

Post Henley Analysis

With some time to reflect on this latest trip out east here are some of my thoughts regarding the results at the 2009 Royal Canadian Henley Regatta.

Firstly, I would like to congratulate everyone who attended. Amongst the group of 16 who went with us to St. Catherines three athletes experienced their first ever trip to the famed waters of Martindale Pond. These three athletes, Roma Oleksyn, Jessie Loutit and Derk Clothier performed admirably and all three should be commended for their performances.

Special acknowledgment also goes out to Lara Kemp and Sarah Laing for coming to St. Catherines to row in the woman's 8+ and to Colleen Critchley for coxing. Unfortunately, we didn't get the result we wanted – failing to advance past our heat – however, I do think we raced well finishing well ahead of St. Catherines.

Of the remaining 10 athletes who attended Henley all 10 rowed in a Henley final.

Highlights of which are:

Steve P and Nick K 3rd in the Open Men's 2x
Elana T and Steph A – 4th in the Open Woman's 2-
Elana T / Steph A / Christine S and Kirsten B – 6th in the Open Woman's 4-
Spencer F / Forrest W – 3rd in the Junior Men's 2x

And of Course

Steph A / Christina F / Elana T / Alison M – 1st in the Open Woman's 4x
Spencer F – 1st in the Junior Men's 1x

In examining the results there is little questions that the Calgary Rowing Club has the strongest Senior Woman's program in all of Canada. Consider the following: Of the 6 medals awarded in the Open Woman's category (1x, 2-,2x, 4-,4x and 8+) we were 1 of only two Canadian clubs to return home with Henley Gold (the other was Western who were late cuts from the Canadian Senior Woman's 8+). Calgary had the fastest 8+ of all Canadian clubs in attendance and were the only Canadian Club to had boats in at least a semi-final in each of the six respective disciplines.