

The Sunshine Coast Indoor Rowing Club



Newsletter

November 2022



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The last training session for 2022 will be Saturday, 19th November at 9 am at O2 Performance at the Sports Hub at Bokarina. Coach Rob Cossalter will be in attendance. After training we will have lunch at Dicky Beach Surf Club to celebrate a great 2022 with excellent results for the Indoor Rowing Club.

Dicky Beach Surf Club has been very supportive of the QLD Indoor Rowing Championships for a number of years. In 2022 the Club provided competitors, some rowing machines, 2 computer assistants and First Aid. Boatie coach, Rob Flood, competed and helped with the commentary.

The Sunshine Coast Indoor Rowing Club will then have a Christmas/ New Year break. The training sessions will re commence on Saturday, 14th January, 2023 at 9 am at O2 Performance, which is the base of the sport of Indoor Rowing on the Sunshine Coast. Thanks heaps to O2 Performance, in particular Sam Cochrane and Toby Davis, for all the support the Club has received in 2022.

2022 AUSTRALIAN INDOOR ROWING CHAMPIONSHIPS

The AIRC were completely virtual in 2022. We had a great Hub at O2 Performance. This was the only Hub in QLD. The other Hubs were mostly private schools and rowing clubs in NSW, the ACT and Victoria.

Thanks to our IT support person, Aulay Macaulay. He was brilliant at navigating a

quite tricky scene. We would not have survived without him.

CONGRATULATIONS to the following SCIRC members, who won medals at the AIRC. China Johnson, Wendy Coghill, Paul Edwards, Jeanette Adams, Bridget Robinson, Peter Sheean, Kayley Mitchell, Lachlan Underwood and Joe Bopf all won 3 Gold medals. Peter Adams won 2 Gold and a Silver. Paul Saffigna and Jennifer Doak each won 3 Silver medals. Jamie Hammond won 2 Gold medals. Gwyn Davies and Jackie Rees won 2 Silver medals.

Margaret Sheean and Len Osborn each won a Gold and Bianca Bloomfield won a Bronze. Shaun Murphy won a Silver and a Bronze.

Gwyn, Peter and Margaret Sheean, Jamie and Jackie all competed virtually in their own homes in various parts of QLD and NSW.

Catherine Rose, Michelle Raines, Alannah Scott and Oscar Canavan also rowed in our Hub at O2 Performance. They all rowed brilliantly. Catherine is trying out for the 2023 Australian Invictus Games team. Alannah and Oscar are members of the Maroochy River Rowing Club.

Welcome to new members, Kayley Mitchell and Lachlan Underwood. They made such a great impression at our Hub at O2 Performance, that we have made them Honorary Members of the Sunshine Coast Indoor Rowing Club. They both broke a number of Australian and World Records. Joe Bopf also broke an Australian Record.

Newsletter

November 2022



Bianca and Michelle



Aulay



Paul E, Shaun and Peter A.



Jeanette Adams



Bridget Robinson

Newsletter

November 2022



Joe, Oscar, Wendy and Jenny



China and Paul S.



Kayley



Paul Saffigna

Newsletter

November 2022



Wendy and Jeanette with Matt

The Sunshine Coast Indoor Rowing Club had a fun, exciting and very successful time at the 2022 Pan Pacific Masters Games/ Pan Pacs at the Gold Coast. Thirteen members competed and won a huge haul of medals. They were Peter and Jeanette Adams, Wendy Coghill, Jenny Doak, Bev Laundry, Sue McCormick, John Morrow, Matt Mulholland, Shaun Murphy, Bridget Robinson, Paul Saffigna and Peter and Margaret Sheenan.



The SCIRC members certainly got a lot of attention with our excellent results, enthusiasm, turtle shirts and singlets and great spirit of comradeship.

Peter and Jeanette come from Russell Island. Bev is from Yeppoon. Jenny lives in Burrum Heads near Hervey Bay. John lives in Roma and Peter and Margaret come from Sydney. The SCIRC has members from many parts of Australia. We are still the only Indoor Rowing Club in Australia.



Peter and Jeanette Adams won an amazing 9 Gold Medals.



Cheryl Warrior from Victoria, Marian Mitchell from WA and Jennifer Doak from the Sunshine Coast Indoor Rowing Club



Newsletter

November 2022

2022 PAN PACIFIC MASTERS GAMES RESULTS for SUNSHINE COAST INDOOR ROWING CLUB members

5 Gold Medals

Peter Adams, Wendy Coghill, Bev Laundry and Peter Sheean

4 Gold Medals

Jeanette Adams

3 Gold and 2 Silver

Matt Mulholland

3 Gold Medals

Bridget Robinson

2 Gold and 1 Silver

Sue McCormick

3 Silver Medals

Margaret Sheean

3 Silver and 2 Bronze

Paul Saffigna

2 Silver and 3 Bronze

Jenny Doak

2 Silver

Shaun Murphy

1 Silver and 4 Bronze

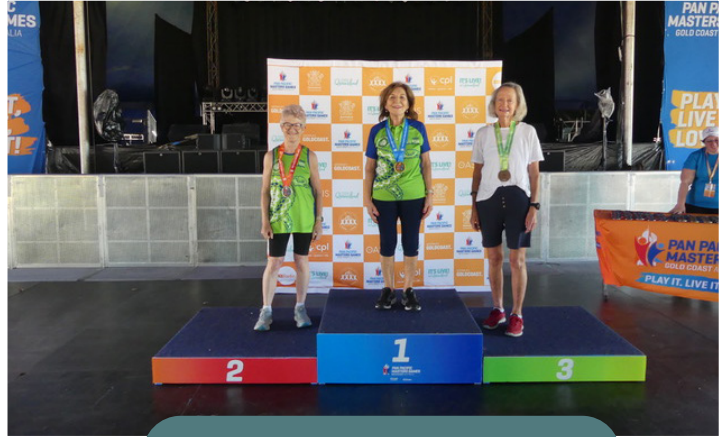
John Morrow

Newsletter

November 2022



John Morrow Bronze medal



Sue, Bridget and Anne



Margaret Shean and Wendy Coghill



Beverley Laundry



Lachlan Underwood and Kayley Mitchell



Peter Shean

Newsletter

November 2022



Peter Adams and China Johnson at the Swimming at the Gold Coast Aquatic Centre at Pan Pacs

Peter won a Gold and a Silver. The legend, China, won 9 Gold medals, including 800 Backstroke at the amazing age of almost 94. Peter Sheehan also swam very well winning 2 Gold, 3 Bronze as well as 2 Bronze in the relays.

Jenny Doak also competed in Outrigging and won 1 Gold, 2 Silver and a Bronze.

At the Indoor Rowing at Pan Pacs the members of the Sunshine Coast Indoor Rowing Club won a total of 55 medals, including 32 Gold. That is a brilliant achievement.

There were some comments made at Pan Pacs, that Indoor Rowing is a relatively new sport. That is not correct. I, Wendy Coghill, first competed in Indoor Rowing at the Australian Masters Games in Newcastle in 2001. I have since then competed in numerous AMG, Pan Pacs, QLD Championships, NZ Masters Games and Australian Championships. Indoor Rowing was certainly a sport in Australia in the 1990s and has been very popular in Europe and the USA for a long time.

Thanks for another great few months at SC Indoor Rowing

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