thanks to Kawana Waters State College for the loan and transport of their rowing machines. Joe Bopf, a KWSC student, rowed brilliantly and has some more Australian records to add to his large collection from the 13/ 14 age group. Joe also had 3 World Records, that we were unaware of. His mum, Barb Seaward, who is on staff at Kawana Waters State College, competed for the first time and rowed very well.

The youngest competitor was Zara Slatch from Grammar. Our very own Indoor Rowing

Club member, China Johnson, was the oldest competitor at the grand age of 93. China had a few very busy weeks. He competed in the Australian Masters Swimming Championships in Sydney and the QLD Masters Swimming Championships in Cairns. Then he charmed and inspired so many people of various ages and abilities at the QLD Indoor Rowing Championships. China won so many medals in May and June.

Matilda Mooney and Ayla Cadzow-Smith have competed in the QLD Indoor Rowing Championships since they were 8 years of age. They attend Trinity College in Gladstone. Trinity was the Champion School in 2020.

Mark Smith lives and works in France. He had not been back to Australia for 3 years because of COVID. His brother Geoff, also competed. The guys and their mum were very impressed with the QLD Championships and the excellent venue.

The adaptive competitors were amazing. So many records were broken and they inspired so many people to get active and to aim high. CONGRATULATIONS to Christian, Lachlan, Joe, Kayley, Dylan, Janet, Paul, Ruby and Rebecca. Ryan and Kobie were unwell and were not able to compete at the Championships.

Thanks to all the Indoor Rowing Club members, who competed and volunteered. It is quite a mission. Special mention of Coach, Rob Cossalter, who did some great commentating.

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The results from the QLD Indoor Rowing Championships with the age groups are now on the website. Thanks to Laura Rathgeber and Kate Morcom for putting so much time and effort in to the computer work.

TRAINING SESSION at O2 Performance Saturday, 23rd July at 9 am. This will be our first training session since States. Rob Cossalter will be in attendance.

The AGM for 2022 will be held before the training session on Saturday, 23rd July at 8.30 am near the Deliciously Clean Eats Café. We have to have an AGM to have a committee, to have a Club to run the training sessions and the QLD Championships. You do not have to live on the Sunshine Coast to be a valuable committee member. Kelvin Bazley now lives in Toowoomba. He has done an excellent job as Treasurer since the Indoor Rowing Club started way back in 2011.

WELCOME to new members   Len Osborn from Victoria and Cristin Smith from the Sunshine Coast. Cristin volunteered on the Saturday afternoon and all day on Sunday.

The PAN PACIFIC MASTERS GAMES will be held on the Gold Coast In November. The Indoor Rowing is on Monday,7th and Tuesday, 8th November. The 5 main events, the 2000, 1000, 500, 100, 1 minute and the relay will all be part of the excitement. It will be great to catch up with so many Indoor Rowing adults from many parts of QLD and Australia.

The AUSTRALIAN INDOOR ROWING CHAMPIONSHIPS will be held on Saturday, 29th October at various venues throughout Australia. Unfortunately, there will only be 3 individual events, the 2000, 1000 and 500. This means, that the younger and older competitors are not adequately catered for.

The results for the 2022 QLD Indoor Rowing Championships are now on the website. Thanks heaps to Haico Aaldering for all the great website work he has done for a number of years. Haico is retiring from that position. Kate Morcom from Dicky Beach Surf Club is going to take on that voluntary role. Thanks, Kate.

Thanks to F45 Birtinya for also providing some rowing machines. They brought them down from upstairs at the Sports Hub and took them back again. That was much appreciated.

Thanks to Darren Hocking for taking so many excellent photos at the QLD Indoor Rowing Championships. The photos are available for purchase at the very reasonable price of $5.50 per photo from this link. Darren Hocking/QLDIRC 22

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Anne Cresswell from Victoria currently holds 16 World Records. She is proud, that 3 of them have been held for 14 years. For the Anzac Day Challenge, Anne rowed 17 times the distance of 2504 m. She rowed a total of 42.568 km. CONGRATULATIONS to Anne.

CONGRATULATIONS to Christian Lane-Krebs. He broke 6 World Records at the QLD Championships.

CONGRATULATIONS to all the medal winners and to those competitors, who broke World and Australian Records.

Special CONGRATULATIONS to the 4 trophy winners.

JUNIOR FEMALE
Alannah Scott
Sunshine Coast Grammar School,
Maroochy River Rowing Club

JUNIOR MALE
Christian Lane-Krebs
Kepnock State High School,
Bundaberg Rowing Club

SENIOR FEMALE
Jackie Rees
Sunshine Coast Indoor Rowing Club,
Hervey Bay

SENIOR MALE
Jason Jooste
Brisbane

THANKS HEAPS to Jarrod Bleijie,
the State Member for Kawana, for
sponsoring the trophies.

CONGRATULATIONS to the CHAMPION SCHOOL, Sunshine Coast Grammar School. Grammar was also the Champion School in 2021.

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Jackie Rees

Jason Jooste

Christian Lane-Krebs

China Johnson and Zara Slatch

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Thanks for another great few months at SC Indoor Rowing

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