

THE ROYAL CANADIAN HENLEY REGATTA

ST. CATHARINES, ONTARIO, CANADA AUGUST 9-13, 1989



Welcome to the 1989 Royal Canadian Henley Regatta.

SOUVENIR PROGRAMME \$3.00

G'DAY*



* The traditional greeting of Australia (known variously as Aus, Oz, or The Wonder Down Under). A contraction of "Good Day"—usually one in which you can look forward to a tinnie (tube, can) of Foster's

BONZER An expression of approval, as in: "He's a bonzer bloke." In terms of magnitude, a superlative just above "beaut" and slightly below "ripper."

SHOUT The act of paying for a round in the local watering hole. Thus: "I'll get this Foster's, it's my shout." The getting of said shout is a demonstration of the bonzerishness of one's blokehood.

MATE A man's best friend (usually the one who got the last shout). Can be tagged on to any sentence to connote an easy familiarity with the listener: "How ya goin', mate?"

(NOTE: In speaking with the females of the species, mate should properly be substituted by "love" e.g. "Good on ya, love.") (Well done!)

DRIER THAN A DRAINPIPE IN A DROUGHT A description of the extreme thirst built up after having survived the yearly out-back drought or a day at work, whichever was rougher. Synonymous with the phrase "Struth, I could down a pint", usually followed by "sinking a cold one" with one's mates.

THE GOLDEN THROAT CHARMER An expression used to connote the drinkability of Foster's. Synonymous with such other terms of affection as the "liquid gold", "throat anointing fluid", and "ripper sipper." However, not to be used to describe the taste of Foster's, which is most accurately likened to that of an angel crying on one's tongue.

CHEERS! The last words to escape one's lips before the first Foster's hits them.

The Golden Throat Charmer



SOUVENIR PROGRAM

107th ROYAL CANADIAN HENLEY REGATTA

AUGUST 9 - 13, 1989

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**Good Luck to All Participants
at this year's
Royal Canadian Henley Regatta.**



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JOSEPH L. McCAFFERY
MAYOR



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Welcome to the 1989 Royal Canadian Henley Regatta in the Garden City of Canada.

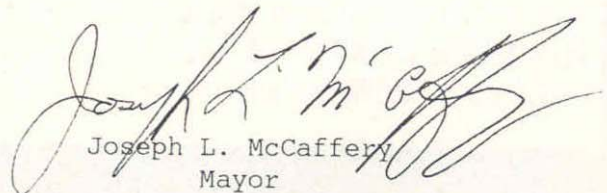
The City of St. Catharines is honoured to be the home of the annual Royal Canadian Henley Regatta, and recognizes this global events great potential for fostering better human relations among the peoples of the world.

We are particularly proud to have so many skilled members of the rowing fraternity participate in this prestigious event and we are grateful to receive their great contribution to this important milestone in our city's sporting history.

St. Catharines is known by many favourable titles; alternatively we are called The Garden City of Canada, The Rowing Capital of the World, the Cradle of Multi-culturalism, and the Commercial and Industrial Hub of the Niagara Peninsula. We are proud of all these titles; we are, perhaps, proudest of our fame as a friendly, hospitable city - - ever eager to extend a cordial reception to all our visitors. And we are proud that the Royal Canadian Henley Regatta reflects so admirably the festive atmosphere of friendly competition conducive to the success of world class rowing.

On behalf of the citizens of the City of St. Catharines, I am equally proud to salute the sponsors and organizers of this singularly important challenge of champions and extend our best wishes and heartiest congratulations for a gratifying and successful Royal Canadian Henley Regatta.

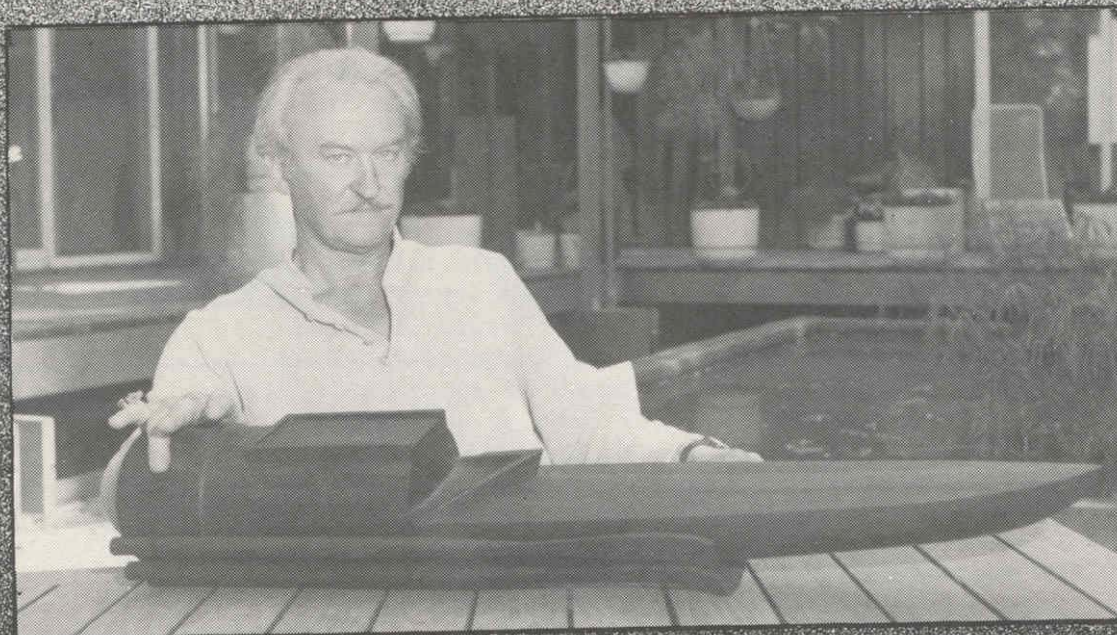
Welcome to St. Catharines, home of Canada's finest and fairest regatta.


Joseph L. McCaffery
Mayor

SATURDAY

3:10 pm

The Intermediate Women's 8 race begins.
The first presentation of the Brock University
25th Anniversary Trophy awaits.



Commitment, Dedication, Working Together. The same qualities demanded by rowing are necessary to running a high-quality University. A University such as Brock. During the last 25 years, many have pulled together and given of themselves and their talents so that Brock University could stand 10,000 students strong.

One of these is Campbell Scott, a Niagara-on-the-Lake artist who, in a moment of weakness, consented to crafting and donating a trophy to rowing.

But unlike rowing, Brock University has no finishing line. Call for a tour or information about courses or athletics. 688-5550, ext. 3245.



Brock University



ROWING CANADA AVIRON

PRESIDENT'S MESSAGE - 1989

Welcome to the 107th Royal Canadian Henley Regatta. Henley has become the focal point of North American summer rowing competition. Athletes and spectators alike look forward in anticipation to the events of Henley and camaraderie of our sport which spills into the Grandstand and the surrounding vantage points of the Henley Course.

The past year has been one of turmoil, disappointment and fortunately a liberal dose of highs, one of those highs being the 1988 Henley. Canadian Rowing has been planning its future and in the process bringing its management processes under control. I am pleased to advise that the financial position of the association has greatly improved thanks to the co-operation of all of Canadian Rowing.

Thank you to all the volunteers for their time and effort on behalf of all the competitors, and in particular the Canadian Henley Rowing Corp. our partner in the staging of the Royal Canadian Henley Regatta.

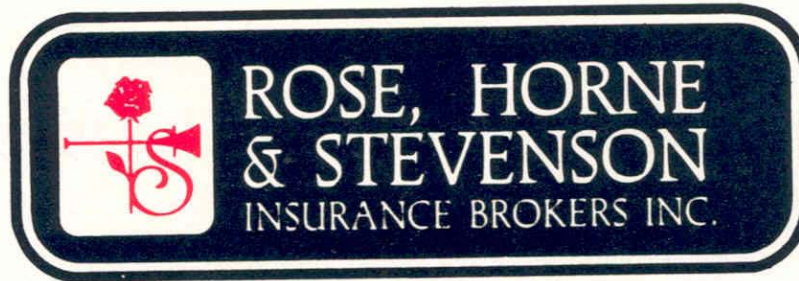
I wish to extend to all competitors, coaches, supporters and officials, best of luck and best wishes.

T. H. Rigby
President - Rowing Canada Aviron CARA

1989 Rowing Canada Aviron CARA Executive Committee

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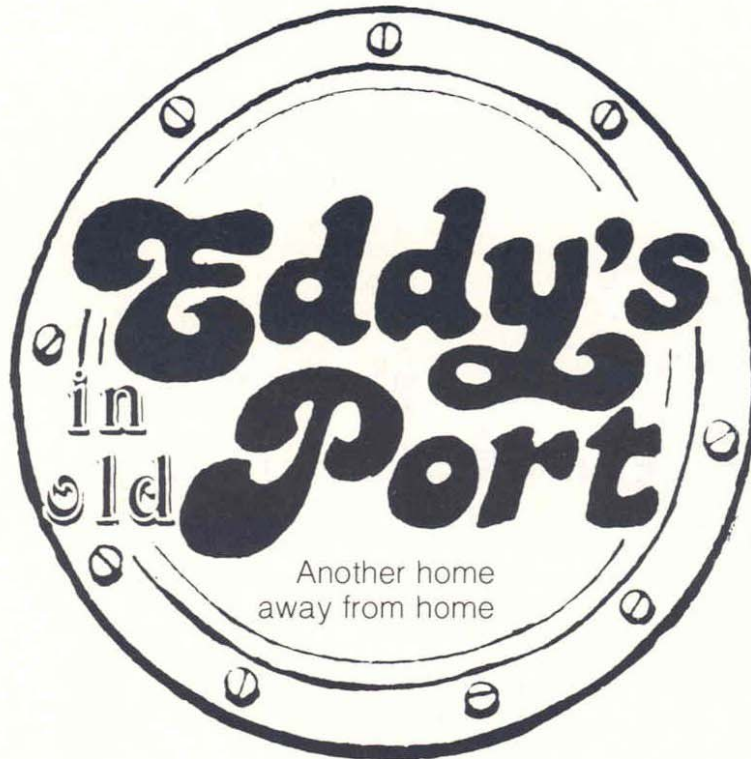
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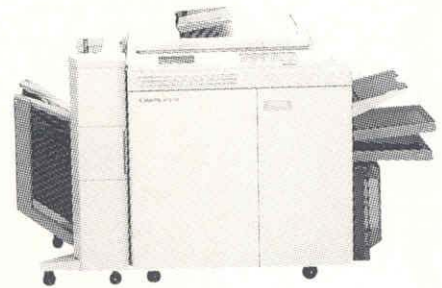
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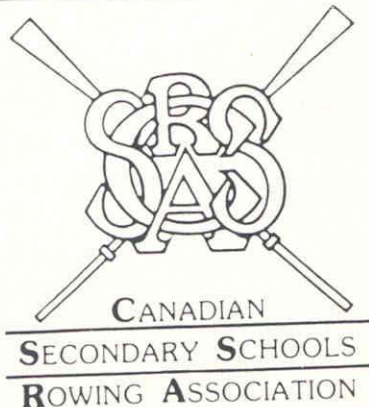
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C.H.R.C. CANADIAN HENLEY ROWING CORPORATION



The Canadian Henley Rowing Corporation is a St. Catharines based organization responsible for the rowing facilities on and along the Henley Course. Members of the CHRC Executive, pictured here, are, left to right, front row: Denis O'Flaherty, 3rd Vice-President Joseph Gottli, 2nd Vice-President Jackie Phelan, President Hap Lafferty, Treasurer Lloyd Smith and Oscar Tasane. Back row: George Manoogian, George Potton, Les Stevens, Jack Wallace and Tim Rigby.

PRESIDENT'S MESSAGE

On behalf of the Board of Directors and the members of the Canadian Henley Rowing Corporation, I am delighted to welcome competitors, officials and rowing enthusiasts to this week's 107th Royal Canadian Henley Regatta and to extend the best of luck and good rowing to all competitors. May your stay in our City of St. Catharines be a pleasant one and may this Henley prove successful.

CHRC, as the custodian of the Henley Course and related rowing facilities, joins in partnership with Rowing Canada Aviron, the governing body of rowing in Canada, in the staging of the Royal Canadian Henley Regatta. This week's event is a culmination of a year round co-operative effort designed to climax in what is considered to be one of the finest rowing competitions of its kind anywhere.

Having begun in 1880 at Toronto, this annual championship took up permanent residence in St. Catharines 23 years later in 1903. For St. Catharines, Henley remains a community effort and as a result the Henley Course facilities have been improved and expanded over the years, a fact acknowledged by Mr. Thomas Keller, FISA President in his endorsement of our bid for a future world championship for St. Catharines.

CHRC is extremely proud of the Henley and what it represents to North American rowing and indeed the world row-

ing community. We are happy that you have seen fit to support this worthwhile endeavour and we count you in as part of the success of Henley 107.

HAP LAFFERTY
President

EXECUTIVE

Hap Lafferty	President
Don McClelland	1st Vice-President
Jackie Phelan	2nd Vice-President
Joseph Gottli	3rd Vice-President
Lloyd Smith	Treasurer
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Craig Swayze	Past President

DIRECTORS

Jim Price, Denis O'Flaherty, Henry Burgoyne, George Potton, Walt Lastewka, Jim Rendall, George Manoogian, Jack Wallace, Les Stevens.

HONORARY DIRECTORS

John Newman, Oscar Tasane, Tim Rigby, Bruce Henning.

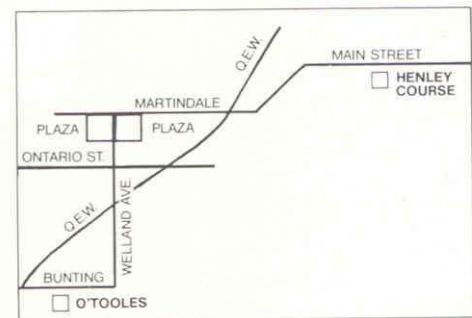


PENN AC REPEATS IN THE 1988 HANLAN FINAL

Coach Ted Nash and his boatload of Olympic hopefuls made it two in a row for Penn AC in last year's men's Championship Eight, easily defeating four challengers in the windup final of the 1988 Royal Henley Regatta. Clocking a sizzling 5:27.05 over a flat calm 2000-metre distance, the Philadelphian retained the Ned Hanlan Memorial Trophy for Nash, boating as cox Jeff Lyon, stroke Ted Swinford, Richard Kinnelly, David Krmpotich, John Riley, Tom Bohrg, Raoul Rodriquez, Henry Mathiesen and John Kissick.



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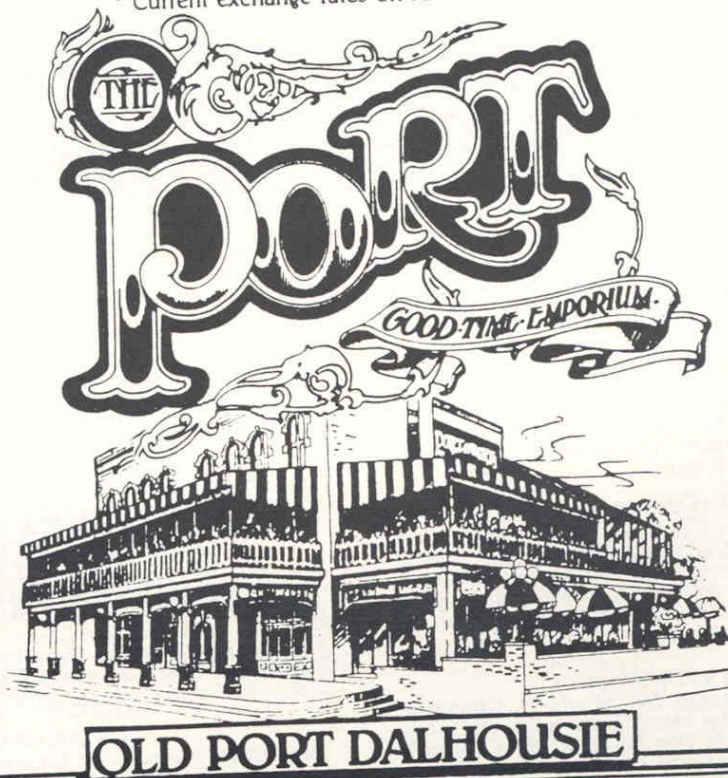
- MONDAYS** — *Depression Mondays*
- *Rowers Appreciation Night*
- TUESDAYS** — *Wing Nite 15¢ each*
- THURSDAYS** — *Ladies Night — Lunch Buffet*
- FRIDAYS** — *Lunch Buffet — Party, Party, Party*
- SATURDAYS** — *The Party Continues*
- SUNDAYS** — *Brunch — 11:30 — 2:30*

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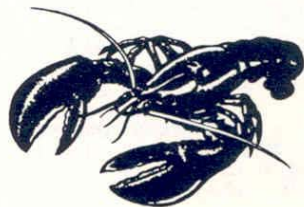
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ROYAL CANADIAN HENLEY REGATTA 1989

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Clubhouse Activities of Henley Week

Monday, August 7th	12 noon - 10 p.m.	C.A.R.A. Henley Draw
Tuesday, August 8th	6 p.m. - 1 a.m.	Opening Ceremonies
Wednesday, August 9th	4 p.m. - 12 a.m.	Clubhouse Open
Thursday, August 10th	4 p.m. - 12 a.m.	Clubhouse Open - Reunion Night
Friday, August 11th	12 noon - 12 a.m.	Clubhouse Open - Food Available
Saturday, August 12th	12 noon - 12 a.m. Music 8 p.m. - 12 a.m.	Clubhouse Open - Food Available
* "Saturday evening is restricted to only accredited athletes and officials"		
Sunday, August 13th	12 noon - 2 p.m. 2 p.m. - 7 p.m.	Master's Luncheon Clubhouse Open - Food Available

PLEASE NOTE:

Competitor's badge is required for admission to Henley Island on Saturday evening.
 Admission on Saturday evening \$1 per person.

The Tradition Continues . . .

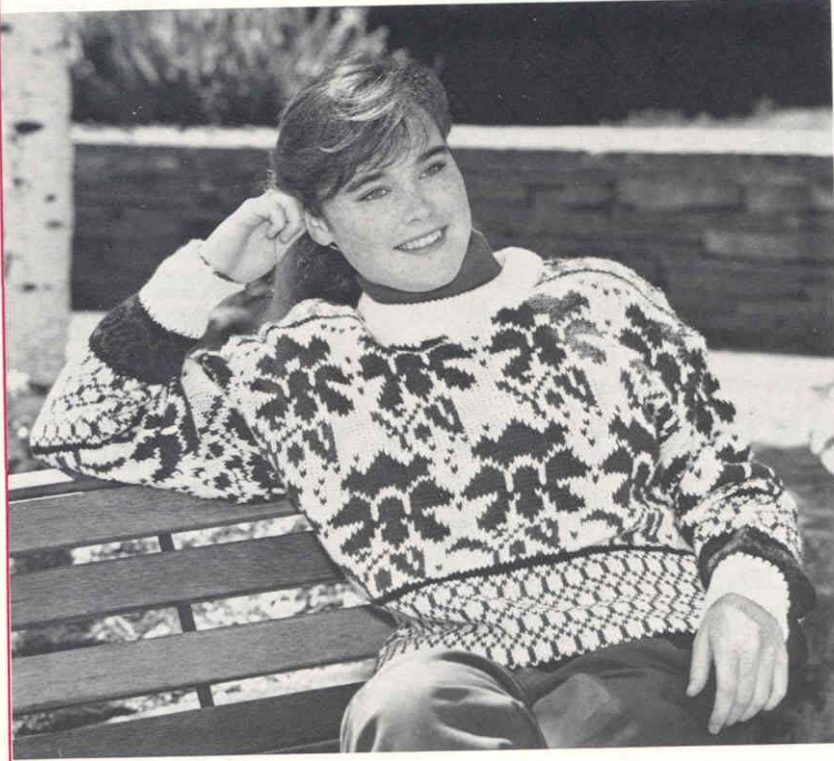
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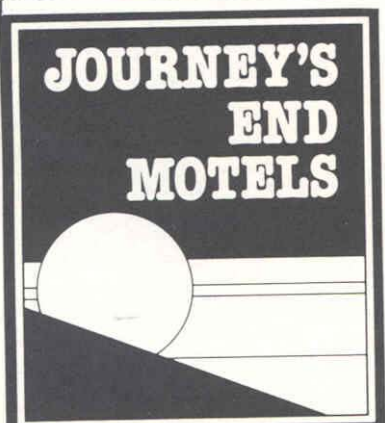
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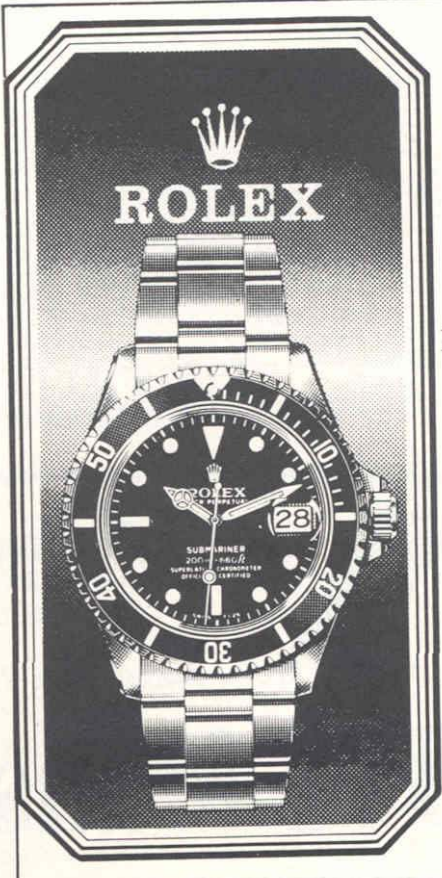
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ROYAL CANADIAN HENLEY CHAMPIONS — 1988

THURSDAY

Women's Int. Single	U. of Victoria (Kelly Mahon)	6:45.78	145-lb Singles Dash	Boucherville RC (Eric Therrien)	1:36.04
Int. 155-lb Pair	Vancouver RC	7:02.09	Women's Eights Dash	U. of Victoria	1:25.67
Int. 155-lb Single	Kennebecasis RC (Chris Flood)	7:12.97	Women's Singles Dash	Victoria City RC (Tracy Walt)	1:43.98
Women's Int. Pair	Fredericton RC	7:31.87	155-lb Singles Dash	St. Mary's College (Dan Cederborg)	1:37.81
Women's Int. Lt. Single	McGill U. (Signe Gottfredsen)	7:49.97	Open Pair	Penn AC	6:40.97
Int. Cox Four	Penn AC	6:11.98	Open Double	New York AC	6:20.05
Int. 145-lb Single	Boucherville RC (Eric Therrien)	7:13.59	Open Eight	Penn AC	5:35.01
Women's Int. Lt. Four	Brockville RC	7:05.67	Women's Open Cox Four	Pioneer Valley RA	7:28.36
Int. Single	Riverside BC (Scott Stevens)	7:00.84	Women's Open Lt. Eight	Minnesota/Boston RC	6:33.79
Int. 140-lb Four	St. Catharines RC	6:33.26			
Women's Int. Lt. Pair	Saskatoon RC	7:53.76			
Int. 155-lb Cox Four	St. Catharines RC	6:28.53			
Women's Int. Lt. Quad	Boucherville RC	6:59.38			

FRIDAY

Women's Int. Double	Argonaut RC	7:16.70	Women's Sr. Cox Four	U. of Victoria	7:24.63
Intermediate Pair	Occoquan BC	6:44.99	Sr. Four	Penn AC	6:25.25
Int. 155-lb Double	New York AC	6:32.89	Women's Sr. Lt. Four	Brockville RC	7:20.61
Women's Int. Cox Four	St. Catharines RC	7:07.19	Sr. 155-lb Pair	Kennebecasis RC	7:05.03
Women's Int. Lt. Double	Crescent BC	7:18.81	Sr. 135-lb Single	Durham BC (Mike Dreher)	7:34.85
Int. 155-lb Four	Potomac BC	6:18.24	Sr. 155-lb Double	New York AC	6:50.58
Women's Int. Lt. Cox Four	Peterborough RC	7:23.17	Women's Sr. Lt. Single	Boucherville RC (Johanne Mainville)	8:15.46
Int. 140-lb Double	Detroit BC	7:04.02	Sr. 140-lb Pair	Undine Barge	7:46.30
Int. Four	Penn AC	6:06.88	Women's Sr. Single	Don RC (Silken Laumann)	7:58.78
Int. 140-lb Cox Four	St. Catharines RC	6:51.17	Women's Sr. Lt. Pair	Saskatoon RC	No Time
Int. Double	Narragansett RC	6:33.02	Sr. 140-lb Double	Durham BC	7:07.43
Women's Int. Quad	Bachelor's Barge	7:07.71	Sr. Pair	Penn AC	7:04.97
Women's Int. Lt. Quad	Leander BC	6:38.18	Sr. 155-lb Four	St. Catharines RC	6:35.47
Int. 155-lb Quad	Vesper BC	6:12.25	Women's Sr. Pair	Fredericton RC	8:02.51

SATURDAY

Open Cox Four	Penn AC	6:46.90	Women's Sr. Lt. Double	Burnaby Lake AC	7:43.57
Int. 140-lb Eight	St. Catharines RC	6:04.86	Sr. Cox Four	Penn AC	6:33.88
Sr. 155-lb Quad	New York AC	6:03.06	Sr. 140-lb Cox Four	St. Catharines RC	7:12.68
Association Single	Detroit BC (Greg Walker)	6:54.17	Championship Single	Detroit BC (Greg Walker)	7:21.87
Int. 155-lb Eight	West Side RC	5:49.96	Sr. 155-lb Single	Independence BC (Jay Feenan)	7:12.43
Intermediate Eight	Penn AC	5:37.05	Women's Sr. Double	Don RC	7:13.39
Women's Sr. Quad	Don RC	6:42.03	Sr. 155-lb Eight	St. Catharines RC	5:57.01
Women's Int. Eight	U. of Victoria	6:27.56	Women's Sr. Lt. Cox Four	Peterborough RC	7:34.05
Intermediate Quad	Cincinnati RC	6:04.50	Sr. 140-lb Eight	Laval RC	6:12.39
Open Singles Dash	New York AC (Juan Felix)	1:32.32	Sr. Quad	Malta BC	6:04.00
Eights Dash	St. Catharines RC	1:13.91	Women's Sr. Eight	U. of Victoria	7:32.62
			Sr. Eight	Penn AC	5:27.05

SUNDAY

Women's Sr. Cox Four	U. of Victoria	7:24.63
Sr. Four	Penn AC	6:25.25
Women's Sr. Lt. Four	Brockville RC	7:20.61
Sr. 155-lb Pair	Kennebecasis RC	7:05.03
Sr. 135-lb Single	Durham BC (Mike Dreher)	7:34.85
Sr. 155-lb Double	New York AC	6:50.58
Women's Sr. Lt. Single	Boucherville RC (Johanne Mainville)	8:15.46
Sr. 140-lb Pair	Undine Barge	7:46.30
Women's Sr. Single	Don RC (Silken Laumann)	7:58.78
Women's Sr. Lt. Pair	Saskatoon RC	No Time
Sr. 140-lb Double	Durham BC	7:07.43
Sr. Pair	Penn AC	7:04.97
Sr. 155-lb Four	St. Catharines RC	6:35.47
Women's Sr. Pair	Fredericton RC	8:02.51
Sr. 140-lb Four	St. Catharines RC	7:06.53
Sr. Double	Thames River RC	6:53.02
Women's Sr. Lt. Eight	Pioneer Valley RA	7:10.36
Sr. 155-lb Cox Four	Leander BC	7:02.98
Sr. 145-lb Single	Durham BC (Bob Dreher)	7:43.67
Women's Sr. Lt. Double	Burnaby Lake AC	7:43.57
Sr. Cox Four	Penn AC	6:33.88
Sr. 140-lb Cox Four	St. Catharines RC	7:12.68
Championship Single	Detroit BC (Greg Walker)	7:21.87
Sr. 155-lb Single	Independence BC (Jay Feenan)	7:12.43
Women's Sr. Double	Don RC	7:13.39
Sr. 155-lb Eight	St. Catharines RC	5:57.01
Women's Sr. Lt. Cox Four	Peterborough RC	7:34.05
Sr. 140-lb Eight	Laval RC	6:12.39
Sr. Quad	Malta BC	6:04.00
Women's Sr. Eight	U. of Victoria	7:32.62
Sr. Eight	Penn AC	5:27.05

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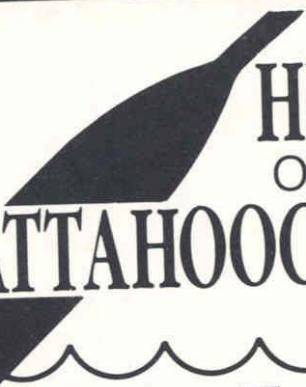
PETERBOROUGH GIRLS STAGE SWEEP

The only thing better than a Henley medal is two. Ad that's what this Peterborough Rowing Club pulled off at Henley 1988. After winning their Friday final of the Women's Intermediate Lightweight Cox Four, they came back Sunday to beat out Toronto Argonauts, Minnesota, Mississauga Donos, Kingston and Vancouver for their Senior crown. From the left: cox Shelley McNamara, stroke Bubba Loughes, Ruth Sanderson, Sue MacDonald, and Michelle Adams.

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ENTRY INFORMATION:

- Entry Forms and Information Flyers will be mailed to USRA Member Organizations by September 1, 1989.
- To receive entry information, write to:
Head of the Chattahoochee/Regatta Registrar
1530 Park Creek Lane • Atlanta, Georgia 30319
- All entries must be USRA Registered by November 4, 1989.
- **Entries Close at 5 P.M., Friday, October 20, 1989.** All entries must be on official entry forms.
- **No phone entries accepted.**
- Checks must accompany entry forms and be sent to the above address.

For Entry Information – Call (404) 587-0451

TORONTO WANTED THE HENLEY!

By Craig Swayze

It was just six years ago that someone suggested the Henley be moved to Montreal. But in the long run, it all fell through.

There was such a hue and cry from the world of rowing that the proposal was ultimately dropped. Sentiment was on St. Catharines' side and the sheer logistics of this largest of club regattas were such that Montreal's international-style waterway could not have coped.

But that 1983 bid to move the Henley wasn't the first. St. Catharines has had to fight off the suggestion several times in the past. And one of the most serious bits came 50 years ago when Toronto announced plans for an aquatic centre on Brule Lake, part of the city's Humber River system.

It was a direct response to St. Catharines' plans for the dredging of Martindale Pond, site of the Henley Course, and the construction of a 3,000-seat grandstand overlooking the finish.

"If St. Catharines citizens are determined to fight for their city, that is no reason why we should not fight for ours," Home Smith is quoted as saying in a news dispatch from Toronto.

While admitting that he knew nothing about rowing or the Henley, Smith spoke as the "Leading Supporter" of the Brule Lake scheme. They were going to widen the Humber and put in a rowing course.

Involved with Smith were Toronto rowing stalwarts like Joe Wright Sr., Clifford Sifton, Tommy Loudon and A.E. Kirkpatrick.

"With the support of these gentlemen, all of whom have the well-being of the youth of Toronto at heart, I can do no less than give my fullest support in getting what I consider will be a great benefit to Toronto," Smith is quoted by the papers of the day.

Joe Wright Sr. was a Toronto alderman at the time. Prior to that, he had put in a distinguished rowing and coaching career and was a past president of the Canadian Association of Amateur Oarsmen. Loudon and Sifton had also been oarsmen.

Wright was of the opinion that St. Catharines "had had all the chance in the world to fix up their grandstand, dredge the course and give us proper boathouses." But just as is the case today, it all takes money.

In fact, St. Catharines rowing officials of that time undertook and engineering survey and found it would cost in excess of \$30,000 just to dredge the Henley Course. And that was 50 years ago.

Add a covered grandstand and new shellhouses and the figure could double. It was a gigantic challenge that faced the little city of St. Catharines.

But if rowing was to survive here and the Henley stay on, it had to be done.

Thanks!



The St. Catharines Rowing Club wishes to thank the following for their support as 1989 Booster Club Members:

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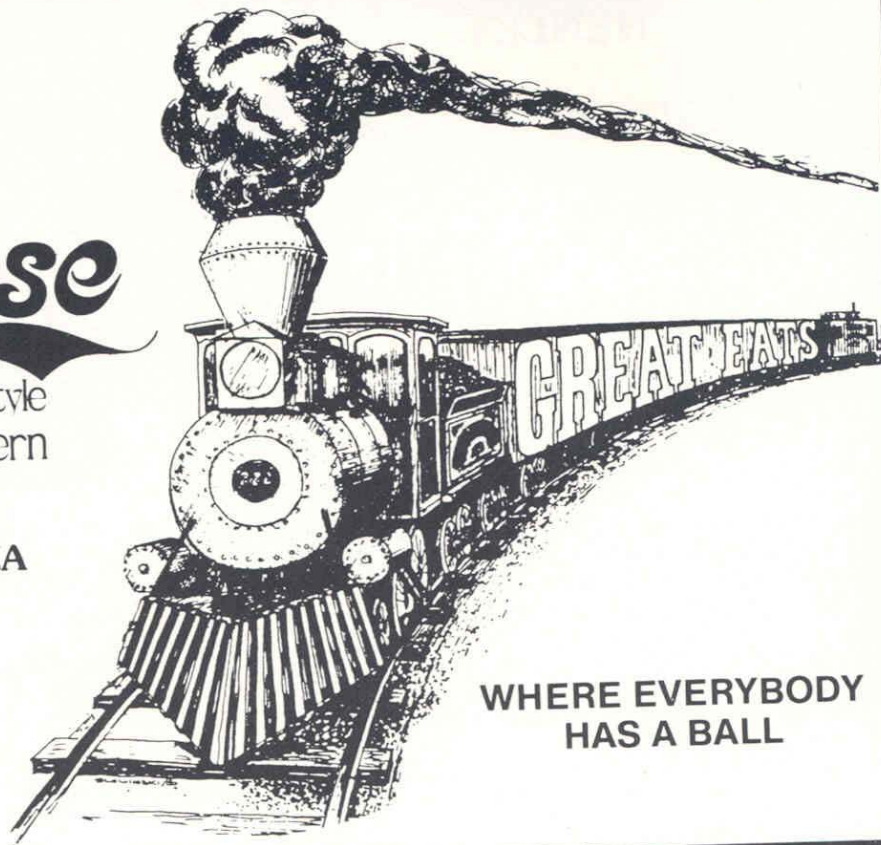
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MALTA'S QUAD COMES THROUGH

These four Philadelphia Malta scullers showed their speed at Henley 1988 by racing away from five rivals in the Men's Senior Quad final. Home in 6:04 flat, Mike Totta, Jon Pinkel, Justin Kershaw and David Gleeson had open water on second-place Philadelphia Undines with New York AC in third. Cincinnati, Ridley Grads and St. Catharines completed the field. Malta also won this event at the 1987 Henley.

Welcoming Clubs — 1989 Henley

Five St. Catharines rowing organizations combine this week in welcoming visitors to the 1989 Royal Canadian Henley Regatta, the 107th of these rowing championships and the 87th time the famed Henley Course has been the site of what many consider to be North America's premier rowing event.

Each of the five St. Catharines rowing organizations, along with the 14 secondary schools in the St. Catharines RC's comprehensive scholastic rowing program, the St. Catharines Parks and Receptions Summer Rowing School, the St. Catharines Rowing Alumni and the Henley Island Helpers have helped earn the Garden City its title of the Rowing Capital of Canada.



St. Catharines Rowing Club

Founded 1903

Don Baker Jr., President



Ridley Boat Club

Founded 1971

Jack Berkhout, President



Brock University Crew

Founded 1964

Terry White, President



Ridley College Crew

Founded 1967

Douglas Campbell, Headmaster



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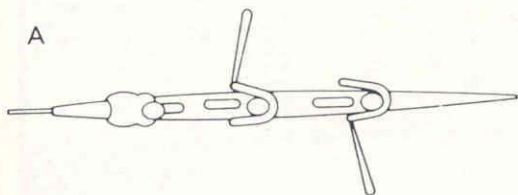
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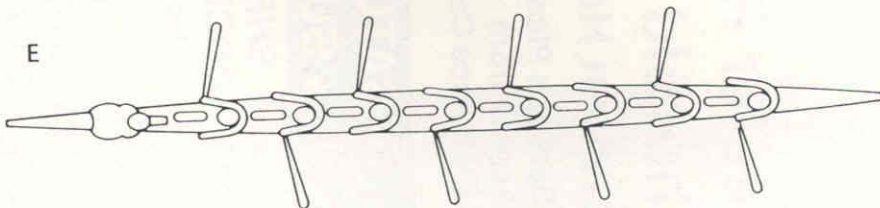
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TYPES OF ROWING SHELLS



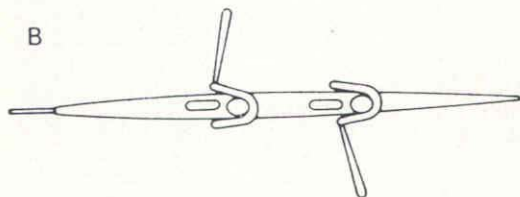
COX PAIR

A shell rowed by two oarsmen, each using a single sweep oar. The coxwain steers the craft and calls the stroke. The cox may either be sitting in the stern or lying down on his back in the bow.



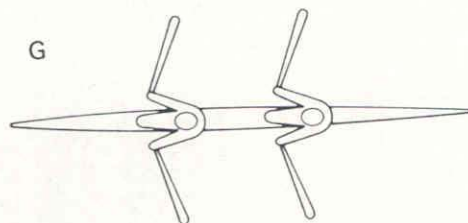
EIGHT

The largest of all rowing shells. It is manned by eight athletes, each using one sweep oar. A coxwain steers the boat.



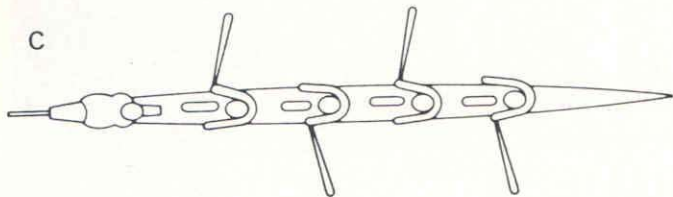
PAIR

A shell rowed by two athletes, each using a single sweep oar.



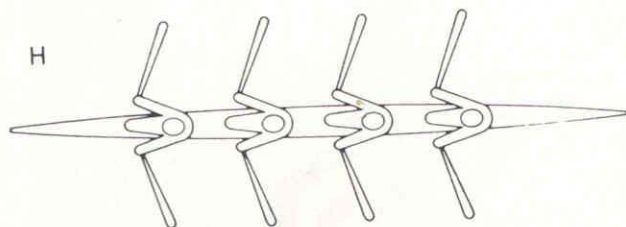
DOUBLE

A shell in which two scullers row, each using a pair of sculls.



COX FOUR

A shell in which four athletes row, each rowing a single sweep oar. A coxwain steers the boat and calls the stroke.



QUAD

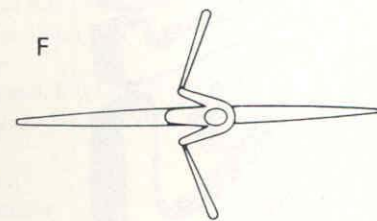
A shell in which four scullers row, each using a pair of oars or sculls.



FOUR

A shell in which four athletes row, each using a single sweep oar. The man in the bow of the boat steers with a rudder by use of a tiller wire attached to the toe of one shoe.

The smallest of boats used in the sport, the single shell is used by one sculler with a sculling blade (oar) in each hand.



What To Look For In Rowing

Appraising a crew is perhaps the most difficult role that the expert has to play in sports. However, according to the rowing experts, four major factors determine the **run** of a shell. These are: **timing, form, power and conditioning.**

Naturally, an excellent run, the distance a shell is propelled by one stroke cycle, is the effect sought by all crew coaches. So the first thing to perceive is whether a crew makes its shell move, that is, whether it has a good or a poor run.

Coaches will say that there are a lot of good crews, but many of them row differently, that is, their form varies. However, they all agree that the good crews have excellent timing. If the crew's timing is off, the boat won't run.

Look and see if all eight hit the **catch** together? That is, do their blades all enter the water together? Also, watch the bodies of the

crew — see if they all move in unison, or if there is a break. The former naturally, spells results while a lack of uniformity means an additional **check**, therefore retarding the run.

All good crews have **power** and drive, for it takes a certain amount of horsepower to move a given weight thru water, and of course, the athletes must be in top physical condition in order to keep their timing and form and power for the entire race.

Crew coaches look for tall athletes, for they can apply additional leverage, get a longer reach. However, size is not everything, especially if the individual doesn't have other prerequisites - timing, form, power and condition.

The following is a list of rowing terms and an explanation of some of the finer points of the sport.

GLOSSARY OF ROWING TERMS

ABEAM - Directly off side of shell.

ALIGNER - Official who occupies a spot exactly on the starting line so he can adjust the bows of each shell so they are exactly even. Like the Starter, he has the power to signal a false start.

ARE YOU READY? - Coxswain's or bowman's command preparing crew for executive order which will follow.

ASTERN - Directly to rear of shell.

BLADE - Flat surface of oar usually varying in width from 1½ inch to 7¼ inch, and in length from 24 to 30 inch, depending on rigging of crew and size and strength of oarsmen. Blades are painted in club colours.

BLADE WORK - Action of blade during stroke, encompassing such techniques as "catch", "feathering", etc., used to describe manner in which oarsman handles his oar.

BODY ANGLE - Amount, at catch, of forward lean of oarsman's body from hips, most types of strokes have 60° body angle at catch.

BOW - Forward section of shell.

BREAKAGE - Damage to board or equipment; breakage during first 10 seconds of a race is grounds for referee recalling all shells and restarting race.

CARA - Canadian Amateur Rowing Association, the governing body of amateur rowing in Canada.

CANVAS - British term for deck on a racing shell.



LEANDER LADIES WIN LIGHTWEIGHT LAURELS

It was a battle all the way for this happy Hamilton Leander crew, but they hung on against five rivals to win the Women's Intermediate Lightweight Eight at Henley 1988. Clocking 6:38.21 for the 2000-metre distance, Leanders bested Vancouver, Toronto Argonauts, St. Catharines, Calgary and Laval in that order. The champions, from the left: cox Beth Wakeford, stroke Maureen Harriman, Janet Findlay, Missy Agro, Charlotte Trusler, Caroline Sutton, Allison Rankin, Leanne McConnell and Lydia Fraser.

CATCH - That point in a stroke cycle at which the blade enters water.

CHECK - Amount of interruption of forward progress of shell which commonly occurs at the catch and sometimes at the release. It is also a split in the thin wooden skin of a shell.

COURSE - A recognized waterway upon which rowing races are held. A crew is also said to have rowed a "course" when it rows against a stop watch over a prescribed distance, usually the distance which it will row in the race for which it is training.

COX FOUR - A shell in which four row, each rowing a single sweep oar. A coxswain steers the boat and calls the stroke just as in an eight.

COX PAIR - A shell rowed by two, each using a single sweep oar. The coxswain steers the craft and calls the stroke. The cox may either be sitting in the stern or lying down on his back in the bow.

COXSWAIN - Member of crew who sits on stationary seat at stern, facing forward or lies in the bow. He is primarily charged with steering, often calls beat and aids in carrying out strategy of race by gauging positions of competing crews; usually selected for their small size and savvy. Men must weigh 110 pounds or more and women 99 pounds.

CRAB - Upsetting action caused by turning of oar blade in water so that release is either forced or impossible to make. Some crabs result in an oarsman being thrown out of a shell.

DASH - A 500-metre race, usually for eight-oared crews or singles.

DECK - Sections of a shell at bow and stern covered usually by varnished silk or nylon; **Bow Deck** extends about 12 feet back from prow to washbow; **Stern Deck** extends from back of coxswain's seat to tiller post.

DONARATICO - An Italian-built rowing shell by Cantiere Navale Donaratico of Livorno, Italy.

DOUBLE - A shell in which two sculler row, each using a pair of oars or sculls.

EASY ALL! - The coxswain or bowman's command to his oarsmen to stop rowing.

EIGHTS - Colloquial term used to indicate eight-oared shells, as differentiated from "fours" or "doubles", etc.

EMPACHER - A shell manufactured by Empacher, a West German boat-building firm.

ETES-VOUS PRET? - The French-language preparatory (Are you ready?) used by starters in international rowing.

FACING - Turning of oar blade perpendicular to surface of water in preparation for catch and also during drive.

FEATHERING - Action of turning oar blade parallel to surface of water during recovery; used to cut down wind resistance of blade and aid in releasing.

FINISH - As part of stroke cycle, the last part of the drive before release; also, when prow of shell reaches end of course, also, manner in which crew rows final portion of race, i.e. "strong" or "weak" finish.

FISA - Federation Internationale des Societes d'Aviron or the International Rowing Federation, the governing body of world amateur rowing. Thomas Keller of Zurich, Switzerland, is the FISA president.



HENLEY 1979 SWEEP WAS A ST. CATHARINES FIRST

It was a decade ago that this happy boatload of young ladies ruled the Canadian rowing scene, winning both the Women's Junior and Senior Eights at Henley 1979. It marked the St. Catharines Rowing Club's initial success in women's eight-oared competition at a Royal Canadian Henley, completing sweeps at Dominion Day, the St. Catharines Invitational, the Ontarios and CORA. Coached by Marty Labonte, the gold medalists were, left to right: Cox Mary Ellen (Stack) Irvine, stroke Michelle (Romak) Fisher, Carol (Whipple) Colgan, Christine Wilson, Julia (Santavicca) Morrow, Patricia (McAleese) Storosko, Kathleen (Swayze) Wismer, Sharon May and Linda Trapp.

- FOOTSTOP** - The shoe assembly or rack into which each crew member laces his feet in a racing shell.
- FOUR** - A shell in which four oarsmen row, each using a single sweep oar. The man in the bow steers by rudder by use of a tiller wire attached to the toe of one shoe.
- GERMAN BLADE** - A colloquial term use for the shovel-shaped or tulip style oar blades used by many crews. They originated in Germany and were first used with great success by Ratzeburg world championship crews.
- GERMAN RIG** - Used to describe the placing of rigger on an eight. The bow and stroke man are on the same side of the boat as are the No. 4 and No. 5 man.
- GUNWALE** - Top strip along sides of shell to which outriggers are secured.
- HEAVYWEIGHT** - An oarsman or sculler or crew which is too heavy to qualify as a lightweight entry. Usually an individual weighing over 150 and 155 lbs., depending on regatta classifications.
- HENLEY DISTANCE** - One mile, 550 yards, taken from famous Henley-on-Thames course; competitive distance rowed by crews at England's Henley Royal Regatta.
- INBOARD WORK** - Terms applied to all phases of stroke cycle, which take place inside the shell, such as "slide control", "body swing", etc.
- INTERMEDIATE** - An oarsman or sculler who has not won at a qualifying regatta.
- INTERNATIONAL DISTANCE** - 2,000 metres (approx. 1¼ miles).
- ITALIAN RIG** - A four which has the No.2 and No.3 oarsmen rowing on the same side of the boat.
- JUGE-ARBITRE** - A judge-referee holding his FISA or International Federation licence.
- JUNIOR** - An oarsman or a sculler who has not reached his 18th birthday.
- KASCHPER** - A shell produced by Kaschper Racing Shells Ltd. of Lucan, Ontario.
- KEEL** - Centre line of shell, running from bow to stern along the bottom; in construction, strengthening member to which ribs are attached.
- KNIFING IN** - Under-facing blade on catch so that oar goes too deep when power is applied.
- LAYBACK** - Amount of backward lean of an oarsman's body at finish of drive; most types of strokes used today have virtually no layback, the drive being completed with the oarsman sitting upright.
- LEG DRIVE** - Power applied to stroke by force of legs against stretcher pushing sliding seat toward box.
- LENGTH IN WATER** - Term describing arc in water through which blades move on drive - actually, amount of forward motion of shell while blades are anchored in water.
- LET HER RUN!** - The command to stop rowing.
- LIGHTWEIGHT** - An oarsman, sculler or crew which weighs 155 lbs. or under. Canadian rowing allows 155 pounders in lightweight classification, breaking down into 135, 140 and 155 pound events. International lightweight classification calls for the average weight of the crew to equal 150 pounds or 67.5 kilos. Women's lightweight crews weigh in at 125 pounds.
- LOOM** - Shaft of oar, between blade and handle.
- MISSING WATER** - Faulty catch in which oar blade is not anchored properly, resulting in missing part of initial drive.
- MOLDED BOAT** - Type of shell construction using plastic or plywood rather than single layer skin.
- OARLOCK** - U-shaped swivel holding oar on outrigger, fulcrum of lever created by oar; it is mounted on "sill" and rotates on upright "pin", with "gate" at top secure oar.
- OCTET** - A shell made up of eight scullers.
- OLD BOY** - A former oarsman or sculler still active in the sport, either as a coach, an executive or just a fan.
- ORTHODOX RIG** - The stroke oar protrudes from the port side of the shell and each oar alternates up the boat to bow.
- OUTBOARD WORK** - Term applied to all phases of stroke which take place outside the shell, combining timing and blade work.
- OUTRIGGER** - Metal frame extending oarlock out from side of boat to maintain constant distance (usually 31½ in. to 33 in.) of oarlock from centre line of shell.
- OARSMAN OR OARSWOMAN** - The correct term for one who rows in a pair, a four or an eight.
- PAIR** - A shell rowed by two athletes, each using a single sweep oar.
- PARTEZ** - The French "Go" used by starters in international rowing.
- POCOCK** - A racing shell built by Georch Pocock & Son of Seattle, Washington.
- PORT** - Left side of shell, facing forward (from stern forward, stroke, 6, 4, 2).
- "POWER 10 (or 20)"** - Maximum effort by oarsmen for designated number of strokes.
- PUDDLES** - Whirlpools left in water by action of oar (see "Spacing").
- QUAD** - A shell with four sculler, each using a pair of oars or sculls.
- QUARTERING** - Direction 45° off bow or stern, eight side (i.e. quartering winds or waves are those which hit shell at oblique angle, somewhere around 45°).
- RACING START** - First strokes of a race, usually shorter and quicker than those used through body of race.
- RATE OR RATING** - Number of strokes per minute being rowed by crew. This usually varies in a race from 42 to 50 on the start, 34 to 40 in the body and 40 to 48 at the finish.
- "READY ALL?"** - Preparatory command to get crew ready to row.
- RECOVERY** - Part of stroke cycle in which oar is returned to position for the drive (i.e. duration of cycle from release to catch) during which oarsman's seat is returned to stern end of slide.
- RELEASE** - Part of stroke cycle in which blade is removed from water at end of drive.
- REPECHAGE** - The second chance race given those crews which fail to qualify from their opening heat in international rowing. All the losers are drawn again and the repechage winners usually move on into the over-all entry and the duration of the regatta.
- RIGGER** - The steel outrigger into which the oar is locked.

RIGGING - Adjusting and altering accessories in shell such as outriggers, boot stretchers, tracks, sliding seats, etc. sometimes the accessories themselves.

RUDDER - Steering device at stern of shell. Most rudders are usually 8" deep and 14" wide and made of mahogany. They fit into the stern by means of a removable pin. The can be removed.

RUDDER ROPES - Lines connecting wings on top of rudder with coxswain by which he steers shell. In straight fours, bow steers shell by right footstop or shoe which swivels.

RUN - Distance a shell is propelled by one-stroke cycle.

SCHOENBROD - A shell produced by the Schoenbrod U.S.A. Boat Builders of Biddeford, Maine, U.S.A.

SCULL - Smaller counter part of sweep oar used in singles, doubles and quads.

SCULLERS - One who sculls a single or in a double or quad. A sculler uses two oars.

SENIOR - An oarsman or a sculler who has won a race at a qualifying regatta.

SHELL - (eight-oared shell) - A boat built for racing; usually 61 feet long, 24 to 26 inches wide at widest point (approximately at No. 4 seat) and tapering to either end; weighs fully rigged, 250-260 pounds; skin is of cedar, single or ply, approximately 3/16 or an inch thick.

SKYING - Faulty recovery in which blade is too high above water, caused by oarsman carrying hands too low.

SLIDE - Track, usually 27" long, on which sliding seat rolls.

SLIDE CONTROL - Oarsman's command of speed at which he moves his seat along slide during stroke cycle. **Rushing the Slide** - is moving the seat too rapidly during recovery. **Shooting the Slide** - is failing to keep seat directly under oarsman during drive, thus increasing body angle.

SPACING - Distance between successive sets of puddles; varies at different beats.

STAMPFLI - A rowing shell manufactured by Stampfli of Zurich, Switzerland.

STARBOARD - Right side of shell, facing forward. Oars on the starboard side of a standard-rigged boat are Bow, 3, 5, 7.

STARTER - The official who starts each race.

STARTING GATE - A large steel structure at the starting line from which crews begin their race. Boat boys lie on their stomachs at the end of the boards protruding from the gates proper and grasp the stems of the shell to assure an even start.

STERN - Rear of shell.

STRETCHER - Cross bracing in the shell to which the shoes or boots are fastened. They are adjustable to suit leg length. Also used to describe the canvas and wooden horse upon which shells are placed when not on the storage racks.

STROKE - Oarsman in No. 8 seat, farthest astern facing coxswain, who sets beat for rest of crew to follow; also style of rowing, also see "Beat".

SWEEP - Oar, usually 12 ft. long, used single, normally made of spruce, with laminated blade and hollow shaft, averages about 8½ lbs. in weight. Three main parts are "blade", "loom", and "handle".

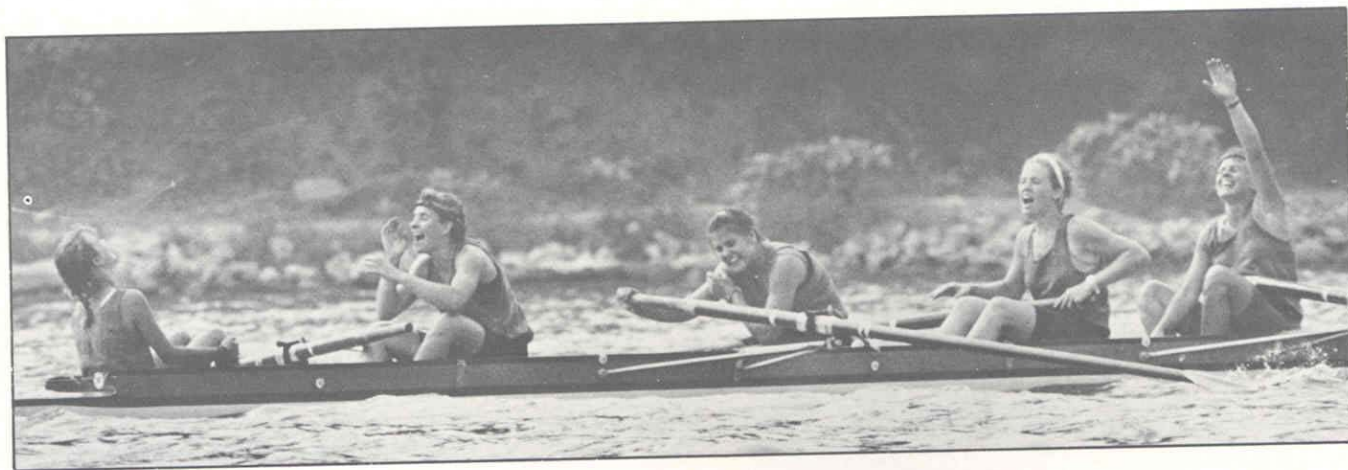
TEAM - A banned word. NEVER used in describing a crew or boat.

VESPOLI - A shell produced by Vespoli U.S.A. of New Haven, Conn., U.S.A.

WASHING OUT - When oar blade comes out of water during drive - creating surface wash, losing power and unsteady shell.

WEIGHTS - The bag of sand or steel weights required to be carried by those coxswains who weigh under the minimum.

WORKBOAT - A clinker-built boat used for training oarsmen. In some regattas, half mile events for novice or schoolboy oarsmen are rowed in these kind of boats.

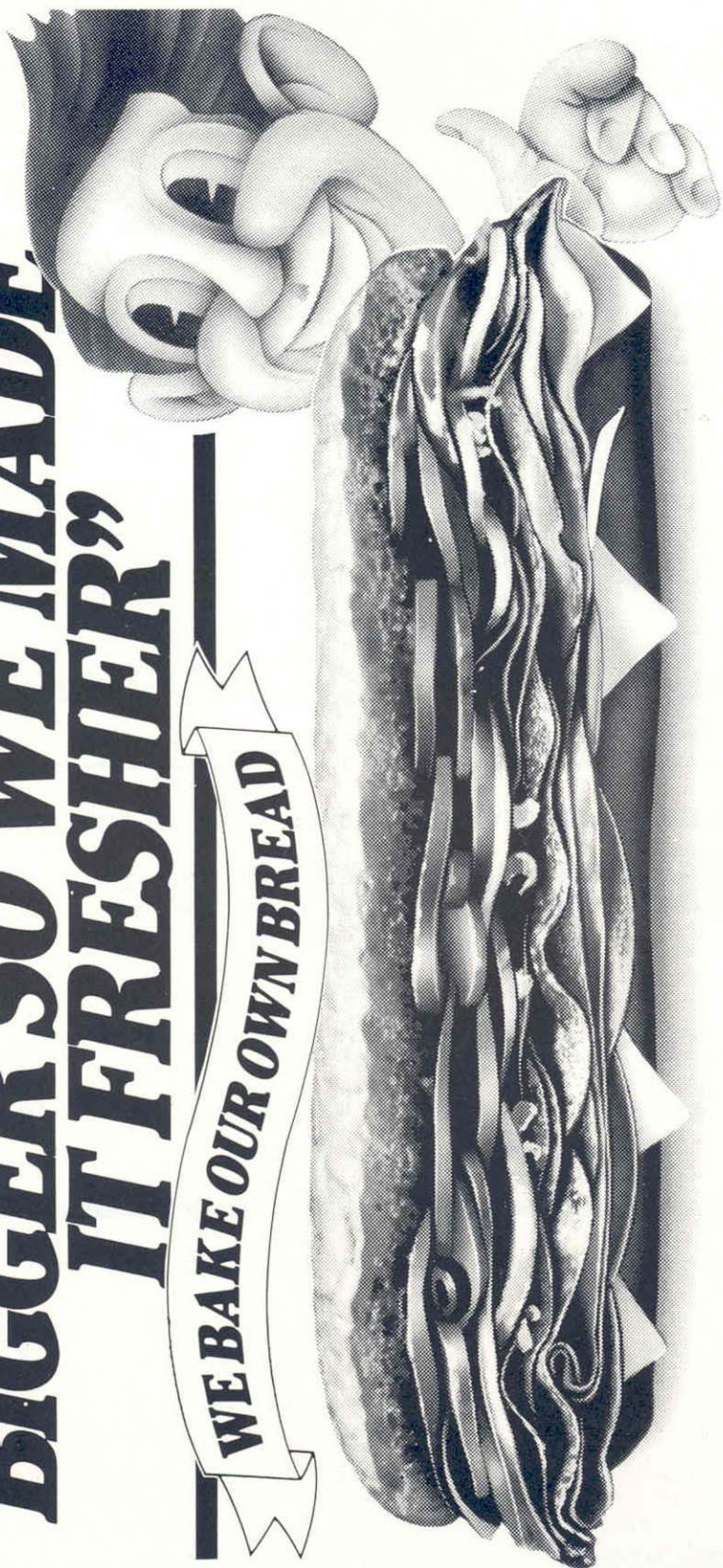


HAPPINESS IS A WIN AT HENLEY!

And it shows as this St. Catharines RC crew celebrates after crossing the finish line to win the Women's Intermediate Cox Four at Henley 1988. Boated as coxswain Whitney Sedgwick, stroke Michelle Bauman, Noelle Small, Audrea Frizell and Shealagh Donohoe, the champions bested Fredericton, Washington Potomac, Winnipeg, University of Victoria and Western for their Henley medals.

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1988 HENLEY WOMEN'S LIGHTWEIGHT EIGHT CHAMPS

This happy bunch of Hartford lightweights came through for the Pioneer Valley Rowing Association at Henley 1988, capturing their senior final over Hamilton Leanders, Toronto Argonauts, Vancouver and Regina. The champions rowed as Sophie Chapuisat, Laurie Schick, Janice Adams, Linda Schneider, Laurie Weisler, Liz McMillan, Hye Jin Lim, stroke Missy Wakley and cox Jane Bolgate.

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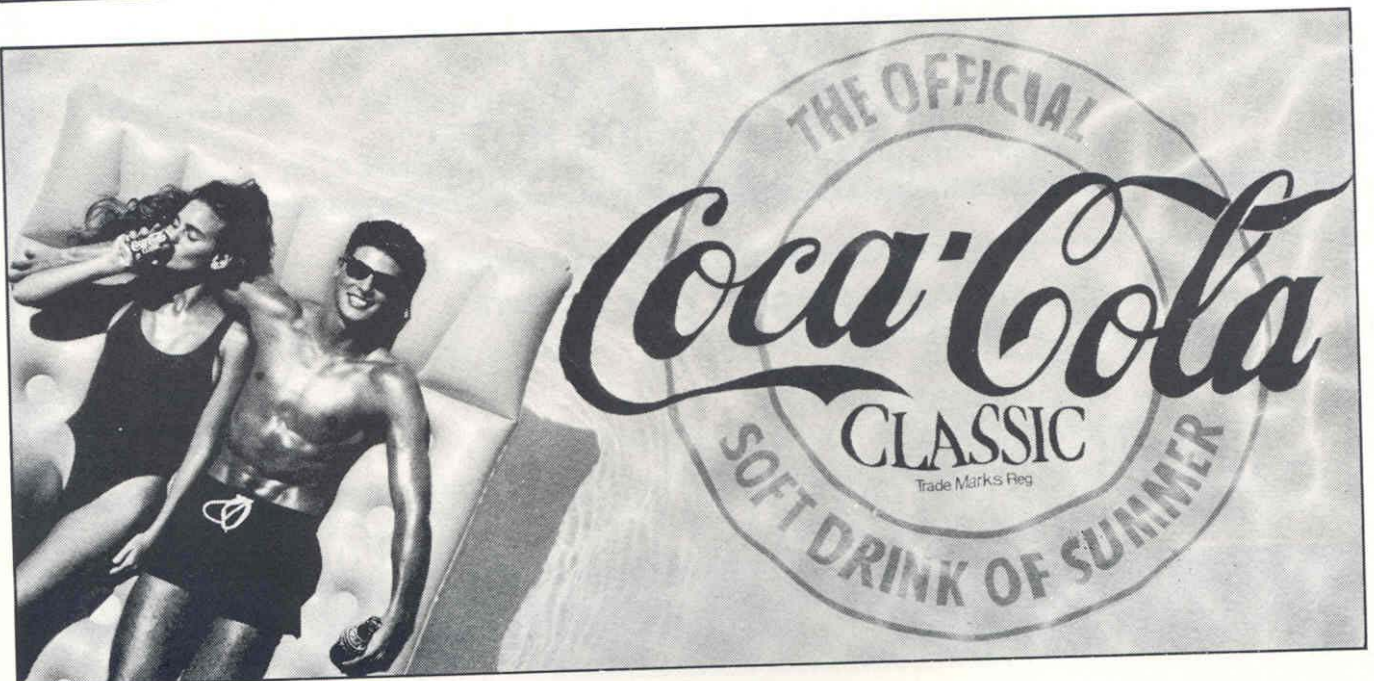
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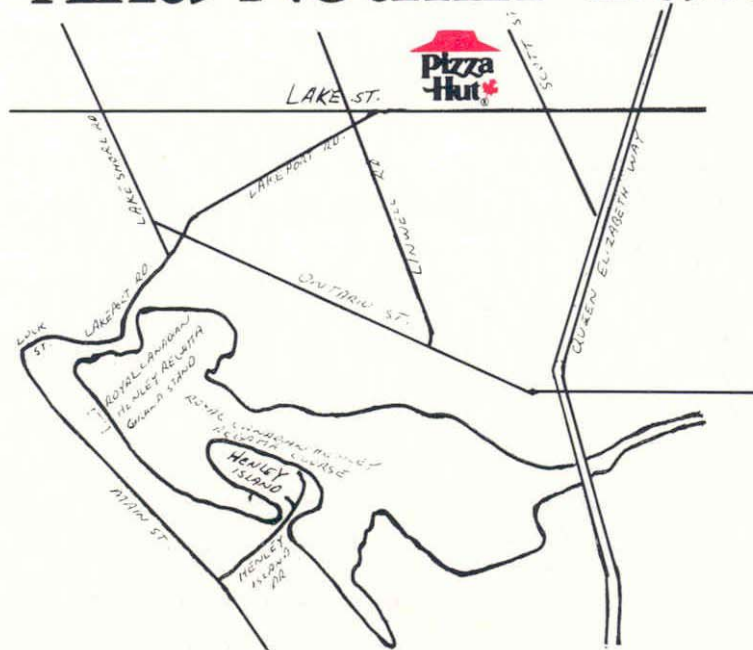




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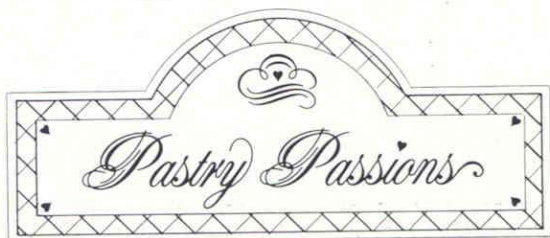
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SPECIAL ORDERS WELCOME

1839 AND ALL THAT! (The Henley Royal)

By CHRISTOPHER DODD

In the 1880s Punch recorded that the Red Lion was crammed from cellar to garrett—not a bed to be had in town—comfortable trees all booked a fortnight in advance.

Such publications as Punch and the Field contributed to the overcrowding by holding office parties at Henley, maybe because each of them had editors at one time or another who were rowing men. Indeed, Rudy Lehmann was a leading light of Punch (after he founded Cambridge's Granta), and Sir Theodore Cook, editor of the Field, was a scribe of the regatta. Both were intelligent and articulate debaters of the issues of their day, notably the great amateur versus professional argument. And both of them walked into my own history of the regatta saying "I may not have been a great winner or Henley performer, but hear this." Writing a history of the Regatta was a curious experience: until I began, I did not believe that characters "took over" author's plots.

But those in the magic valley along Henley reach certainly took a hold on me. Beginning with a skeleton of the late and the great, the multiple winner and the great clubs, I was soon aware that the spear carriers were demanding a voice. Lehmann commenced himself through a flow of jolly verse; Cook endeared himself with a tribute to a boatbuilder "I have always felt that in building a boat which slipped through the water like a trout, George Sims must have succeeded because, in spite of methods which may fairly be described as ignorant and empirical, he possessed an intuitive skill which was worth more than any scientific hypothesis."

Some "greats" had stories to tell which added richness to the flesh of their rowing feats, like Guts Woodgate's account of how he persuaded the Brasenose cox Weatherley — later to write the words of *Danny Boy* — to jump overboard after the start of a race in 1868 not to earn disqualification but start the notion of coxless fours. Or Guy Nickalls's account of how his opponent Sweetman's slide exploded in 1888, "a shower of shrapnell fell around me, the balls from his bearings"; or the lady who shared her 1946 secret of seeing a white dove fly down the course and be clocked in by the finishing judge.

Archibald Maclaren, trainer of Oxford crews in the 1860s, laid down some basic principles of health and diet between hard covers, including: get seven hours' sleep; beware drugs, for all medicines are poison because they change the normal action of some function of the body; take liquids little but often "like I did when traversing on foot in midsummer some of the hottest parts of Europe where, as the natives complimentarily have it, 'everything was asleep or in the shade but dogs and Englishmen.'"

An American reporter once turned up just before a race in the Princess Elizabeth Cup and asked the gentleman from

the Times for the use of his phone. He sat down, trained enormous binoculars down the course, made a transferred charge call to a radio station in the mid-West, and then mesmerised the assembled hacks by his stroke-by-stroke commentary on the high school crew's performance. He also put in three commercials for dog food or breakfast cereal during the race. The American boys lost by a mile. As they crossed the line the reporter signed off with his station call, slammed the phone down, said "Thanks, pal," and was never seen again.

Nigel Nicolson remembered racing at Henley like this: "...and then the last terrified backward glance at the course before the race began in the distant privacy to end ten minutes later between the banks of parasols and tumultuous acclaim. Those were ecstatic moments."

Then there was Rudyard Kipling, who once put a stopwatch on Henley. Raymond Massey the (Canadian-born) actor tells the story: Massey was in the Balliol 1920 crew and Kipling, friend of the captain Hugh Cairns, came along as timekeeper.

"Mr. Kipling was all attention, a stopwatch concealed in his pocket, timing the crews who were rowing 'courses'. Since he could see starts from the Leander Club enclosure opposite the finishing post, he was able to time all our likely competition in the first two or three days...he was as furtive as a Newmarket clocker at early-morning gallops. He said the only other spy he detected was a bishop whose pink Leander cap clashed so violently with his purple bib that nobody in the enclosure could take their eyes off him." Balliol lost their second race, mortified, to Eton. Then they went out that evening to row the course against the clock: "Something astonishing happened. The boat was moving forward without our effort...we were, for the first time, completely together in a rhythmic cycle...We heard the good news that our time had been seven minutes and ten seconds — three seconds better than Eton's in the morning. "It was the best row I ever had, practically in the dark, rowed against the clock, with no one to see us except Hugh Cairns and Rudyard Kipling."

So everything at Henley is not as it seems. Behind every crew is a story; in every tree is a memory; round every corner is a reunion. Let Theodore Cook have the last word: "The rattle of the riggers at the finish, the music of the tide beneath her body as she shot between the strokes, the grim yet heartening sound of the splendid and unbroken strength when all eight blades crashed in together — these are the things that no one who has heard and felt them will ever forget."

(Christopher Dodd is a distinguished British rowing writer who has written several books on the Henley Royal. This appeared in a recent publication marking the 150th anniversary of the regatta.)



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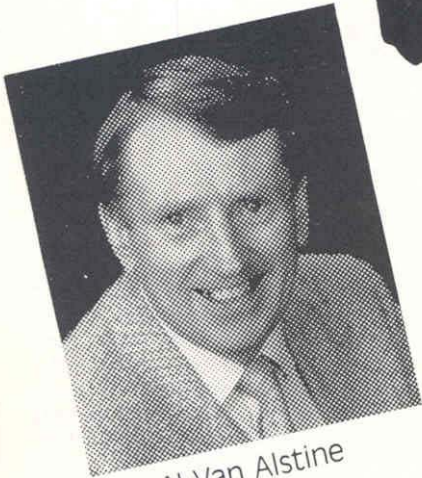
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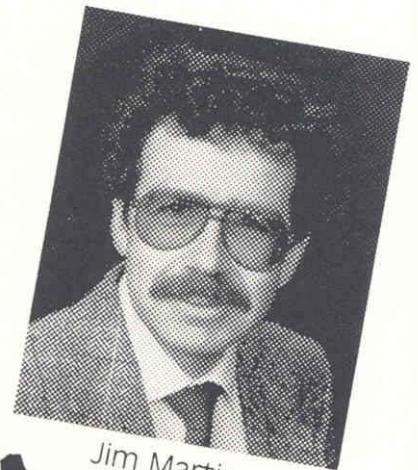
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LIGHTWEIGHT PAIR-OARED SWEEP

Michelle Zanon and Sharon Baerg of the Saskatoon Rowing Club made it a sweep in women's lightweight pair-oared competition at Henley 1988. They won both the Intermediate and Senior finals, defeating a strong seven-boat field in the Senior windup.



ARGONAUT GIRLS OUT FRONT EARLY

Lise Klausen and Shannon Crawford of Toronto Argonauts jumped out front early in the Women's Intermediate Double at Henley 1988, foiling five rivals in the chase for gold medals. The two Argo scullers had open water on entries from Boucherville, Cincinnati, Cambridge Riverside, Peterborough and Boston at the line.

1989 HENLE

WEDNESDAY, AUGUST 9 (Heats For Thursday Finals)

THURSDAY, AUGUST 10

1	4:20 p.m.	Intermediate Women Single	
2	4:30 p.m.	Intermediate 155 lb. Pair	
3	4:40 p.m.	Intermediate 155 lb. Single	Theo. Dubois Trophy
4	4:50 p.m.	Intermediate Women Pair	
5	5:00 p.m.	Intermediate Lwt. Women Single	
6	5:10 p.m.	Intermediate Four Cox	Al Ward Memorial Trophy
7	5:20 p.m.	Intermediate 145 lb. Single	
8	5:30 p.m.	Intermediate Lwt. Women Four	A. G. Muir Challenge Cup
9	5:40 p.m.	Intermediate Single	Charles Hooper Memorial Trophy
10	5:50 p.m.	Intermediate 140 lb. Four	
11	6:00 p.m.	Intermediate Lwt. Women Pair	
12	6:10 p.m.	Intermediate 155 lb. Four Cox	Cookson Trophy
13	6:20 p.m.	Intermediate Lwt. Women Quad.	

FRIDAY, AUGUST 11

14	4:30 p.m.	Intermediate Women Double	
15	4:40 p.m.	Intermediate Pair	
16	4:50 p.m.	Intermediate 155 lb. Double	Thomas Croston Trophy
17	5:00 p.m.	Intermediate Women Four Cox	
18	5:10 p.m.	Intermediate Lwt. Women Double	
19	5:20 p.m.	Intermediate 155 lb. Four	Paddy Cline Trophy
20	5:30 p.m.	Intermediate Lwt. Women Four Cox	
21	5:40 p.m.	Intermediate 140 lb. Double	Ken Stewart Trophy
22	5:50 p.m.	Intermediate Four	Nelles Stacey Memorial Trophy
23	6:00 p.m.	Intermediate 140 lb. Four Cox	Cornelius Memorial Trophy
24	6:10 p.m.	Intermediate Double	Fry and Thoburn Trophy
25	6:20 p.m.	Intermediate Women Quad	
26	6:30 p.m.	Intermediate Lwt. Women Eight	
27	6:40 p.m.	Intermediate 155 lb. Quad	

SATURDAY, AUGUST 12

28SE	2:00 p.m.	Open Four Cox	T. Edison Lane Memorial Trophy
29	2:10 p.m.	Intermediate 140 lb. Eight	
30	2:20 p.m.	Senior 155 lb. Quad	Jack Guest Memorial Trophy
31	2:30 p.m.	Association Single	Florence Saunders Trophy
32	2:40 p.m.	Intermediate 155 lb. Eight	Wyandotte Trophy
33	2:50 p.m.	Intermediate Eight	Margaret Gare Trophy
34	3:00 p.m.	Senior Women Quad	
35	3:10 p.m.	Intermediate Women Eight	
36	3:20 p.m.	Intermediate Quad	
37	3:40 p.m.	500 Metre Dash Single Open	Murphy Bros. Trophy
38	3:45 p.m.	500 Metre Dash Eight	Don Thom Trohpy
39	3:50 p.m.	500 Metre Dash 145 lb. Single	
40	3:55 p.m.	500 Metre Dash Women Eight	
41	4:00 p.m.	500 Metre Dash Women Single	Marie-Lyne Rochon Trophy
42	4:05 p.m.	500 Metre Dash 155 lb. Single	
43	4:10 p.m.	Open Pair	
44SE	4:20 p.m.	Open Double	
45SE	4:30 p.m.	Open Eight	
46SE	4:40 p.m.	Open Women Four Cox	
47SE	4:50 p.m.	Open Lwt. Women Eight	
48SE	5:00 p.m.	Open Women Eight	

Y PROGRAM

SUNDAY, AUGUST 13

(Master's Events Rowed In The Morning)

49	12:30 p.m.	Senior Women Four Cox	John Durnan Trophy
50	12:40 p.m.	Senior Four	Maurice J. Carroll Trophy
51	12:50 p.m.	Senior Lwt. Women Four	
52	1:00 p.m.	Senior 155 lb. Pair	J. L. Murray Memorial Trophy
53	1:10 p.m.	Senior 135 lb. Single	John Dorr Trophy
54	1:20 p.m.	Senior 155 lb. Double	Stu Fleming Memorial Trophy
55	1:30 p.m.	Senior Lwt. Women Single	Sandy Kirby Trophy
56	1:40 p.m.	Senior 140 lb. Pair	Thomas G. Gannon Memorial Trophy
57	1:50 p.m.	Senior Women Single	Lady Henley Trophy
58	2:00 p.m.	Senior Lwt. Women Pair	
59	2:10 p.m.	Senior 140 lb. Double	Tank Bros. Trophy
60	2:20 p.m.	Senior Pair	William Hamilton Merritt Trophy
61	2:30 p.m.	Senior 155 lb. Four	Fred Carter Memorial Trophy
62	2:40 p.m.	Senior Women Pair	Henley Island Helpers Prestige Trophy
63	2:50 p.m.	Senior 140 lb. Four	W. G. (Bill) Crawford Memorial Trophy
64	3:00 p.m.	Senior Double	Hop Bitters Trophy
65	3:10 p.m.	Senior Lwt. Women Eight	People of Port Dalhousie Trophy
66	3:20 p.m.	Senior 155 lb. Four Cox	Rodger Sellars Trophy
67	3:30 p.m.	Senior 145 lb. Single	Michael J. Broderick Memorial Trophy
68	3:40 p.m.	Senior Lwt. Women Double	Fred Loek Trophy
69	3:50 p.m.	Senior Cox Four	W. Burgoyne Memorial Trophy
70	4:00 p.m.	Senior 140 lb. Four Cox	F. F. (Ted) Nelson Trophy
71	4:10 p.m.	Champion Single	George Frederick Galt Trophy
72	4:20 p.m.	Senior 155 lb. Single	Claude (Sandy) Saunders Trophy
73	4:30 p.m.	Senior Women Double	Perry Ellis Trophy
74	4:40 p.m.	Senior 155 lb. Eight	Joseph Wright Memorial Trophy
75	4:50 p.m.	Senior Lwt. Women Four Cox	
76	5:00 p.m.	Senior 140 lb. Eight	Geoffrey Taylor Trophy
77	5:10 p.m.	Senior Quad	Charles Adams Trophy
78	5:20 p.m.	Senior Women Eight	Presidents Cup
79	5:30 p.m.	Senior Eight	Ned Hanlan Memorial Trophy

MASTERS EVENTS

Sunday morning at the 107th Royal Canadian Henley Regatta is devoted to Masters Events, the racing scheduled to get under way at 8 a.m. over 1,000 metres. The extent of the program will depend on the number of entries logged.

Masters must be at least 27 years of age and have been out of competitive rowing for one year. They cannot compete in other events at this regatta and two or more entries from different clubs are required to assure a race.

Masters can enter two races only and their entry form must show proof of age.

Masters Categories

A-27 years and over; B-36 years and over; C-43 years and over; D-50 years and over; E-55 years and over; F-60 years and over; G-65 years and over.

CATEGORY

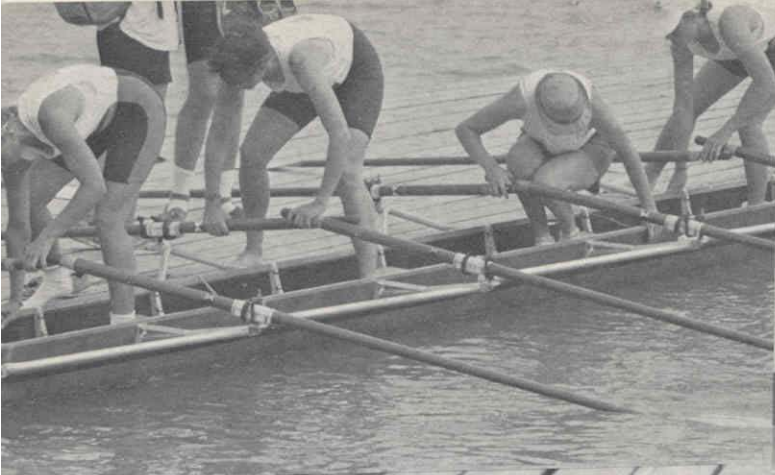
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 No. 2M — "C" — Double
 No. 3M — "B" — Single
 No. 4W — "A-G" — Women Double
 No. 5M — "C" — Four Cox
 No. 6M — "E" — Double
 No. 7M — "D" — Single

CATEGORY

No. 8M — "E" — Four Cox
 No. 9M — "B" — Double
 No. 10M — "F-G" — Single
 No. 11M — "B" — Four Cox
 No. 12M — "D" — Double
 No. 13W — "A-G" — Women Single
 No. 14M — "D" — Four Cox

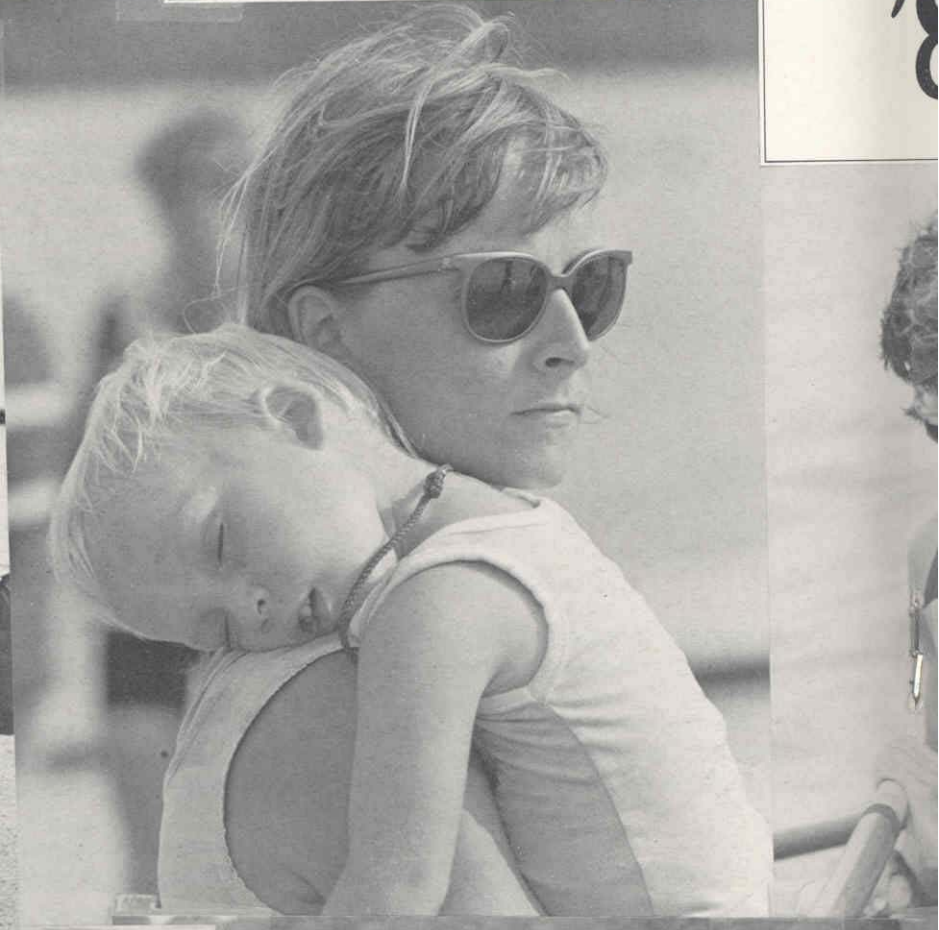
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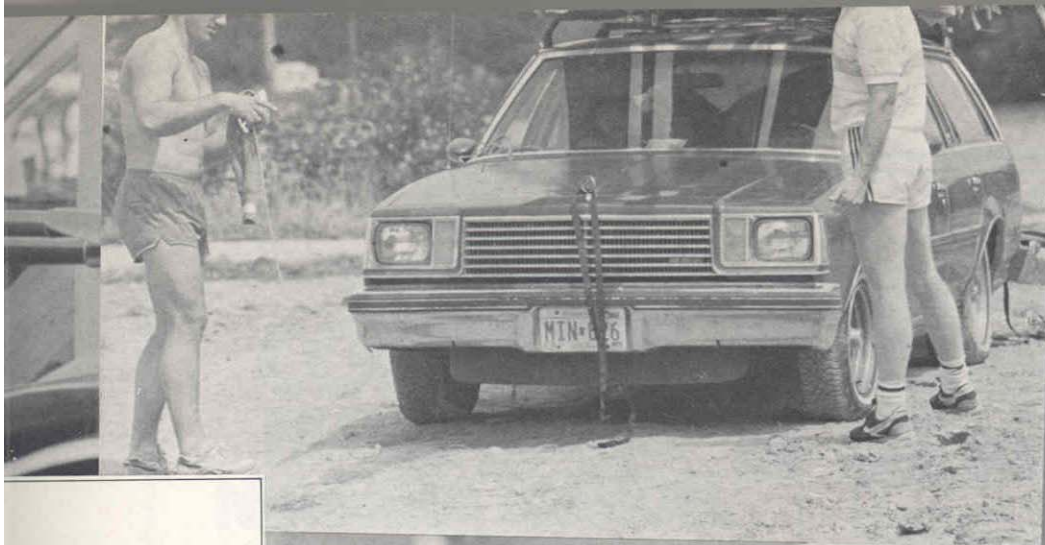
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 No. 16M — "A" — Single
 No. 17M — "F-G" — Four Cox
 No. 18M — "C" — Single
 No. 19W — "A-G" — Women Four Cox
 No. 20M — "A" — Double
 No. 21M — "E" — Single



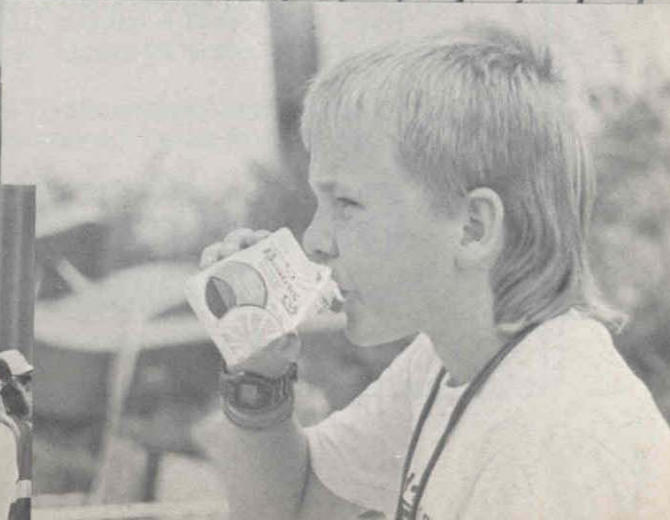
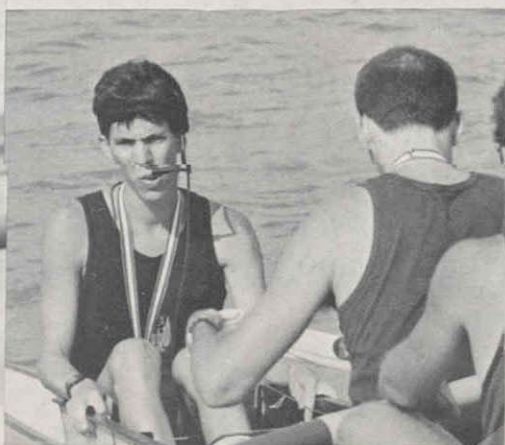
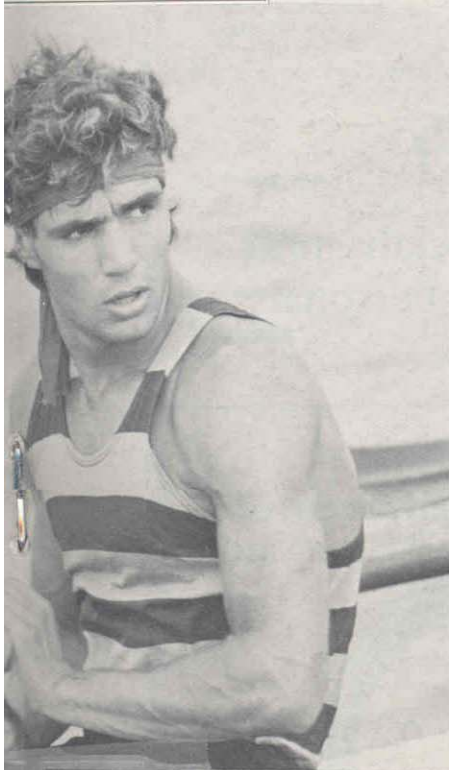
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THE ST. CATHARINES CONNECTION

By Craig Swayze

Mention the Henley and there's an immediate St. Catharines connection, a fact of life ever since the annual rowing regatta moved to the sheltered waters of Martindale Pond in 1903.

The publicity generated by Henley over the years has been phenomenal. In newspapers, on radio and through television, St. Catharines and the Henley have been inexorably lined these past 85 years.

Take, for instance, the Galt Star-Transcript for August 9, 1905. Even though there was no rowing in that Southwestern Ontario town in those days, the results of that 25th Henley were carried in full.

The six-inch Henley item suggested the finals were rowed "in rougher water than it was thought" but that there was "some grand racing" in front of "an immense crowd" of spectators.

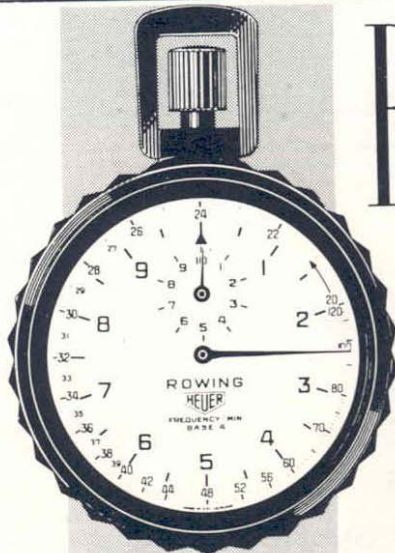
"The grandstand was filled," says the Star-Transcript account of Henley. "From all points of vantage along the course, the contests were witnessed by cheering spectators."

For the record, Winnipeg won the Intermediate and senior fours while Toronto Argonauts took the junior and senior eights while Ottawa was first in the Junior Four. Toronto RC was good for the Intermediate Double with John Coulson of Hamilton taking the Intermediate Single.

Ed McGee of Toronto RC made the Senior Single the best race of the day by edging Mike Feussel of New York by two feet at the line. Ted Duffield of Detroit wound up third.

The Galt Star-Transcript is no more, but rowing is very much alive in Galt these days. Just check your Henley program for the Cambridge Rowing Club.

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Brock University 25th Anniversary Trophy

Saturday, 3:10 p.m. Some six minutes and 2,000 metres later, the victorious Women's Intermediate Eight winners will step onto the podium, collect their medals and be presented with The Brock University 25th Anniversary Trophy. It's the first year the trophy has been presented at Henley, and it commemorates the 25 years Brock University has played an important educational, cultural and sporting role in the Niagara Peninsula.

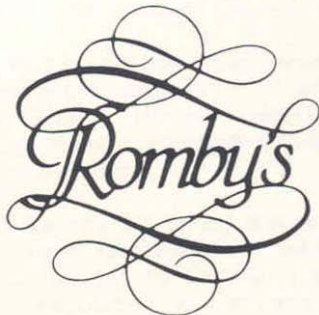
In fact, it was Brock oarsmen who 10 years ago approached a former high school teacher and artist to make a trophy for the Brock Invitational Regatta. He was Campbell Scott, a woodworking teacher at the St. Catharines Collegiate. Scott was no regular technical teacher. He had studied at the Royal Academy of Art in Copenhagen and his graphics had been shown by the National Gallery of Canada in Washington and New York. Scott often lectured about design to his students and one of his pet peeves was tacky trophies. So when he was asked to produce something he'd approve of, Campbell was caught in a moment of weakness and agreed to craft a trophy.

"I wanted to make a trophy specifically related to the subject," he said recently from his home in Niagara-on-the-Lake. True to his mission, Scott carved the sleek rosewood piece which is on display this weekend. It is a replica of a rowing shell's hull surrounded by oars. Its custom box is made of Burmese teak. He values the Brock University 25th Anniversary Trophy at \$10,000.

Originally, the trophy was named for Geoffrey Davies, Brock's first Dean of Arts and Sciences, who died of a heart attack in 1967 at the age of 45. The Dean Davies trophy was donated to university crews, but it was so popular there was sometimes difficulty in getting it returned for the following year. The University feared losing such a work of art and stored it in the Department of Athletics.

While the trophy sat in storage, Campbell left teaching to custom build his Japanese-style home in Niagara-on-the-Lake, and to pursue his love of art — sculpting, jewelry and printmaking. His reputation and clients have steadily grown.

This spring, Brock's new director of athletics, Bob Davis, agreed that dedicating the trophy to an event at the Royal Canadian Henley would be an excellent use of the valuable donation. Brock's 25th Anniversary Committee also felt a donation to an event at Henley would provide a lasting remembrance of Brock's first quarter century. The aggressive commitment to a goal which is exemplified by the Women's Intermediate Eight is an example consistent with the aims of Brock University.



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OUR BRITISH VISITORS

Henley, that Royal Regatta rowed each summer on the upper reaches of the Thames, and an encounter after which this week's St. Catharines outing is named, celebrated its 150th anniversary last month with all the pomp and circumstance befitting its rich history.

Henley Royal was a splendid occasion all round. Record crowds making the best of sunny British skies, great racing and that lavish social calendar for which the regatta has become famous.

Entries from Ridley College, Calgary, Burnaby Lake and Upper Canada College carried Canadian colors into this 1989 Henley Royal, their presence at the sesquicentennial regatta celebrations extending that lengthy association with Henley which Canada has had since a Toronto Argonaut four first entered the Stewards Cup way back in 1885.

And this week, it is only fitting that 1st and 3rd Trinity Boat Club (Cambridge University) is here to help us celebrate this 107th Royal Canadian Henley Regatta with eight oarsmen set to tackle a number of competitive classifications through Sunday's senior windup.

A crew from 1st and 3rd Trinity won the Grand, Henley's premier eight-oared race at that first Henley Royal way back in 1839 and this trip to Canada is part of the club's anniversary celebrations. We wish them well.

- Craig Swayze

IN MEMORIAM

Canadian rowing lost three staunch supporters during the interval since last Henley. They were Thomas Croston, Rodger Sellars and Clem Nugent

Tom Croston rowed competitively for the Vancouver Rowing Club before moving to Eastern Canada where he represented British Columbia on the board of the old Canadian Association of Amateur Oarsmen, an organization of which he was president in 1974-75. He played a key role in the staging of the 1970 World Rowing Championships here and latterly was a finish judge at Henley.

Rodger Sellars coxed and coached at Toronto Dons before moving to Windsor where he formed Windsor Crew and helped coach at the Ecorse BC. He served as president of the Ontario Rowing Association and then ran rowing's Ottawa headquarters as executive director of the Canadian Amateur Rowing Association.

Clem Nugent rowed at Toronto Argonauts before moving up the executive ladder. Coming to St. Catharines upon retirement, he remained active in rowing as the voice of the sport with his work as the public address announcer at a variety of regattas, including Henley.

They are sadly missed.



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- Senior Women's Eight Henley Island Helpers President's Trophy

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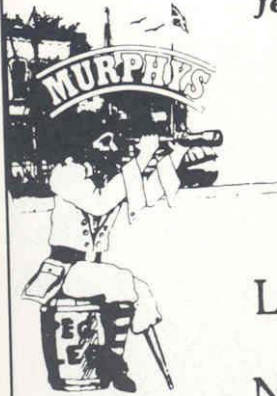
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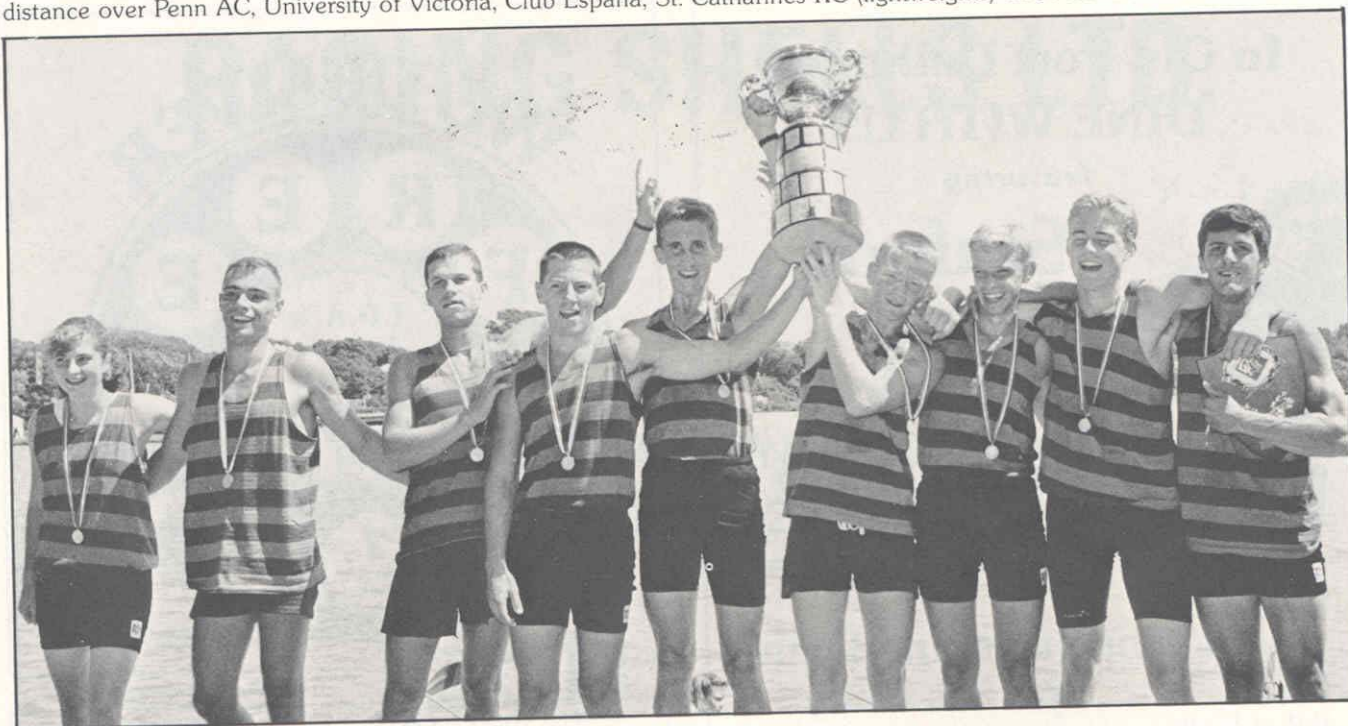
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THEY WERE QUICK OFF THE MARK!

This boatload of St. Catharines RC veterans broke quickly off the start and led all the way to win the eight-oared dash at the 1988 Henley. With it came the Don Thom Memorial Trophy. From the left, the happy champions are stroke Mike Stover, Dave Boyes, Dave Wright, John Vanderzalm, Jim Vanderburg, Ken Kosel, Gary May, Bill Donegan and cox Tracey Riches. No less than 25 eights were entered in this crowd-pleasing event which saw St. Catharines RC clocking 1:14.29 for this 500-metre distance over Penn AC, University of Victoria, Club Espana, St. Catharines RC (lightweights) and New York AC.



ST. CATHARINES 140-POUNDERS DO IT AGAIN!

St. Catharines RC has dominated the Men's Intermediate 140-Pound Eight since this weight class was introduced to Henley. And last year's regatta was no different. The happy champs, shown hoisting their Edison Lane Memorial Trophy, are cox Michelle Jukes, Clayton Kollee, Mike Adamczyk, stroke Jason Pedlar, Sven Dickman, Andy Ciazynski, Gord Ray, Nathan Hunt and Derek Schwoundt. In addition to the eight, Pedlar, Adamczyk, Hunt and Ray won the Men's Intermediate and Senior 140-Pound Fours while Kollee, Dickman, Ciazynski, and Schwoundt, with Jukes, swept the Intermediate and Senior 140-Pound Cox Fours.

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VICTORIA TOPS IN THE WOMEN'S SENIOR EIGHT

University of Victoria sparkled at last year's Canadian Henley, taking home a boatload of gold medals. And none were more important than those earned in winning the Women's Senior Eight. UVic clocked 7:32.62 in edging Cambridge Riverside and St. Catharines RC in the final, boating as Tanya Phillips, Anne Drost, Shelley Cox, Connie Delise, Jan Price, Lisa Mills, Julie Jespersen, stroke Kirten Duncan and cox Kristen Keel. This UVic crew also won the Women's Eight Dash at Henley 1988.



SENIOR LIGHTWEIGHTS PULL IT OFF!

The Joe Wright Memorial Trophy returned to the St. Catharines RC last Henley when this group of veterans beat out five strong rivals for the Men's Senior 155-Pound Eight. Clocking at 5:57.01 for the 2000-metre distance, the St. Catharines crew fought off New York AC, Buffalo West Sides, Dartmouth University, Vancouver and Toronto Argonauts for the victory, boating as cox Chris Taylor, stroke Greg Smith, Peter Somerwil, Bill Laidlaw, Iain McMillan, Steve Smith, Remo Camillo, Todd Hinks and Chris Cookson. An hour before this eight-oared final McMillan, May, Cookson and Laidlaw had combined to win the Men's Senior 155-Pound Four.

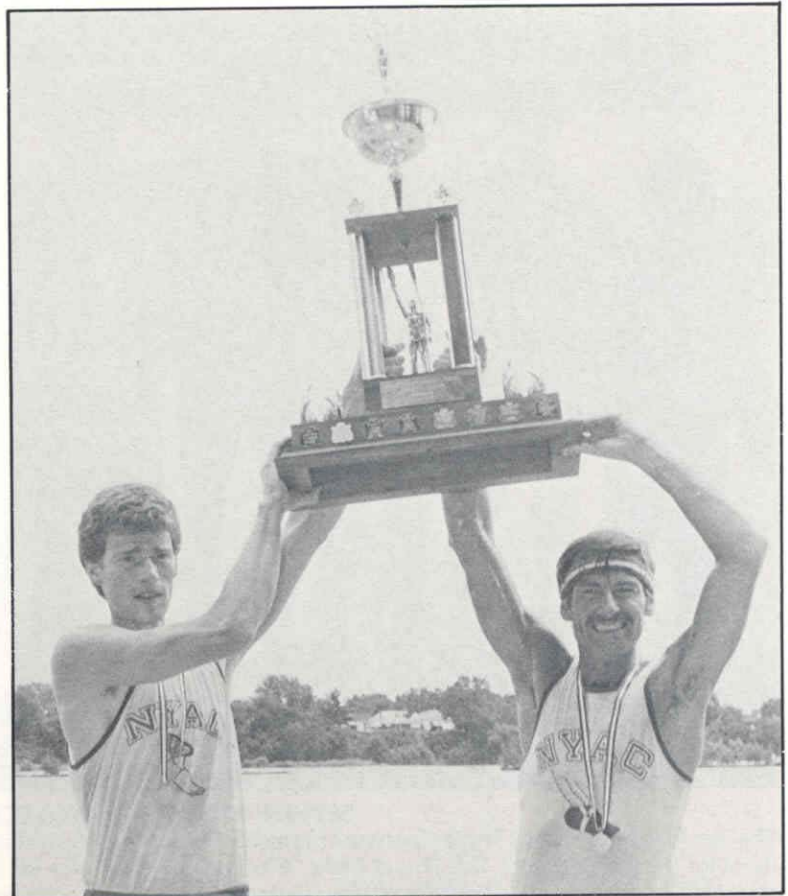


ANOTHER HENLEY PAIR-OARED SWEEP

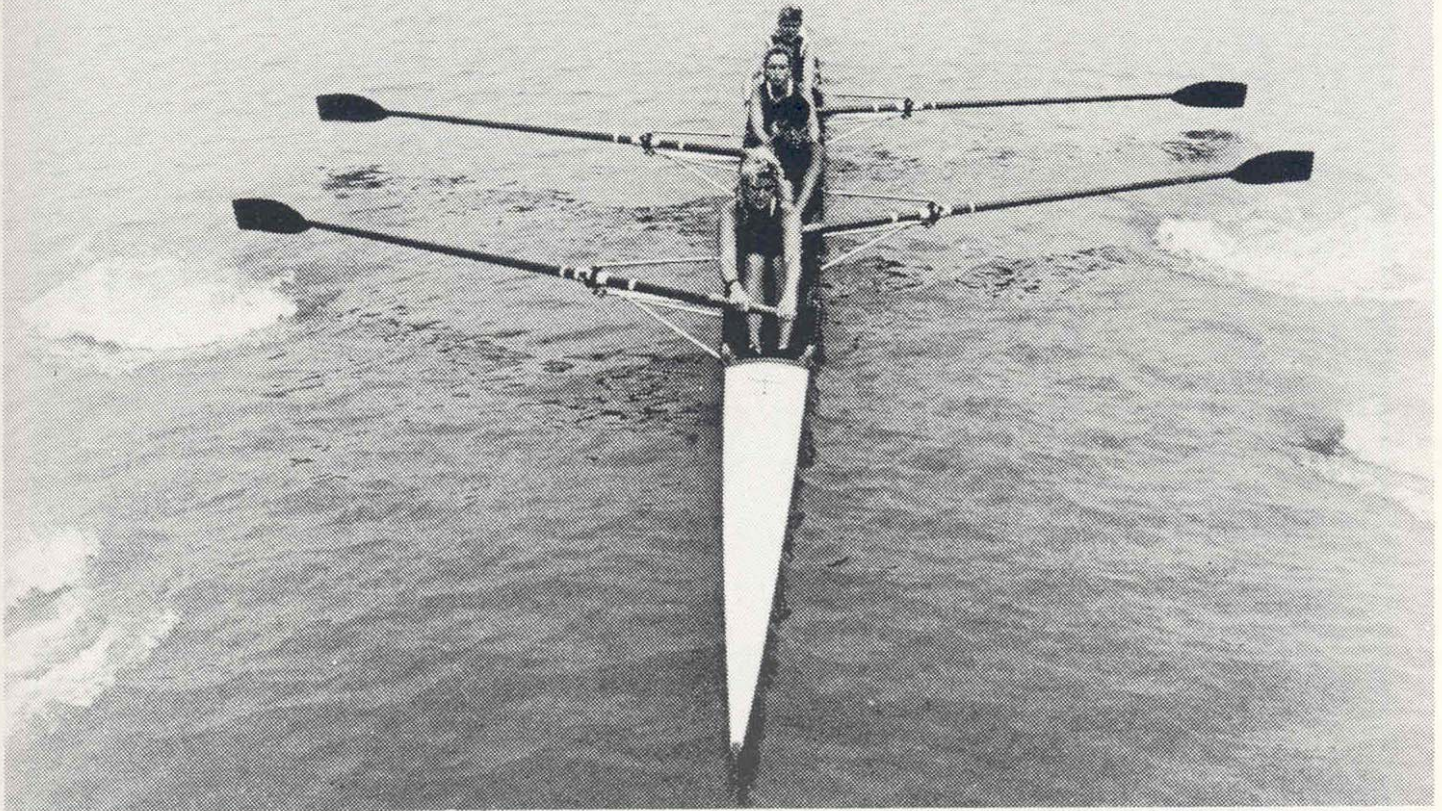
Lesley Fellows and Cheri Moore swept through the Women's pairs at Henley 1988, winning their Intermediate opener and then adding the Sunday Senior final before heading back east. Competing in the colours of the Fredericton Rowing Club, these two girls knocked off St. Catharines, Cincinnati, Georgetown, University of Victoria and Winnipeg in sewing up their Henley sweep.

KLECATSKY'S HENLEY MEDAL NO. 65!

Larry Klecatsky has been coming to Henley for the past 30 years. And the 48-year-old New York Athletic Club sculler (right) has been winning too. In fact, the MD from New Rochelle (shown here hoisting the Stu Flemming Memorial Trophy with crewmate Kiernan Quinn after winning the Men's Senior 155-Pound Double) made this his 65th Canadian Henley medal. That's by far a regatta record. And it came just a day after Klecatsky played a key role in New York's winning Men's Senior 155-Pound Quad.



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BURNABY LIGHTWEIGHTS WIN!

Peggy Heddle and Marlene Vanderhorst have their hands full with the Fred Loek Trophy after winning the Women's Senior Lightweight Double at Henley 1988. The Burnaby Lake RC veterans clocked 7:43.57 against four rivals to claim their Henley title.

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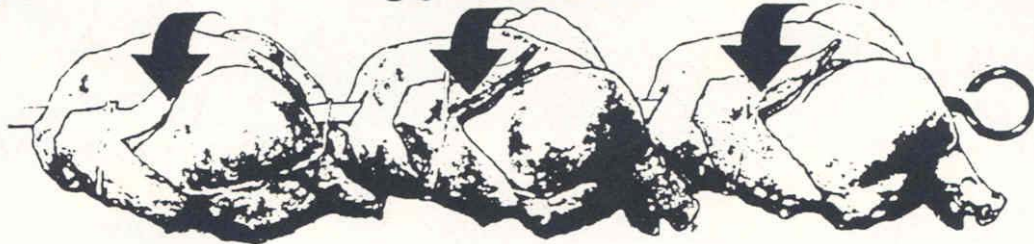
Greg Walker of the Detroit Boat Club poses with the George Frederick Galt Trophy after winning the Championship Single at Henley 1988. It marked a sweep of Henley 1988's two top singles races, Walker also having won the Association Single the previous day.

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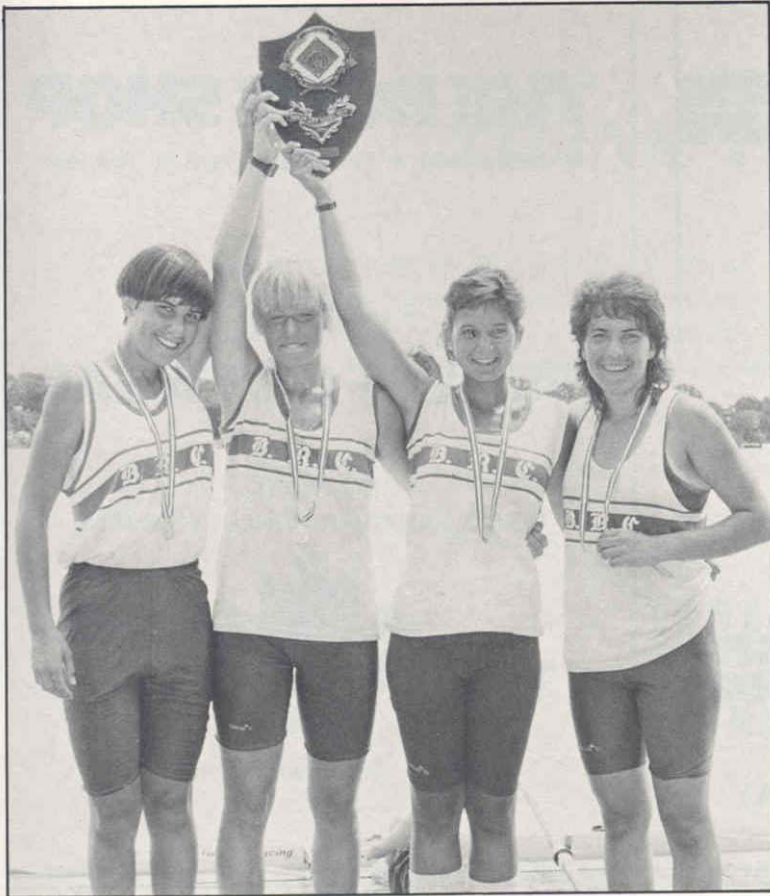
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BROCKVILLE CREW COMES THROUGH

Brockville RC, always a lightweight power, did it again at Henley 1988 when this smiling group of oarswomen came through in the Women's Intermediate and Senior Lightweight Four. From the left, they are stroke Amy Hughes, Kerry Sturla, Cheri Fourniar and bow Deanne Moore. Their four rivals in the senior final were Minnesota BC, Mississauga Dons, Vancouver and Regina.

IN SPITE OF THE HEAT

A heat wave Henley Week 1988 made things tough for crews like this St. Catharines RC entry in the Men's Intermediate 155-Pound Cox Four. But they still won by open water over entries from Vancouver, Hamilton Leanders, Western, Belleville Quinte and Ottawa. Coxswain Courtney Dingman holds the Cookson Trophy for oarsmen Sam Frizell, Rob Watering, Scott Veld and Brett Kunselman.



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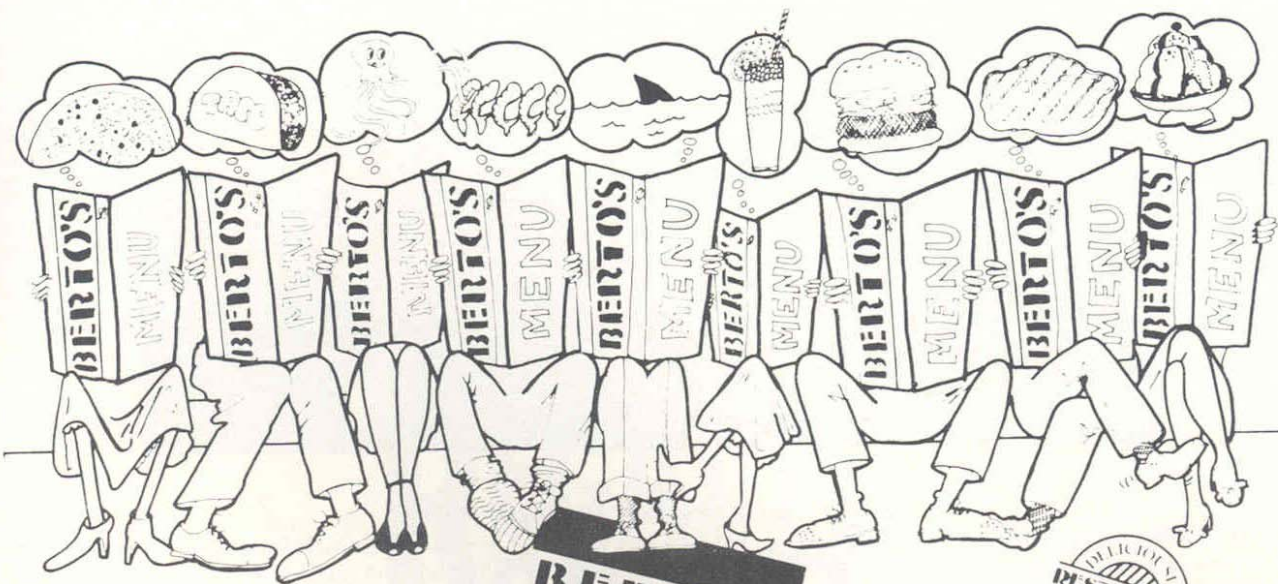
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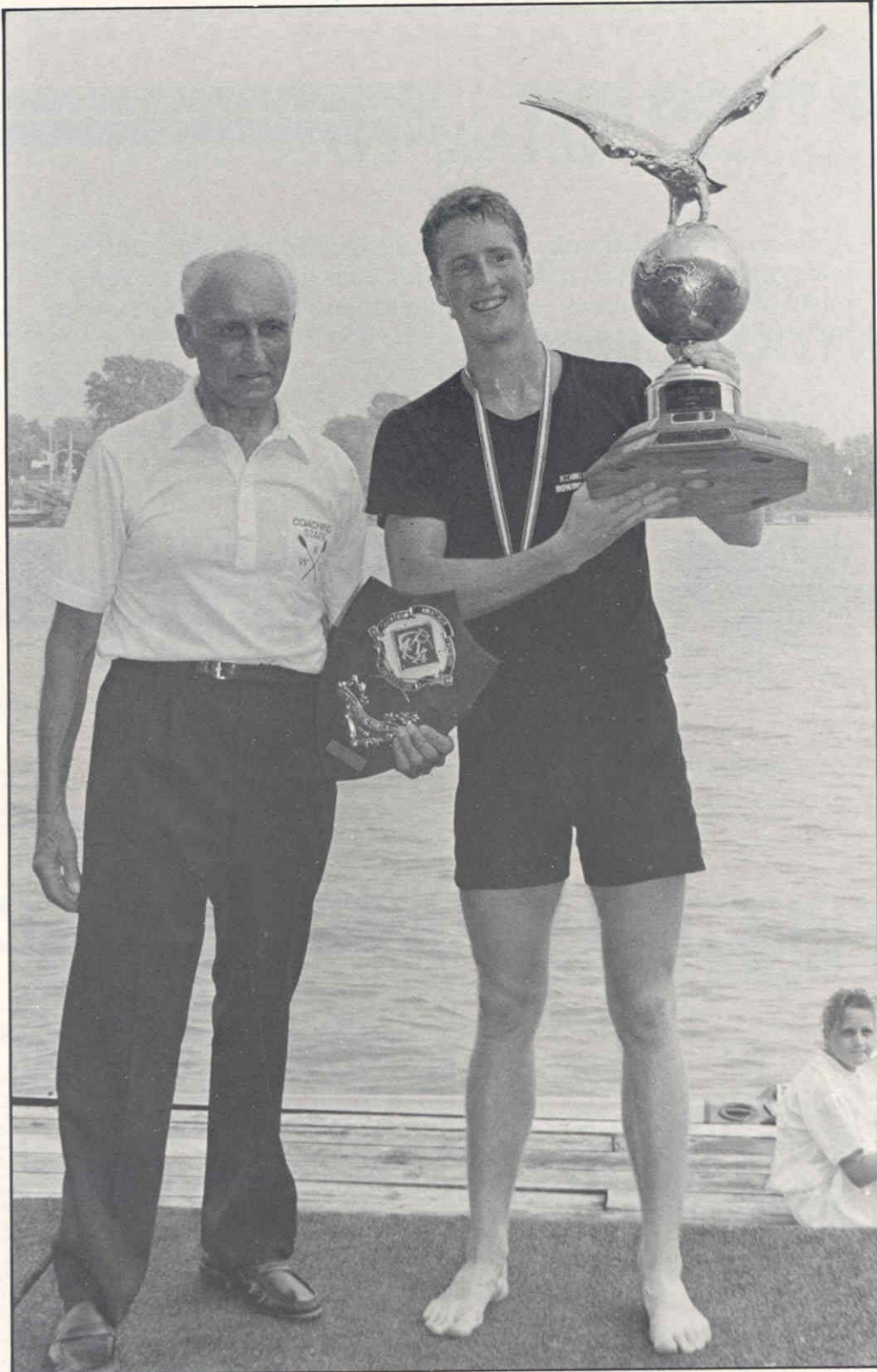
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THEO DUBOIS AND HIS TROPHY

Chris Flood of Kennebecasis RC in Rothesay, N.B. became the first winner of the Theo Dubois Trophy when he won the Men's Intermediate 155-Pound Single at Henley 1988. Theo Dubois himself, one of Canada's greatest scullers ever, was on hand to present the trophy, put up for competition by a group of Dubois' Winnipeg rowing friends. Dubois won the Championship Single at the 1941 and 1942 Henleys.

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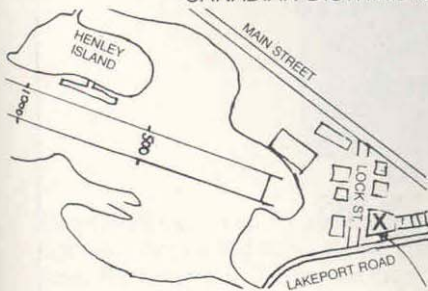
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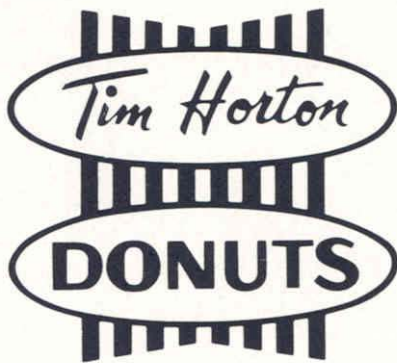
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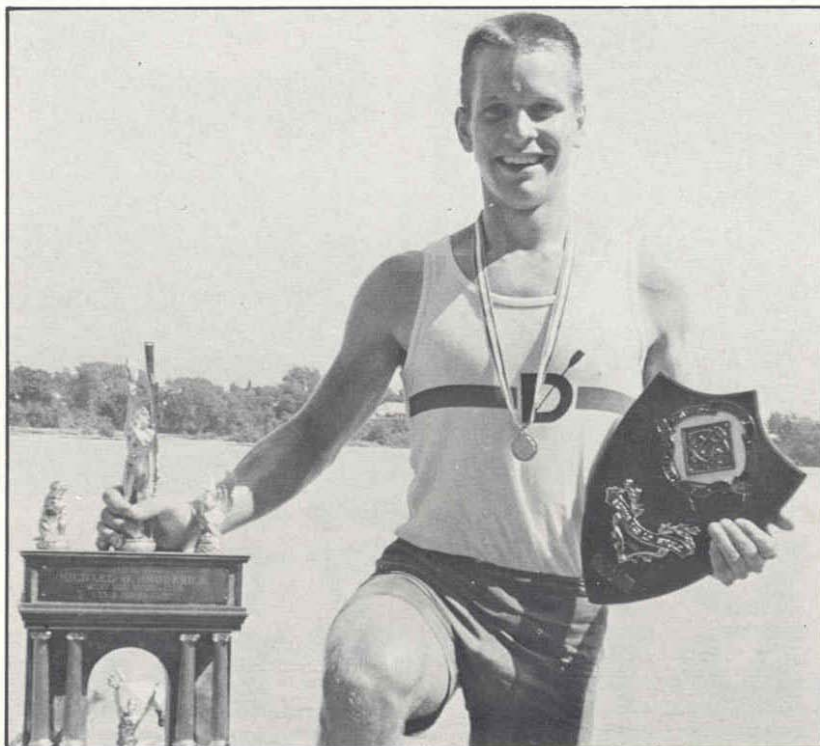
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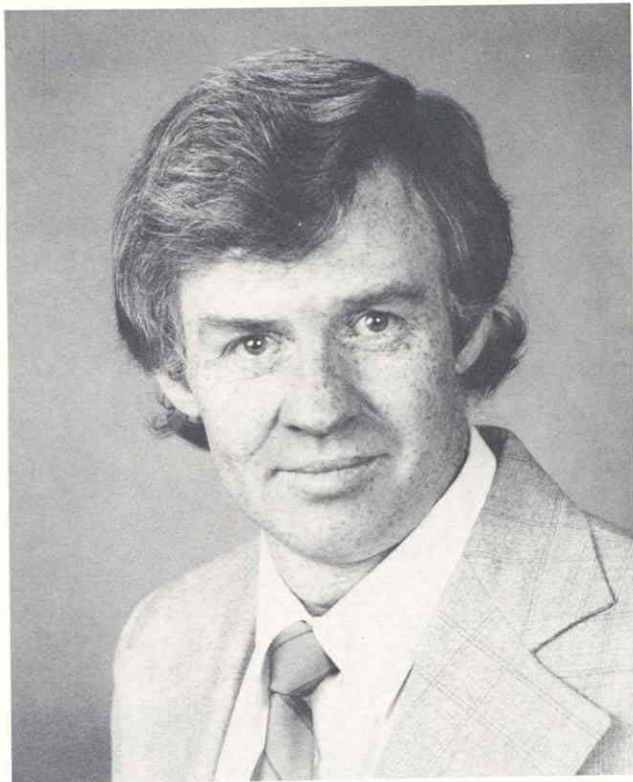
AS SMOOTH AS SILK!

Silken Laumann, an Olympic medalist, brought Mississauga Dons their first Women's Senior Singles title at Henley 1988. Seen here with Lady Henley Trophy, Laumann easily defeated five rivals for her Henley crown, then combined with clubmate Heather Hattin a few hours later to win the Women's Senior Double.



DREHER DOES IT AGAIN

Bob Dreher successfully defended his Senior 145-Pound Singles crown at Henley 1988, splashing home on top of four rival scullers. Appearing again in the colours of the Durham (New Hampshire) Boat Club, Dreher clocked 7:43.67 against entries from Boucherville, Dartmouth North Star, Toronto Hanlan and Detroit. His 1987 winning time was 7:56.91.



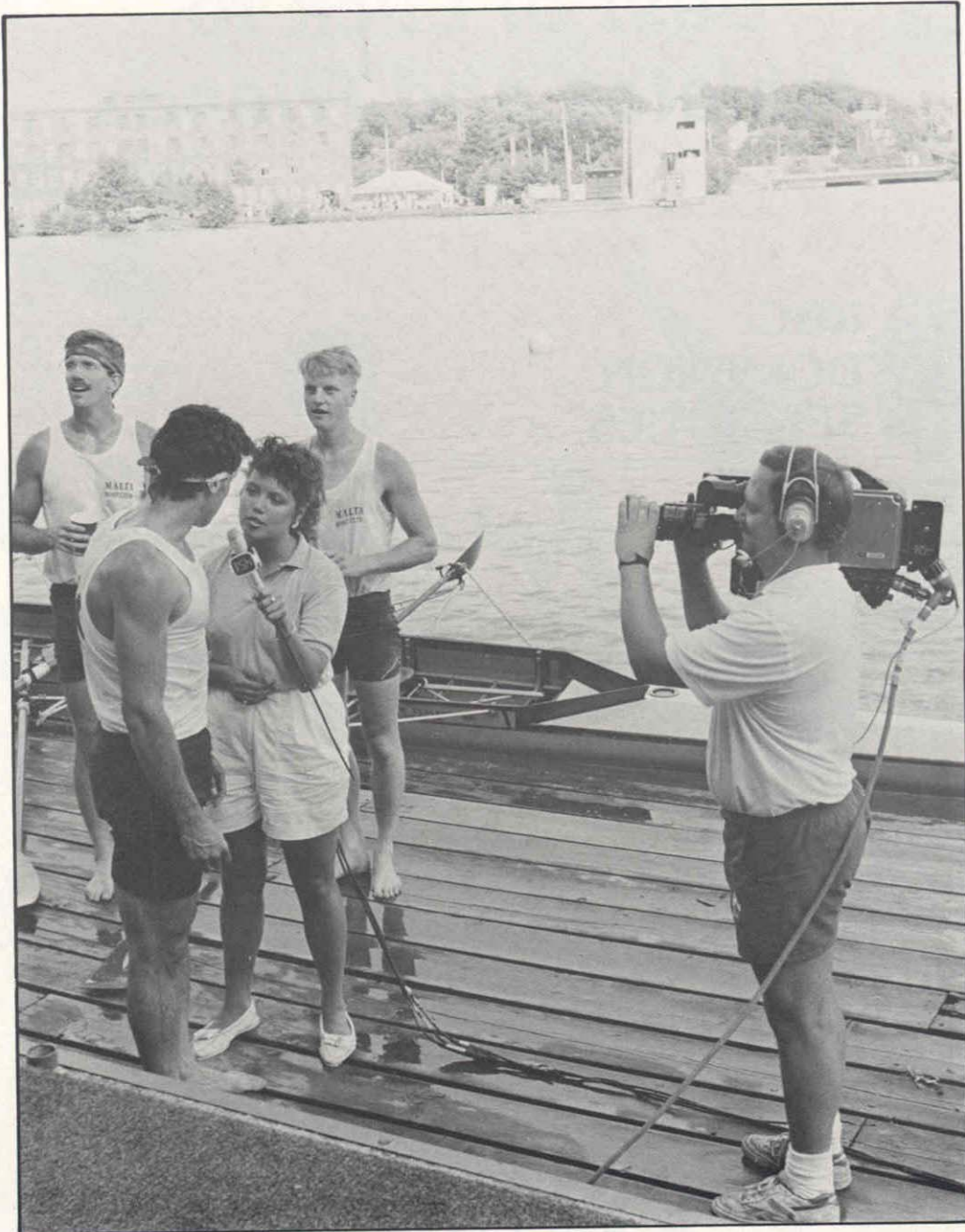
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TSN (The Sports Network) covered the final two days of Henley 1988, airing the major events coast to coast on television. It proved a huge success and gave the regatta a tremendous boost. Here, TSN's Christine Hergott interviews David Gleeson of the Malta Boat Club of Philadelphia following his crew's victory in the Men's Senior Quad.

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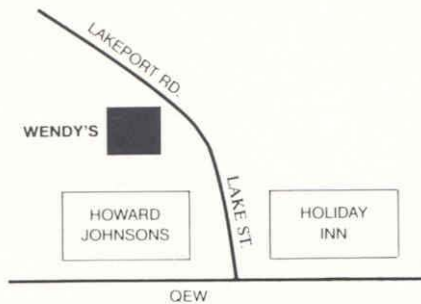
Coxswain Marianne Tillinger flies high into the Henley Course as her happy Hamilton Leander crewmates treat her to the traditional post-race dunking after winning the Men's Senior 155-Pound Cox Four and Henley 1988. The Leander lightweights knocked off St. Catharines, Dartmouth University, Laval, Toronto Argonauts and Wyandotte to claim their title, rowing as Steve Strba, Steve Offord, David Kozicz and stroke Dan Kunic. It was the same boating by Leanders as in 1987 when these four oarsmen swept the men's Intermediate and Senior 155-Pound Fours.

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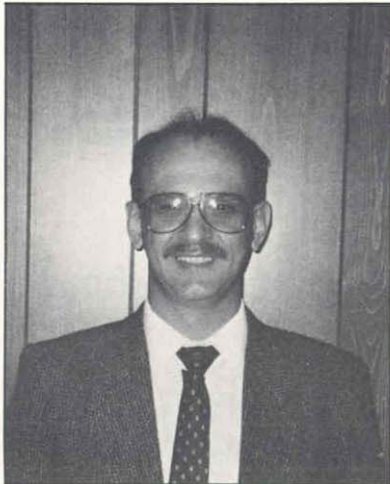


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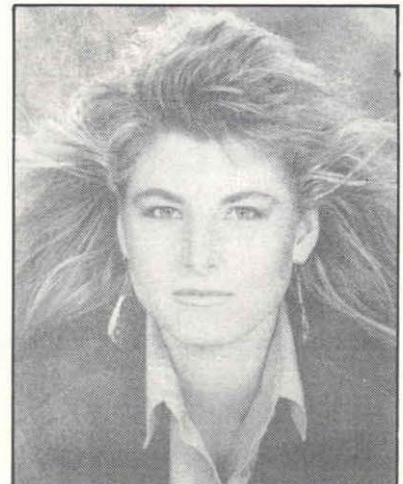
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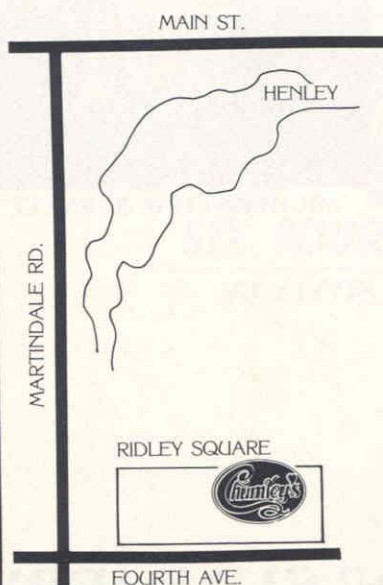
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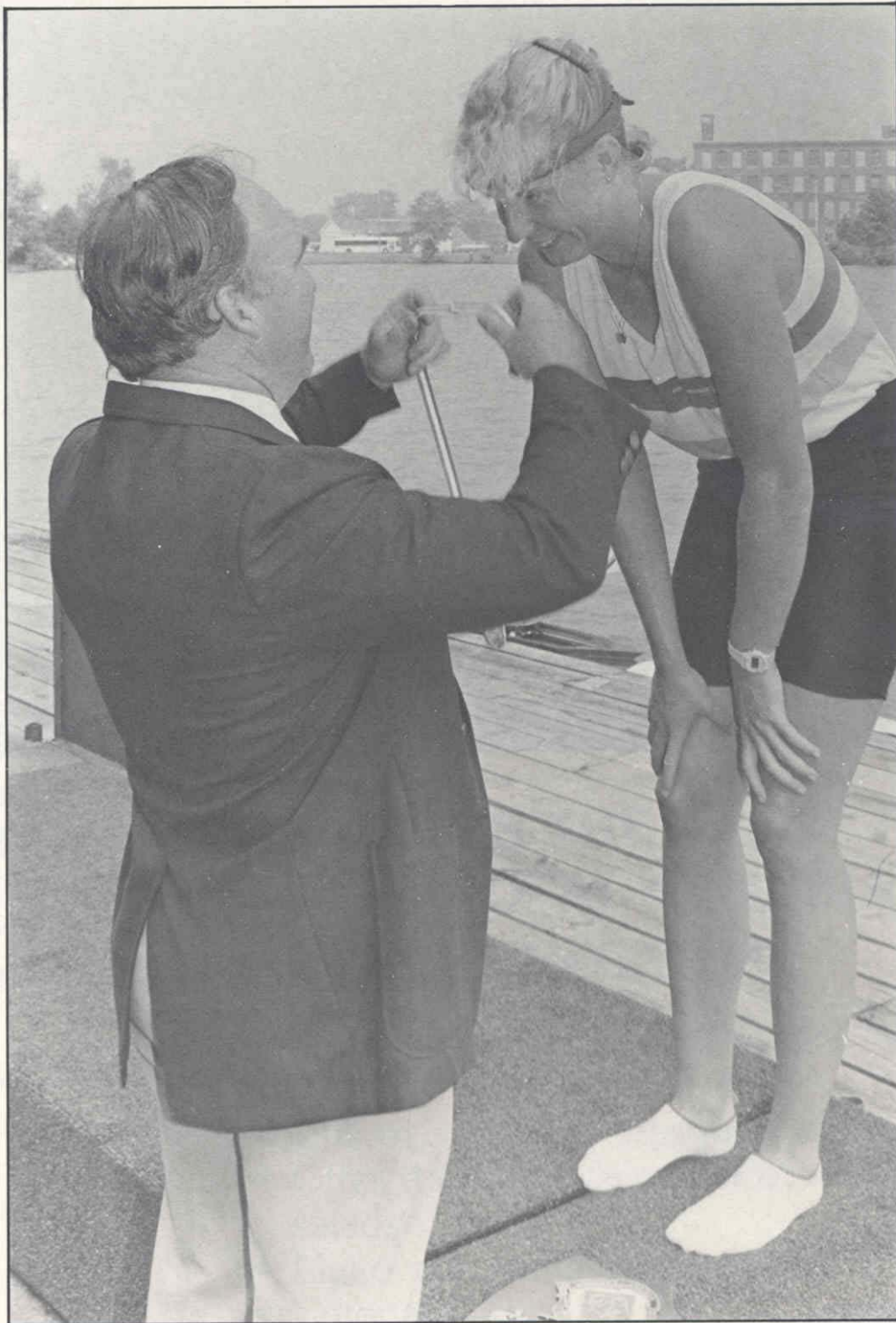
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AUTOGRAPHS



MORE MEDALS FOR KELLY

After collecting a share of sculling medals at past high school rowing championships here, Kelly Mahon was back for a crack at Henley 1988 in University of Victoria colours. Here, she receives her gold medal from CARA President Tim Rigby after winning the Women's Intermediate Single final.



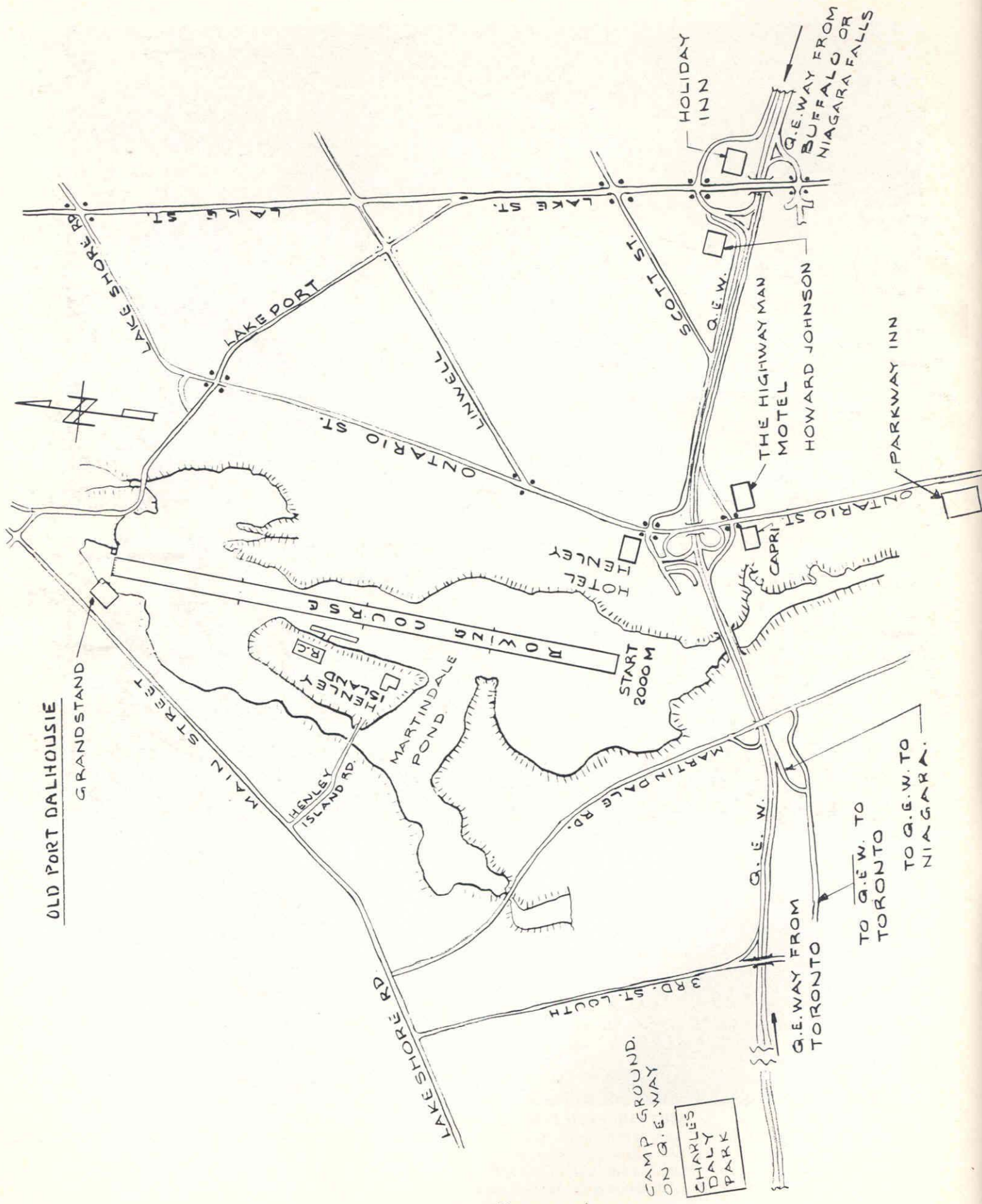
AND THEN THERE ARE THOSE DAYS

When things go wrong in a single scull, it can often be classified as a disaster. Just ask Lynneth Stuart-Hill of the University of Victoria. Les Slorach, a photographer with The St. Catharines Standard, caught Lynneth just as everything went wrong in her heat of the Women's Intermediate Lightweight Single at Henley 1988. The west coast sculler ended up in the Henley Course, perhaps not a bad outcome on a searingly-hot summer day.

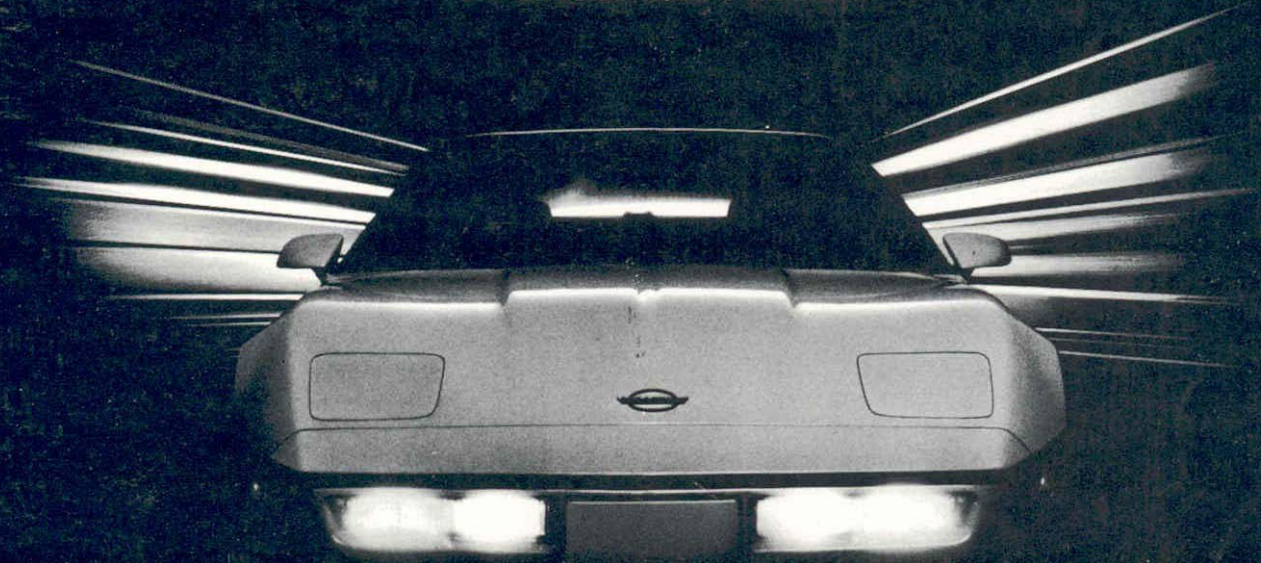


AND THE EFFICIENCY TROPHY PENNANT TOO

Coach Ted Nash enjoyed something more than ordinary success with his Penn Athletic Club crews at Henley 1988. And the Philadelphian capped their sweep of men's senior events by winning the Ned Hanlan Memorial Trophy with a repeat in the Championship Eights. It was all enough to earn Penn AC the regatta pennant (held here by Coach Nash, emblematic of the Efficiency Trophy and awarded to the club showing the best won-lost average of Henley Week).



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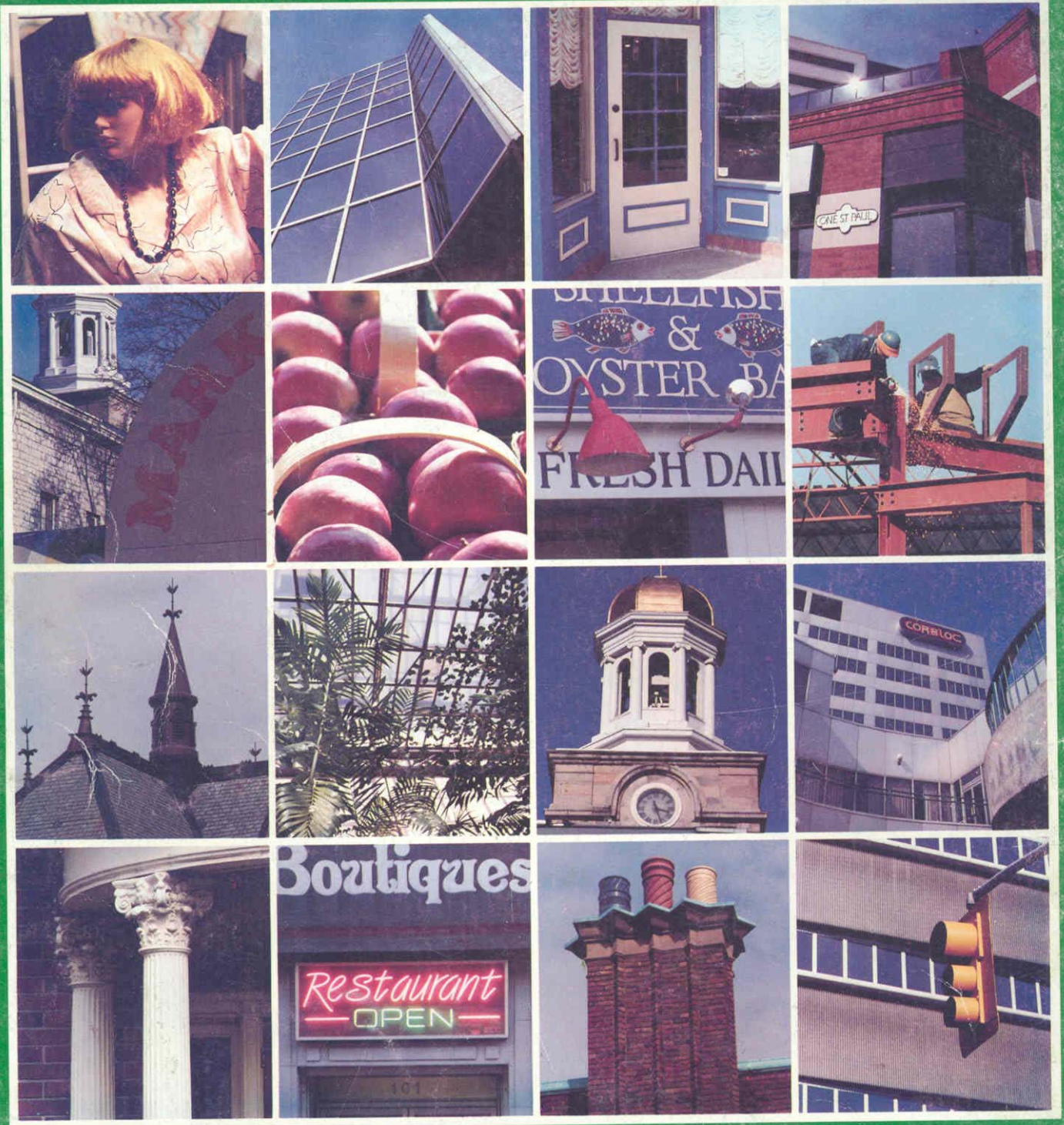
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