



SOUVENIR PROGRAM

113th ROYAL CANADIAN HENLEY REGATTA
AUGUST 9 - 13, 1995

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In a unique partnership for the good of rowing in general and the Royal Canadian Henley Regatta in particular, sanction for this week's competition comes from the Canadian Amateur Rowing Association which stages the event in co-operation with the Canadian Henley Rowing Corporation, a St. Catharines organization which controls and maintains the Henley Course and Henley Island year-round with the assistance and support of the City of St. Catharines and the Regional Municipality of Niagara.

Publisher Canadian Henley Rowing Corporation Advertising Manager John Cain
Editor Craig Swayze Photographs Stan Lapinski, Gerry Dennis,
John Cain and Lisa Ayers

Cover photograph of New York Aquatic Club
Winners of the Women's Senior Lightweight Eight at the 1994 Royal Canadian Henley Regatta
By Lisa Ayers, St. Catharines, Ontario Canada.

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MESSAGE FROM THE PRESIDENT

Welcome to the 1995 Royal Canadian Henley Regatta

Once again, it is a great pleasure to welcome you to the 113th Royal Canadian Henley Regatta on behalf of Xerox Canada Ltd. This year marks Xerox' sixth year of sponsorship with the Henley, an association of which we are very proud.

Due to Canada's recent success in international competition, our rowing program is considered the best in the world. The Henley Regatta plays a very significant role in Canada's rowing program and everybody involved with the Henley should be very proud of their contribution.

The Henley Regatta, Canada's premiere rowing event, has a solid historical foundation and shares similar values with Xerox in its pursuit of quality and excellence. Just as Henley organizers and competitors apply these values to the achievement of their goals during the week of competition, Xerox continuously strives to achieve similar success with you, our customers.

We would like to extend our thanks to the members of the Rowing Canada Aviron and the Canadian Henley Rowing Corporation for their outstanding efforts in organizing this internationally acclaimed event. A special thanks should also be extended to the numerous volunteers who, year after year, contribute both their energy and enthusiasm to ensure the success of the Regatta.

Finally, our congratulations to all competitors for their display of dedication, teamwork and discipline. Best of luck to you all.

Diane E. McGarry

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Joe S. Grey
CARA President



ROWING CANADA AVIRON

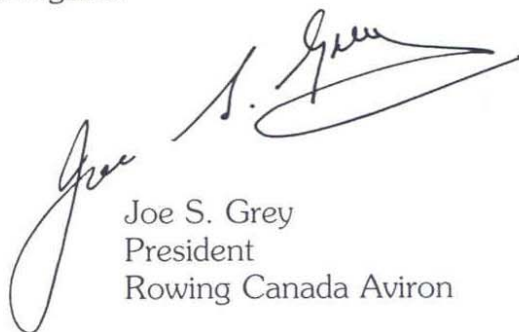
PRESIDENT'S MESSAGE - 1995

I welcome all athletes, supporters and rowing enthusiasts to the Royal Canadian Henley. The 113th Henley is one of the premier rowing events of North America and the rowing world. Those who have competed here in the past, return to renew old friendships. Those who are here for the first time will be sure to make many new friends.

Canada is in the forefront of World Rowing. Following our outstanding successes at Barcelona and our continued success at World Championships, we are now poised for the 1995 Worlds in Finland and the 1996 Olympics in Atlanta. Our sport has gained prominence and exposure across Canada.

To the many individuals and groups, who work so hard to ensure the success of the Henley, thank you! To the athletes, coaches, managers, officials, administrators and athletes who are here, have a wonderful regatta!

Good luck to everyone!



Joe S. Grey
President
Rowing Canada Aviron

1995 Rowing Canada Aviron CARA Executive Committee

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Vice-President (High Performance) – Doug Hamilton
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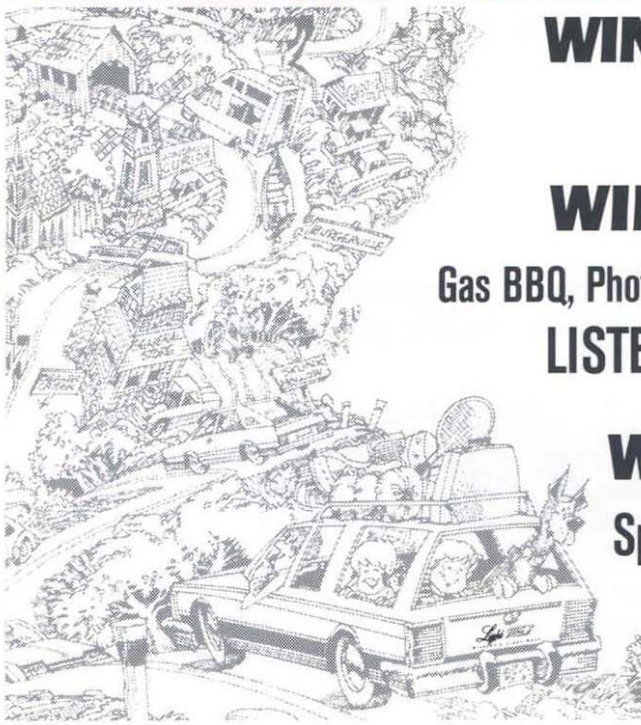
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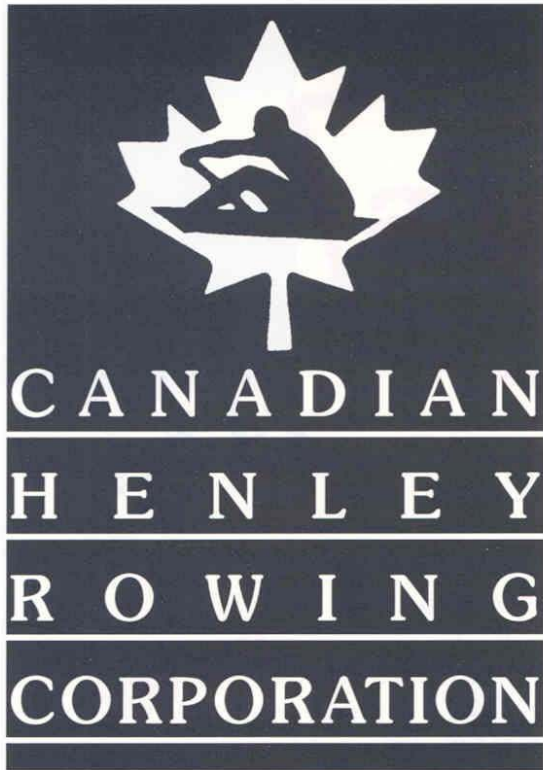
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On behalf of Canadian Henley Rowing Corporation, I am delighted to welcome competitors, officials and rowing enthusiasts to the 113th Royal Canadian Henley Regatta. I am certain your stay in St. Catharines will be a pleasant one.

C.H.R.C., as the organization responsible for the Henley Course and its related facilities, joins in partnership with Rowing Canada Aviron, the governing body of rowing in Canada, in the staging of this 1995 Regatta. It is a culmination of a co-operative effort by both organizations, designed to provide both competitors and spectators five days of rowing unequalled anywhere.

The Royal Canadian Henley Regatta has been held on the Henley Course in St. Catharines annually since 1903. And, over the years, the facilities have been improved and expanded to make it the finest natural rowing site in North America. Our efforts to further improve and rehabilitate the course to international standards are continuing with the aim of hosting the 1999 World Rowing Championships.

Yet the heart of the operation is found in the spirit of those individuals who volunteer their time and effort to make this event the successful regatta

it is year after year. We at C.H.R.C. are extremely proud of those people and their effort expended on behalf of all concerned.

To all of you, on behalf of C.H.R.C., I extend heartiest best wishes and thank you for playing such an important role in the success of Henley 113.

Yours in rowing,
JOSEPH M. GOTTLI
 President C.H.R.C.



JOSEPH GOTTLI
 C.H.R.C. President

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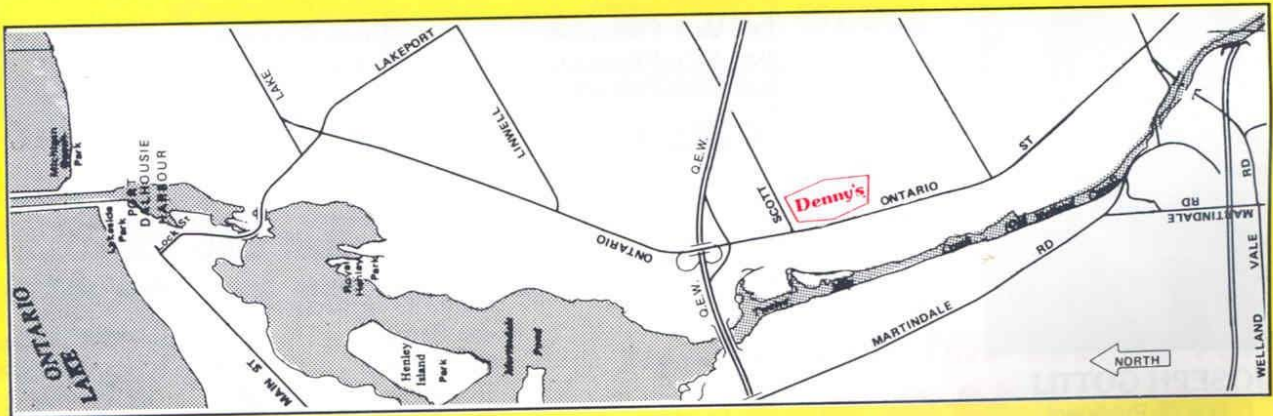
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MAYOR



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Rowing is synonymous with excellence in St. Catharines.
And that is as it should be.

Indeed, excitement builds in The City of St. Catharines with the opening of the 1995 Royal Canadian Henley Regatta, now celebrating one hundred and fifteen years of resounding success in our Garden City of Canada. Since its inception in 1880, we have seen and enjoyed an enormous groundswell of commitment to improving every facet of world class rowing in St. Catharines which continues to be rejuvenated by the tremendous support of the many thoughtful members of the sports sectors, all of whom help meet the environmental initiatives that shape the future of our city and our country.

It is a matter of considerable pride to my colleagues on Council and I to have this opportunity to congratulate the commendable efforts and achievements so effectively demanded by the enthusiastic leadership and membership of all those associated with the Canadian Amateur Rowing Association and the St. Catharines Rowing Club.

On behalf of the citizens of St. Catharines, I bid you a warm welcome to the 1995 Royal Canadian Henley Regatta and urge you to join us as we celebrate and pursue together the enhancement of our proud reputation as the Rowing Capital of Canada.

ALAN L. UNWIN
MAYOR

St. Catharines Rowing Alumni Association



FRONT ROW: (left to right) Dan Little, Barney Leach, Don Duggan, Mike Kozel
 BACK ROW: (left to right) Lawson Thomson (Treasurer), Bob Loveman, John Fraser, Tim Dowd, Bob Schenck (President)
 ABSENT: Al Philbrick, Scotty Campbell, Tom Lockhart

CLUBHOUSE ACTIVITIES OF HENLEY WEEK

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
Friday, August 11th	12 noon - 12 a.m.	Clubhouse Open
Saturday, August 12th	12 noon - 12 a.m.	Clubhouse Open
Sunday, August 13th	12 noon - 7 p.m.	Clubhouse Open

FRIDAY, AUGUST 11th – Come Party at The Alumni Clubhouse – LIVE BAND MUSIC
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 TIME: 9:00 p.m.

SATURDAY, AUGUST 12th – Back by popular demand MUCH MUSIC VIDEO ROAD SHOW
 8 p.m. - 1 a.m. Admission \$5.00

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University of Victoria made it look easy in successfully defending its Championship Eight title at Henley 1994. And with it came the Ned Hanlan Memorial Trophy, Henley's most famous piece of silverware. University of Victoria clocked 6:00.48 in rowing away from arch-rival Penn AC of Philadelphia with Washington Potomac taking third followed by New York AC and Buffalo West Sides. The Victoria champions rowed as Bryan Thomson, Gavin Hassett, Darren Barber, Brian Siebert, Gord Hughs, Rob Crumlin, Cam Purvin-Good, stroke Adam Parfit and cox Jay Bertagnoli.

T H I R D A N N U A L
ATHLETE'S BREAKFAST

Saturday, August 12th
8 - 11 a.m. Alumni Hall

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C.H.R.C. Liaison	Joseph Gottli, St. Catharines
Secretary	Wes Cline, St. Catharines
Commissioner	Tim Rigby, St. Catharines

HENLEY COMMISSION

Tim Rigby (Commissioner), St. Catharines; Claude Saunders, Hamilton; Jim Minards, St. Catharines; Mike List, Toronto; Brian Storosko, St. Catharines; John Tiffin, St. Catharines; Elizabeth Sanders (Treasurer), St. Catharines; Nancy Anderson, (Secretary), St. Catharines.

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Charles Ryan (Chief), St. Catharines; Andy Binda, Ottawa; David Derry, St. Catharines; Joe Frezell, Toronto; Ron Kerr, Ancaster; Jim Stone, St. Catharines; Otto Swinton, London; Fred Marlow, Simcoe; Tom Boyer, Crystal Beach; Bob Pilchik, St. Catharines; Bill Gardner, Hamilton; Gil Beaulieu, Welland; Joe Lyttle, Toronto; Wes Cline, St. Catharines; Jim Lyttle, Toronto; Don Baker Jr., St. Catharines; Bruce Erskine, St. Catharines; Susan Erskine, St. Catharines; Bob Stone, Queensville; Tim Purcer, Wainfleet; Ken Campbell, St. Catharines; Ed Gudaitis, Welland; Ed Szaszi, St. Catharines; Derek Ventnor, Tilsonburg; Stephanie Brooks, St. Catharines; Bob Pickles, Toronto; Carl MacCulloch; Terry Grant, Fonthill; Bill Ross, St. Catharines; Jim Marino, St. Catharines; Bill Donegan, St. Catharines; Tim Dowd, St. Catharines; Brian Storosko, St. Catharines; Patricia Storosko, St. Catharines; Drew Tierney, Barrie.

FINISH JUDGES

Judge Harry Edmonstone (Chief), St. Catharines; John Dewar, St. Catharines; Tom Turton, St. Catharines; Joe Dobransky, St. Catharines; Chris Lloyd, Mississauga; Mal Binks, Huntsville; Otto Swinton, London; Glynn Wilkerson, St. Catharines; Gerald Sandler, Mississauga; Don Baker Sr., St. Catharines; Wes Cline, St. Catharines; Sam Craig, Toronto; Hud Mossop, St. Catharines; Patrick Schindler, Toronto; Wes Kuran, Ottawa; with Oscar Tasane of St. Catharines remaining an Honorary Finish Judge.

CLERKS OF THE COURSE

George Manoogian (Chief), St. Catharines; Ed Sawicki, St. Catharines; Lawson Thomson, St. Catharines; Ralph Byng, St. Catharines; Ken Dowd, St. Catharines; Tom Lockhart, St. Catharines; Dan Little, Niagara-on-the-Lake; Alison Sawicki, St. Catharines; Barney Leach, St. Catharines; Bruce Wilkerson, St. Catharines; Doug Wilson, St. Catharines; Maureen Fleming, St. Catharines.

DAILY RACE RESULTS

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Ern McKague (Supervisor), Doreen Tropea (Assistant), Sara Laferty, Danny Lafferty, Todd Melville, Robert Marion, Darryl Norris, Ross Allan, Jackie Fogg, Chris Baker, Owen Macewan, Jason Little, Ryan Mallette, Mike Serafini, John Angle, Roxanne Fraser and Heather Walter, all of St. Catharines.

BOAT HOLDERS (GRANDSTAND)

Mark Stenais and Tobin Ireland of St. Catharines.

PYLON REPORTERS

Jennifer Schenck, Owen Dalton, Megan Chadwick, Wendy Fretz, Jessica Perry and Kambria Kerhart, all of St. Catharines.

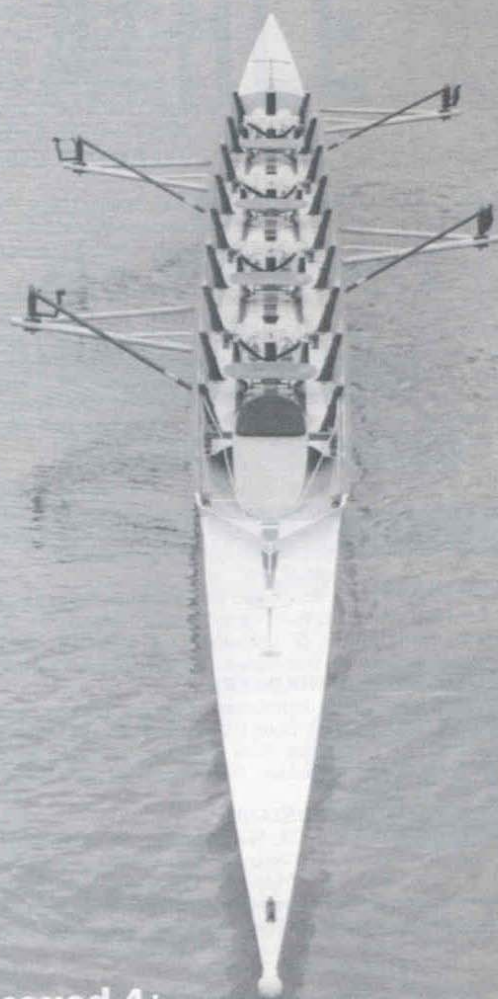
BOW MARKERS

Leith Hocoluck, Murray Snider, Gord Szaszi, Michele Subernick, Jeff Campbell, all of St. Catharines.

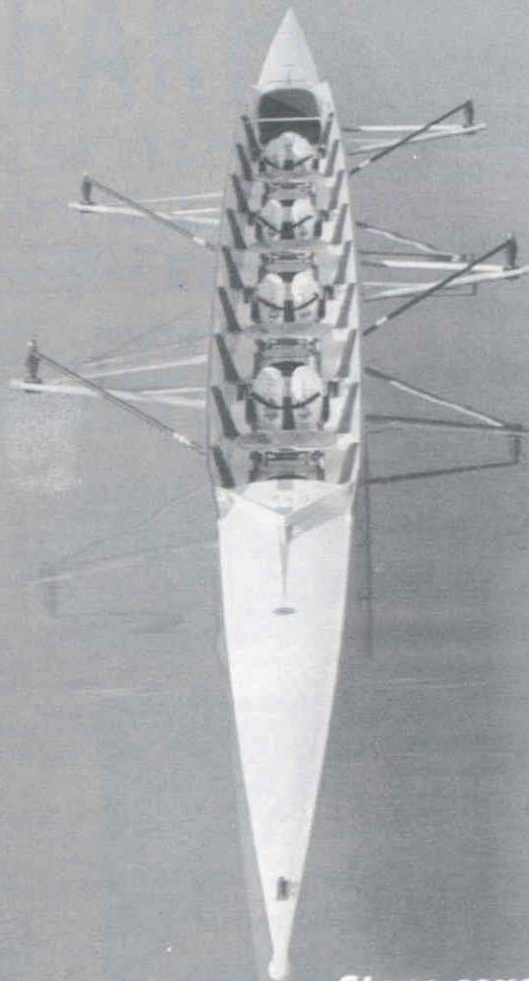
MEDAL CEREMONIES

Jessica Murray and Lindsay Nadeau, both of St. Catharines.

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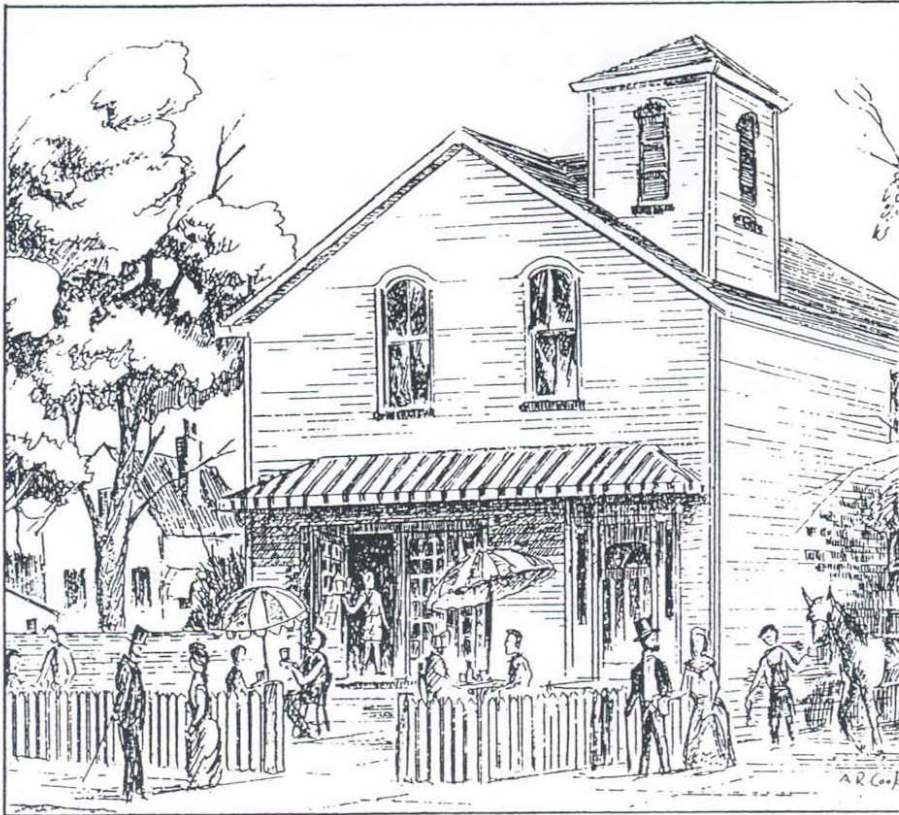
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THE PROMISE OF THINGS TO COME

St. Catharines RC suffered through a slow Henley 1994, but it was the club's Junior Age-Class boats which saved the day. No less than eight of them took home gold medals. One was in the Girl's Junior Quad, made up of Jane Kramer, Victoria Gratl, Karen McGlone and Vanessa Thorne. Timed in 7:14.10, the St. Catharines boat was chased home by Mississauga Dons, Toronto Argonauts, Occuquan BC and Niskayuna Crew of Alpaus, N.Y.



A FAMILIAR NAME IN NEW YORK AC ROWING

Jennifer Floria, winner of the Women's Senior Lightweight Single at Henley 1994, carries a famous name. As long as New York AC has been in rowing, the Florio Family has been front and centre. And last Henley, Jennifer clocked 7:29.27 to best a field of six by open water in the Women's Senior Lightweight Single final. Second was NYAC's Candice Allen with Andrea Boltz and Lourdes Montoya of Mexico's national training camp, Maureen Harriman of Peterborough next and Barbara Byrne of Boston RC trailing.

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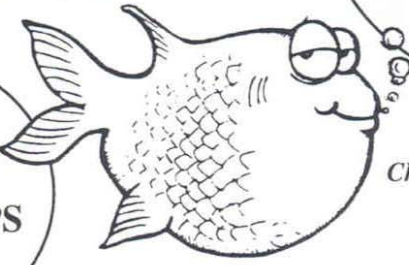
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ARGONAUTS BOAT STRONG WOMEN'S PROGRAM AT HENLEY

The Argonaut Rowing Club of Toronto boated a strong women's entry at last year's Henley. And there's no reason to believe the Double Blue has anything less here this week. This crew won the Women's Senior Light Four handily last Henley, crossing the line in 7:58.82 to take home the Ted Johnson Trophy as stroke Sandy Bourke, Tracy Black, Toni Pinkerton, Kicky Piekenhagen and cox Sarah Pape.



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CLUB ESPANA ADDS TO ITS HENLEY HONORS

Club Espana of Mexico City has been sending crews and scullers to the Royal Canadian Henley Regatta since 1959. And with success ... as with this Men's Senior 140-Pound Cox Four winner. The Mexican crew clocked 7:28 in winning the Ted Nelson Trophy and besting five rivals. The field finished behind a Wyandotte, Dons, Argonauts and a second Wyandotte boat.

Where Are They From?

It should be obvious that the Detroit Boat Club comes from Detroit and the St. Catharines Rowing Club is based right here in St. Catharines. But what about the Narragansett Boat Club or the Mendota Rowing Club?

Here are some of the Clubs competing in this weeks Royal Canadian Henley Regatta complete with their home towns.

CLUB	LOCATION	CLUB	LOCATION	CLUB	LOCATION
Argonaut RC	Toronto, Ontario	Harvard U.	Cambridge	Pennsylvania, U. of	Philadelphia, Ill.
Academia Cubana Remo	Miami, Florida	Hanover RC	Hanover, N.H.	Princeton U.	Princeton, N.J.
Aqueduct RC	Rexford, N.Y.	Hartford Barge	East Hampton, Conn.	Pioneer Valley RA	Hartford, Conn.
Antares RC	Mexico City	Hollywood RC	Los Angeles	Power Ten RC	New York City
Atlanta RC	Atlanta, Ga.	Hampton Roads RC	Norfolk, Va.	Prince William CA	Williamsburg
Aurora RC	Aurora, ILL.	Harbor Sculling RC	Cambridge, Mass.		
Austin RC	Austin, Texas	Habart College	Geneva, N.Y.	Queen's U.	Kingston, Ont.
Alta Achter BC	Cambridge, Mass.			Quinte RC	Belleville, Ontario
Amoskeag RC	Manchester, N.H.	Independence RC	Nashua, N.H.	Quinsigamond RA	Shrewsbury, Mass.
Adelaide BC	Australia	Iona College	New Rochelle, N.Y.		
Aliroro RC	Guatemala	Ithaca College	Ithaca, N.Y.	Regina RC	Regina, Sask.
Arlington RC	Arlington, Va.	Indianapolis RC	Indianapolis	Ridley Grad BC	St. Catharines, Ont.
Abbott RS	Boston, Mass.	Itaewon RC	Cambridge, Mass.	Remex RC	Jacksonville, Fla.
		Jacksonville RC	Jacksonville, Fla.	Riverside BC	Cambridge, Mass.
Backsplash RC	Miami, Florida			Rochester RC	Rochester, N.Y.
Bachelors Barge	Philadelphia	Kingston RC	Kingston, Ont.	Rutgers U.	Piscataway, N.J.
Blood Street Skulls	Old Lyme, Conn.	Kenebecasis RC	Rothsay, N.B.	Raritan Valley RA	Piscataway, N.J.
Brock U.	St. Catharines, Ont.	Kansas State Crew	Manhattan, Kansas	Rivanna RC	Charlottesville, W.V.
Brockville RC	Brockville, Ontario	Knoxville RC	Knoxville, Tenn.	River City RC	Sacramento, Cal.
Big Five RC	Miami, Florida	Kent School	Kent, Conn.	Rocky Mountain RC	Denver
Belmont RC	Alington, Mass.	Kelowna RC	Kelowna, B.C.	Rude and Smooth BC	Neshanic, N.J.
Brigantine RC	Absecon, N.J.	King's Crown RA	New York City	Royal Hong Kong YC	Hong Kong
Burnaby Lake AC	Burnaby, B.C.	Kitchener-Waterloo RC	Kitchener, Ont.		
Boucherville RC	Boucherville, Que.	Kettle Cove BC	Woodstock, Ver.	Saratoga Springs RC	Saratoga Springs, N.Y.
British Columbia, U. of	Vancouver, B.C.			San Diego RC	San Diego
Boston RC	Boston, Mass.	Loyola Academy	Wilmette, Ill.	St. Catharines RC	St. Catharines, Ont.
Baltimore RC	Baltimore, MD.	Long Beach RC	Long Beach, Cal.	Saskatoon RC	Saskatoon, Sask.
Barnstable RC	Osterville, Mass.	Lake Washington TC	Seattle, Wash.	South Niagara RC	Welland, Ontario
Beaumont HS	Boston, Mass.	Lake Merritt RC	Oakland, Cal.	Syracuse Chargers	Liverpool, N.Y.
Better Motion RC	South Hadley, Mass.	Lincoln Park BC	Chicago, Ill.	Schuykill Navy	Philadelphia
Bay City RC	Bay City, Mich.	Lowell RC	Lowell, Mass.	Slo Oar RC	San Luis Obispo, Cal.
Berkeley Crew	Berkeley, Cal.	Leander BC	Hamilton, Ontario	Stranford Crew	Stanford, Cal.
Barrie RC	Barrie, Ont.	Laval RC	Laval, Que.	St. John's RC	St. John's, Nfld.
		London RC	London, Ontario	St. Mary's College	Oakland, Cal.
California Yacht Club	Los Angeles, Cal.	Lakeside RC	Mexico City	St. Mary's RC	Orchard Lake, Mich.
Cambridge RC	Cambridge, Ont.	Los Gatos RC	Los Gatos, Cal.	Seattle RC	Seattle, Wash.
Crescent BC	Philadelphia, Ill.	Lehigh Valley RA	Easton, Penn.	St. Louis RC	St. Louis, Mo.
Calgary RC	Calgary, Alta.	Lower Merion RA	Ardmore, Penn.	Santa Barbara RC	Solvang, Cal.
Cambridge BC	Cambridge, Mass.	Lookout RC	Chattanooga, Tenn.	Seneca RC	Ithaca, N.Y.
Cascadilla BC	Ithaca, N.Y.	Los Angeles RA	Santa Monica, Cal.	Sagamore RA	Sagamore, N.Y.
Citadel Crew	Charleston, S.C.	Lawrence U.	Madison, Wisc.	Sound Shore RC	Long Island, N.Y.
Colgate RC	Hamilton, N.Y.	Lansing Oar	Lansing, Mich.	Sudbury RC	Sudbury, Ont.
College BC	Philadelphia, Ill.	Liverpool Students	England	St. Ignatius Crew	Sebastopol, Cal.
Chicago BC	Chicago, Ill.			Salvadoreno AC	Elsalvador
Cornell U.	Ithaca, N.Y.	Motley RC	Long Beach, Cal.	Santa Clara RC	Los Gatos, Cal.
Columbia U.	New York	Milwaukee RC	Milwaukee, Wisc.	Saugatuck Scullers	Westport, Conn.
Capital RC	Washington, D.C.	Misery Bay RC	North East, Penn.	Seclub	Switzerland
Chicago River AC	Chicago, Ill.	Mic Mac RC	Dartmouth, N.S.	Smith RC	Geneva, R.C.
Cincinnati RC	Cincinnati, Ohio	Mendota RC	Madison, Wisc.	Stick Boy RC	Pittsburgh
Community Rowing Inc.	Cambridge, Mass.	Minneapolis RC	Minneapolis, Minn.		
Craftsbury SC	Chicago, Ill.	Minnesota BC	St. Paul, Minn.	Three Rivers RA	Pittsburgh
Cuyahoga RA	Cleveland, Ohio	Montreal RC	Montreal, Que.	Thunder Bay RC	Thunder Bay, Ont.
Compote RA	Philadelphia, Ill.	Minnesota, U. of	St. Paul, Minn.	Tampa RC	Tampa, Florida
Columbia RC	Indianapolis, Ill.	Malta BC	Philadelphia	Trinity College	Hartford, Conn.
California, U. of	Irvine, Cal.	Mission Bay RC	San Diego, Cal.	Tiltsburg RC	Tiltsburg, Ont.
Chelsea RC	Morwich, Conn.	Monash U.	Melbourne, Australia	Triton BC	Montville, N.J.
Carnegie Lake RC	Carnegie, N.J.	Melbourne YWCA	Melbourne, Australia	Thames River Sculls	New London, Conn.
Corio Bay RC	Australia	Mercyhurst Crew	Erie, Pa.	Topeka RA	Topeka, Kansas
Capitol RC	Arlington, Va.	Miami RC	Miami, Florida	Toledo RC	Toledo, Ohio
Crabbs RC		Milwaukee RC	Milwaukee, Wisc.	Tulsa RC	Tulsa, Okla.
		Middlesex Western RC	London, Ontario	Temple Univ.	Philadelphia, Ill.
Dartmouth RC	Hanover, N.H.	Merrimac River RA	Lowell, Mass.		
Detroit BC	Detroit, Mich.	MIT Crew	Cambridge, Mass.	Undine Barge	Philadelphia, Ill.
Dalhousie RC	Dartmouth, N.S.	Monongahela RA	Morgan Town, W.V.	U.S. Navel Academy	Annapolis, Md.
Don RC	Mississauga	Michigan State U.	East Lansing, Mich.	Union BC	Boston, Ma.
Duluth RC	Duluth, Minn.	Mt. Clemens RA	Macomb, Mich.	U.S. Coast Guard Academy	New London, Conn.
Durham BC	Durham, N.H.	Mof BC	Boston, Mass.	University Barge	Philadelphia, Ill.
Drexel Crew	Philadelphia, Ill.			U. of Mexico	Mexico City
Drake U. Crew	Des Moines, Iowa	North Star RC	Dartmouth, N.S.	Upper Merion BC	King of Prussia, Penn.
Des Moines RC	Des Moines, Iowa	Northeastern U.	Boston, Mass.	U. of London	England
Dirty Dozen RC	Oakland, Cal.	New York AC	New York	U. of Pittsburgh	Pittsburgh
De Strokes	Arlington, Va.	Narragansett BC	Providence, R.I.	U. of Victoria	Victoria
Delta Sculls	Ottawa, Ont.	New Rochelle RC	New Rochelle, N.Y.	U. of Wisconsin	Madison
Donahue RC	Shrewsbury, Mass.	New Haven RC	New Haven, Conn.	U. of Dayton	Dayton, Ohio
		Notre Dame RC	South Bend, Ind.		
Edmonton RC	Edmonton, Alberta	Nonesuch Crew	Scarborough, Maine	Vesper BC	Philadelphia, Ill.
Ecorse BC	Ecorse, Mich.	Navesink River RA	Red Bank, N.J.	Viking RC	Ventnor City, N.J.
Espana RC	Mexico City	Norwalk River RC	Norwalk, Conn.	Victoria City RC	Victoria, B.C.
Empire State RA	New Rochelle, N.Y.	North Hills RC	Allison Park, Penn.	Victoria, U. of	Victoria, B.C.
Exeter BC	Exeter, N.H.	New Orleans RC	New Orleans	Vancouver RC	Vancouver, B.C.
Erie Canal RC	Schnectady	Niskayuma HS	Alpaus, N.Y.	Villanova U.	Ambler, Penn.
Everett RA	Everett, Wash.			Virginia RC	Hampton, Va.
Eagle BC	Victoria, B.C.	Orlando RC	Winter Park, Florida	Vassar RC	Hyde Park, N.Y.
		Oneida RC	Burlington, N.J.		
Fairmount RA	Philadelphia, Ill.	Ottawa RC	Ottawa, Ontario	Western Ontario, U. of	London, Ontario
Fredericton RC	Fredericton, NB	Ohio Valley RC	Ottawa, Ontario	Windsor Crew	Windsor, Ontario
Florida AC	Winter Park, Florida	Old Dominion BC	Parkersburg, W.V.	Winnipeg RC	Winnipeg, Man.
Fordham RA	Bronx, N.Y.	Oakland Stokes	Alexandria, Va.	West Side RC	Buffalo, N.Y.
Flats RC	Cleveland, Ohio	Occoquan BC	Lafayette, Cal.	Woodstock RC	Woodstock, Ontario
Flint RC	Flint, Mich.	Ohio State U.	Springfield, W.V.	Wichita RA	Wichita, Kansas
Fremont RC	Fremont, Cal.	Osprey RC	Columbus, Ohio	Wyandotte BC	Wyandotte, Mich.
		Ottawa Valley RC	Providence, R.I.	Worcester RC	Worcester, Mass.
Green Lake Crew	Seattle, Wash.		Renfrew, Ont.	Wilmingon RC	Hockessin, Del.
Golden Bear RC	Berkeley, Cal.	Portland RC	Portland, Ore.	Woodlands RC	Woodlands, Texas
Grand Valley Crew	Allendale, Mich.	Peterborough RC	Peterborough, Ont.	Wide Load BC	Falmouth, Maine
Greater Columbus RC	Columbus, Ohio	Palm Beach RA	West Palm Beach, Fla.	Western Reserve U.	Cleveland, Ohio
Georgian Bay RC	Midland, Ont.	Penn AC	Philadelphia	Weslyan Univ.	New Haven, Conn.
Genesee RC	Rochester, N.Y.	Pinawa RC	Pinawa, Man.		
Grand Rapids RC	Grand Rapids, Mich.	Placentia RC	Placentia, Nfld.	Yankee RC	Amherst, Mass.
		Potomac BC	Washington, D.C.	Yale Crew	New Haven, Conn.
Harvard BC	Cambridge, Mass.	Philadelpha Girls RC	Philadelphia, Ill.		
Hanlan BC	Toronto, Ontario	Purdue Crew	Lafayette, Ind.	Zlac RC	San Diego, Cal.
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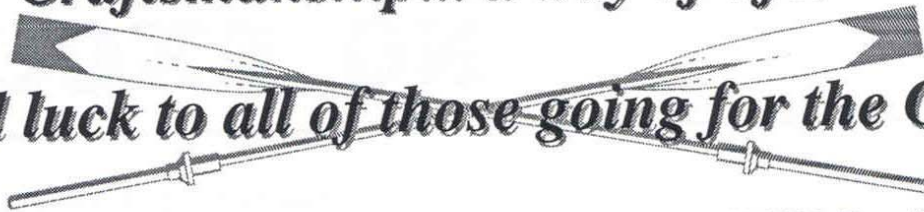
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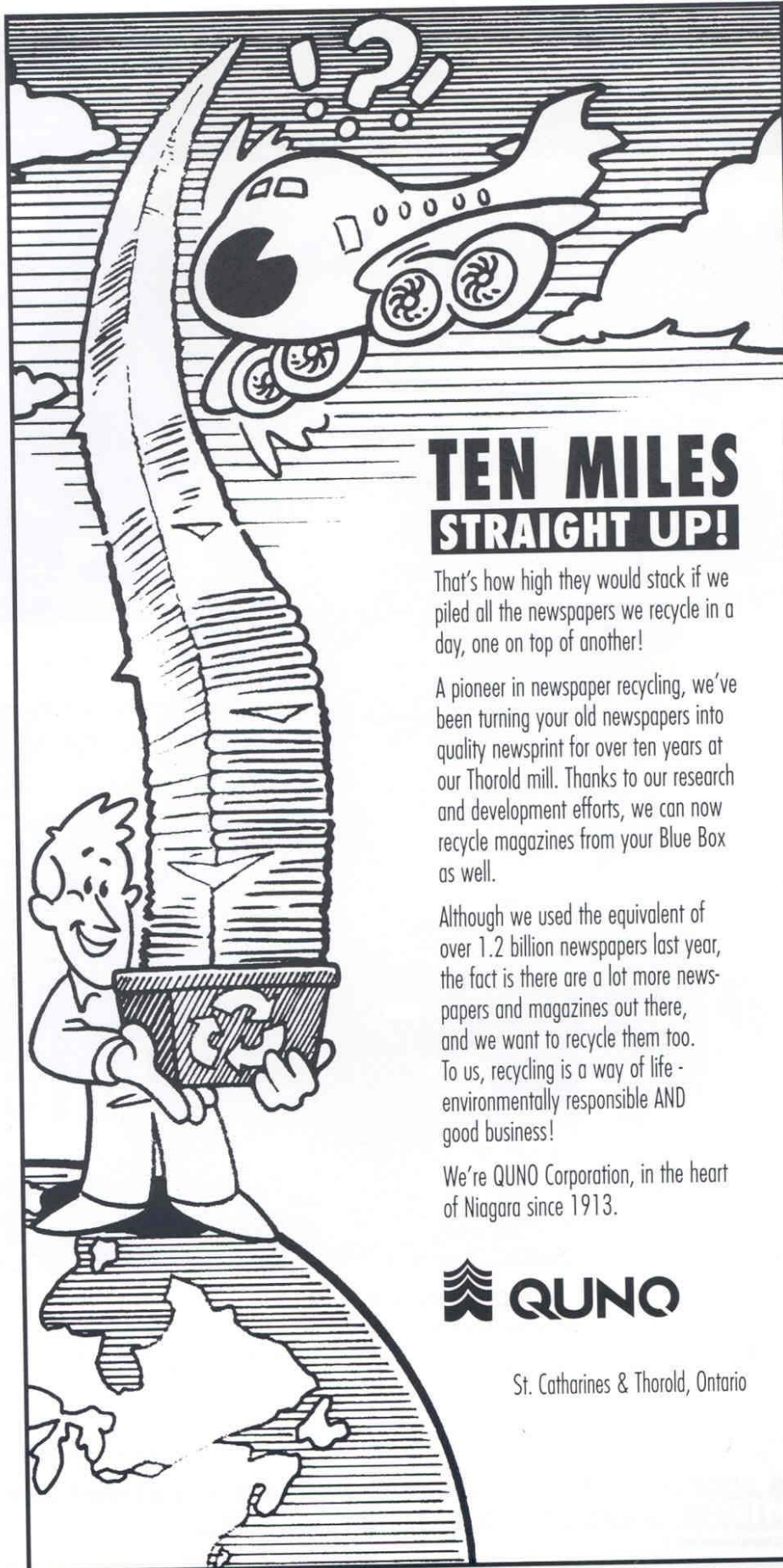
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JUNIORS ON THE WAY UP!

More young oarsmen of promise appeared in the St. Catharines RC Junior Age-Class ranks last Henley. Here are two. Mark Scott and Ross Beattie combined to win the Junior Age-Class Pair handily over Regina, Victoria City RC and two other St. Catharines boats. The winning time was posted as 7:39.51

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UNIVERSITY OF VICTORIA PICKS UP ANOTHER

All the way from Vancouver Island, this University of Victoria crew was the pick of the Women's Senior Four at Henley 1994. They clocked 7:31.85 in besting five rivals who crossed the finish line as Lookout BC, Philadelphia Vespers, Winnipeg, Mississauga Dons and Vancouver RC. The champions are Anna Vanderkamp, Julie Jespersen, Nancy Sheils and Kristin Meissner.

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RIVERSIDE COMES THROUGH IN LIGHTWEIGHT EIGHT COMPETITION

It was the Riverside Boat Club of Cambridge all the way over five rivals in the final of the Men's Senior 155 lb. Eight last Henley. And with it came the Joseph Wright Memorial Trophy. Clocking a sizzling 6:09.47 on flat water, the New Englanders left the University of Western Ontario, New York AC, Kennebecasis RC, a second Riverside entry and a Mexican Rowing Federation boat completing the field. The champions are Jay Vigeland, Matt Emmers, Jamie Tew, Jeff Myjak, Rob Hillman, Rich Schroeder, Tom Grace, stroke Chris Marinop and cox Sami Barub.

Welcoming Clubs - 1995 Henley

Five St. Catharines Rowing organizations combine this week in welcoming visitors to the 1995 Royal Canadian Henley Regatta, the 113th of these rowing championships and the 93rd 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 15 secondary schools in the St. Catharines RC's comprehensive scholastic rowing program, the St. Catharines Rowing Alumni, the St. Catharines Rowing League and the Henley Island Helpers have helped earn the Garden City its title of the Rowing Capital of Canada and hopefully Host City for the 1999 World Rowing Championships.



St. Catharines Rowing Club

Founded 1903

Jim Marino, President



Ridley Boat Club

Founded 1971

Chris Lloyd, President



Brock University Crew

Founded 1964

Terry White, President



Ridley College Crew

Founded 1967

Rupert Lane, Headmaster



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Founded 1971

Joseph Gottli, President

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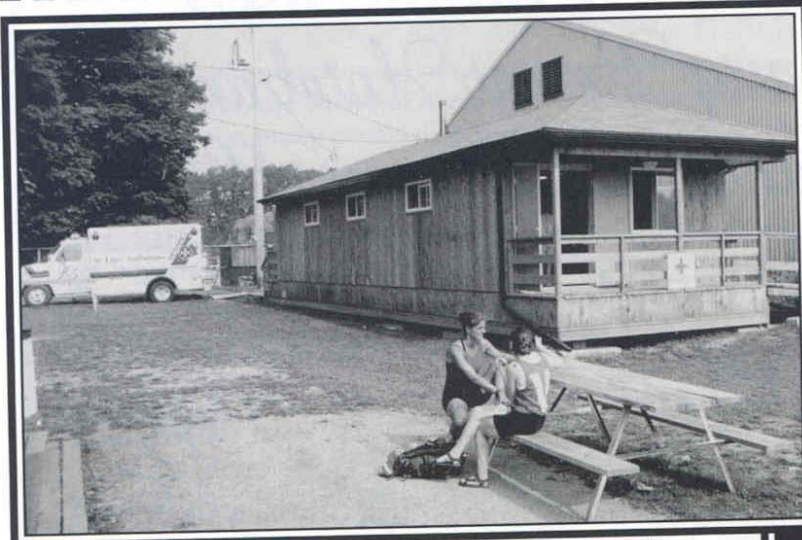
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WESTERN'S GIRLS COME THROUGH IN FINE FASHION

This is Western's favorite final. And they made the most of it at Henley 1994. The University of Western Ontario once again took home the Brock University Trophy by besting five rivals in 6:54.24 to win the Women's Intermediate Eight going away. The field wound up with University of Victoria, Philadelphia Vesoers, Montreal RC, Toronto Argonauts and Baltimore RC completing the picture. Western boated as cox Becki Rosloski, stroke Michelle Mellow, Kelly Benson, Estee Marcziniski, Stacey Graham, Deborah Kraemer, Laura Empy, Britt Haydamack and Amber Tutton.

HENLEY'S MEDICAL FACILITIES



St. John Ambulance emergency vehicle backs up new Henley Island medical facilities available at all regattas rowed here.

There's always something new at Henley. And this year, it is the completed Medical Centre staffed by trained health care professionals.

Located adjacent to the main shellhouse complex on Henley Island, the Medical Centre is the result of a unique co-operative undertaking involving the Canadian Henley Rowing Corporation and Niagara College. CHRC is responsible for facilities along the Henley Course while Niagara College is a technical college providing on-the-job training in a variety of skilled trades.

As a result, these two organizations got together in planning the Medical Centre, the college providing instructors and trainees while CHRC supplied the island site and construction materials. The end result is a medical facility second to none, staffed by doctors and nurses in keeping with Henley's community volunteer tradition.

"It's a dream come true," says Jim Minards, CHRC's regatta manager. "But without a lot of co-operation from a lot of people, it wouldn't have happened."

Minards played a major role in the Medical Centre project himself, working principally with Brian Moukperian, the Niagara College official in charge of the continuing program featuring on-the-job training. Both are former oarsmen.

Dr. Kathleen Swayze, as a former rower herself, is the chief medical officer at the centre. She is backed by a volunteer staff of 55 doctors, nurses, physiotherapists, athletic therapist, St. John Ambulance first aiders, firefighters and ambulance drivers.

"It's a wonderful place to work," suggested Dr. Swayze. "So different from the tents and empty boathouse bays which used to be our lot."

"We can handle almost any medical emergency. There aren't many athletic venues which can boast a medical facility like this."

Bob Kuhns, the senior St. John Ambulance officer on site whenever a regatta is rowed here, is just as enthusiastic. He recalls the windy, wet and wild days when his corps treated casualties on the Henley Island docks.

Boasting all sorts of related medical equipment, running water and heat (air conditioners on hot days), the new sick bay has everything required for on-site medical treatment by qualified personnel.

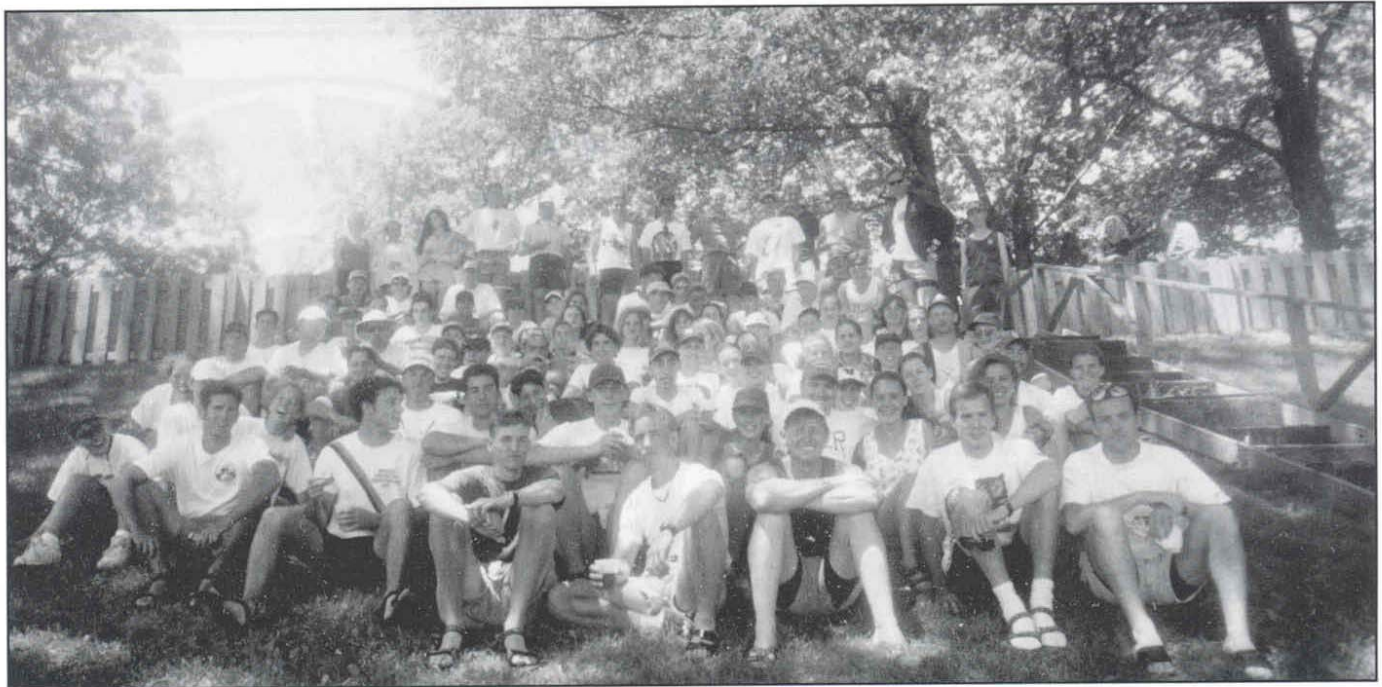
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 Int. 155 lb. – Mike Adamczyk, Derek Schwant
 Int. 140 lb. – Brian Moukperian, Joe Cosby
 Sr. 155 lb. – Chris Cookson, Chris Taylor
 Sculling – George Darte

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ROYAL CANADIAN HENLEY CHAMPIONS - 1994



THURSDAY

Women's 115-lb. Cox Four	Seattle RC	7:35.14
Women's Int. Single	Kingston RC (Tosha Tsang)	7:39.83
Int. 155-lb. Pair	Kennebecasis RC	6:46.28
Int. 155-lb. Single	Cornell Univ. (Jeremy Rawlinson)	6:54.28
Women's Int. Pair	Calgary RC	7:21.69
Women's Int. Lt. Single	Peterborough RC (Maureen Harrisman)	7:46.63
Int. Cox Four	Don RC	6:20.02
Int. 145-lb. Single	Durham BC (Don Webber-Plank)	7:07.14
Women's Int. Lt. Four	New York AC	6:19.34
Women's Int. Lt. Quad	Philadelphia Girls RC	6:39.27
Women's Int. Four	Vesper BC	6:41.78

FRIDAY

Junior Quad	St. Catharines RC	6:35.73
Women's Int. Lt. Cox Four	New York AC	7:31.19
Women's Int. Double	Occoquan BC	7:29.23
Int. Pair	Univ. Washington	6:54.54
Int. 155-lb. Double	Royal Hong Kong YC	6:38.79
Women's Int. Cox Four	U. Western Ontario	7:13.75
Women's Int. Lt. Double	Philadelphia Girls RC	7:40.14
Int. 155-lb. Four	Riverside BC	6:21.41
Women's Jr. Quad	St. Catharines RC	7:14.10
Int. 140-lb. Cox Four	Wyandotte BC	6:43.28
Int. Four	U. of Victoria	6:14.49
Int. Double	Cambridge BC (GB)	6:33.65
Women's Int. Quad	Boston RC	6:47.75
Women's Int. Lt. Eight	Minnesota BC	6:39.32
Int. 155-lb. Quad	Malta BC	6:10.47

SATURDAY

Junior Single	Ridley Grads (Craig Ethelson)	7:52.01
Women's Junior Single	Boucherville RC (Jen Lanctor)	8:52.55
Junior Pair	St. Catharines RC	7:39.51
Sr. 140-lb. Four	New York AC	7:04.20
Sr. 144-lb. Quad	Durham BC	6:28.17
Association Single	Mic Mac AC (Todd Hallett)	7:34.58
Int. 155-lb. Eight	Riverside BC	6:09.50
Women's Jr. Pair	St. Catharines RC	8:38.79
Intermediate Eight	Penn AC	6:06.49
Women's Sr. Quad	Philadelphia Girls RC	7:16.62
Women's Int. Eight	U. Western Ontario	6:54.24
Intermediate Quad	Montreal RC	6:28.67
Open Singles Dash	Occoquan (David Gleeson)	1:37.92
Eights Dash	Penn AC	1:19.73
145-lb. Singles Dash	New York AC (Todd Green)	1:45.10
Women's Eight Dash	U. of Victoria	1:28.49
Women's Single Dash	Kingston RC (Diane O'Grady)	1:52.00

Light Eight Dash	
155-lb. Singles Dash	
Women's Lt. Eight Dash	
Junior Four	
Elite Pair	
Women's Elite Single	
Junior Double	
Elite Lt. Single	
Women's Jr. Double	
Women's Elite Double	
Elite Single	
Women's Junior Four	
Elite Eight	
Junior Eight	
Women's Jr. Eight	

Women's Sr. Cox Four	
Senior Four	
Women's Sr. Lt. Four	
Sr. 155-lb. Pair	
Sr. 135-lb. Single	
Senior 155-lb. Double	
Women's Sr. Lt. Single	
Senior 140-lb. Pair	
Women's Sr. Single	
Women's Sr. Lt. Pair	
Women's Sr. Four	
Sr. 140-lb. Double	
Senior Pair	
Senior 155-lb. Four	
Women's Sr. Pair	
Sr. 140-lb. Cox Four	
Senior Double	
Women's Sr. Lt. Eight	
Sr. 155-lb. Cox Four	
Sr. 145-lb. Single	
Women's Sr. Lt. Double	
Sr. Cox Four	
Championships Single	
Sr. 155-lb. Single	
Women's Sr. Double	
Sr. 155-lb. Eight	
Women's Sr. Lt. Cox Four	
Sr. 140-lb. Eight	
Senior Quad	
Women's Sr. Eight	
Senior Eight	

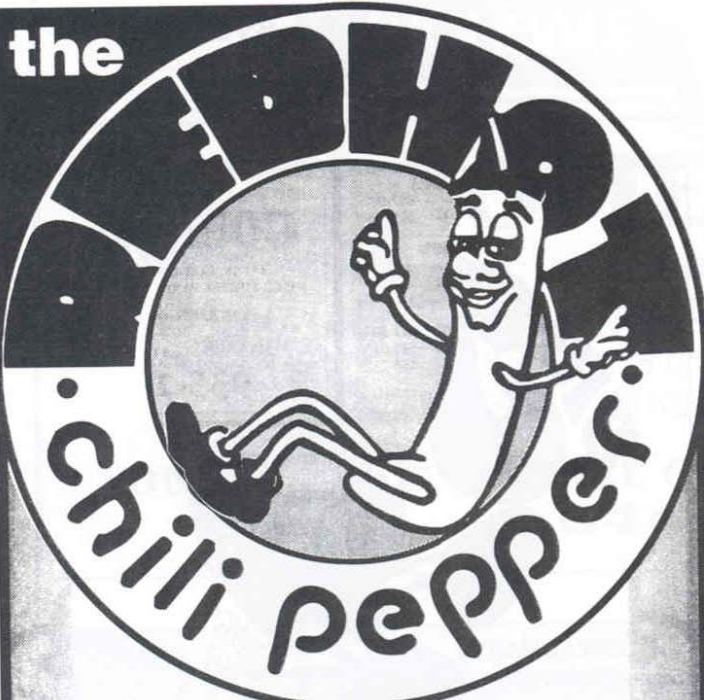
Dartmouth RC	1:21.94
St. Catharines RC (John Murphy)	1:38.19
Minnesota BC	1:33.75
Vesper BC	6:50.54
Rowing Canada	6:50.99
Vesper BC (Emily Dirksen)	8:30.66
Calgary RC	7:12.67
St. Catharines RC (Jeff Hilton)	7:26.10
Regina RC	8:06.25
Peru Nationals	8:13.25
Occoquan BC (Andrew McMarlin)	7:29.67
St. Catharines RC	7:33.42
Rowing BC	6:04.48
St. Catharines RC	6:19.04
Leander BC	7:08.58

SUNDAY

U. Western Ontario	7:53.63
Dartmouth RC	6:32.75
Riverside BC	7:52.21
Western Reserve U.	7:34.08
Durham BC (Michael Dreher)	8:39.57
Royal Hong Kong YC	7:29.27
New York AC (Jen Florio)	8:56.16
South Niagara RC	8:08.73
DC Strokes (Olwen Huxley)	9:18.63
Argonaut RC	8:35.96
U. of Victoria	7:31.85
Durham BC	7:49.68
U. of Victoria	7:21.87
U. of Victoria	6:54.98
Burnaby Lake AA	8:13.68
Club Espana	7:28.00
Occoquan BC	7:09.18
New York AC	7:12.63
Potomac BC	7:05.16
Durham BC (Michael Dreher)	8:13.68
Argonaut RC	8:26.19
Dartmouth RC	6:49.48
Mic Mac AA (Todd Hallett)	7:48.57
Wesleyan U. (Chris Schulten)	7:53.22
Kingston RC	8:01.11
Riverside BC	6:09.47
Argonaut RC	7:58.82
Wyandotte BC	6:34.27
Occoquan BC	6:31.64
Lookout RC	6:42.13
U. of Victoria	6:00.48

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WYANDOTTE'S FAVORITE HENLEY EVENT, THE SENIOR 140-POUND EIGHT

They did it again at Henley 1994! And it was the Geoff Taylor Trophy which this Wyandotte BC won in a 6:34.27 barn-burner over five strong rivals. The Michigan youngsters were followed across the line by New York AC, Buffalo West Sides, St. Catharines RC, Mexico's Club Espana and Toronto Argos. The lightweight champs are cox Megan Lott and Bill Masserant, Sashe Ellison, Lief Alfenas, Scott Zulewski, Bill Neff, John Borowicz, Jay Steele and stroke Jerrod Kowalewaki.

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IT WAS A ROYAL SHOWING!

They came to Henley from the other side of the world. But their exceptional sculling made it all worthwhile.

Matt Richardson and Kai Ramm of the Royal Hong Kong Yacht Club won both the Senior and Intermediate doubles at Henley 1994. And they succeeded in turning their St. Catharines stay into the trip of a lifetime.

Writing in a recent issue of Hong Kong Rowing, his club's magazine, Kai Ramm recounted the scullers' Canadian adventure.

In part, his account of Henley 1994:

"We chose the Royal Canadian Henley in St. Catharines for a number of reasons. First of all, a Royal regatta befits the Royal Hong Kong Yacht Club well, secondly it is the biggest rowing event in North Central and South America and thirdly it was to be held at a suitable time.

Our delegation of two arrived at Toronto airport in poor shape after spending a mere 23 hours in overfilled planes and airport lounges. While we tied our oars directly onto the roof of our gigantic rental car we slowly realized that it was not one week since we left Hong Kong, but indeed we had departed on the same day! Luckily Matt spotted our bed and breakfast place in St. Catharines five minutes before midnight despite reduced visibility (or so my, the driver's, brain thought) on the Queen's highway.

During the 12 days before the regatta we fine-tuned our excellent rented wooden double scull and familiarised ourselves with the windy course by covering about 300 km. on it. While we became part of the inventory in the St. Catharines R.C., we did some limited damage to the stock of strictly non-fat items in Zehr's supermarket and the cappuccino outlets' special offers. We trained and dieted excessively for a reason: we wanted to be safe vis a vis those though weigh-in rules which said you were not allowed to test the official scales at any time. Moreover, the lightweight competitor only had one try at official weigh-in and was not even told the reading after facing away from the display. The official would only say "OK" or "Out". Just imagine you fly 10,000 miles to race lightweight just to be told that you cannot race! Both Matt and myself had to achieve sate weight about three pounds under the lightest each of us had even been for a race.

In between, there was sufficient time to see Niagara Falls and to do a 'wilderness tour' over 750 kilometres by car. During this day tour through part of vast Ontario, we starving, near-skeletons were saved from fainting by a magic café in the middle of nowhere serving blueberry pie. In the evening we penalised ourselves for this *faux pas* by having nothing but raw spinach with non-fat yogurt and garlic for dinner. Other tours included Ball's Falls in the middle of Vineland near St. Catharines. Yes, they produce good wines there! We also went across to Buffalo in the U.S. after Matt caused a sizeable delay at the border. When asked by Immigration he told them - as was indeed our aim - that we were entering the United States to have a cup of coffee and then leave again as quickly as possible.

We had a bit of a low point just before racing as a result of our weight loss. Also, pressure was building up by training together with literally hundreds of other boats which had by then arrived. Martindale Pond was so crowded that one could have walked on the water! The queue to get on and off the water for training was probably one hundred boats. Some never made it before darkness. With 2400 individual rowers entered, this regatta has reached its capacity, which

explains the tough rules.

In our Intermediate final, we managed to get a jump on our five opponents, all from the United States. We clocked 6:38.79 for a three-second margin on Durham BC of New Hampshire. A hard race but it had made the long journey worthwhile.

Winning the Intermediate double entitled us to proceed directly to the final of the senior (unrestricted) lightweight double. This gave us one rest day which we really needed before racing what we thought would be some of the best lightweight doubles in the U.S. and Canada.

In contrast to our previous final, our preparation for the open double was as good as it should be. We welcomed the strong headwind in just manageable water conditions at the start - our weather. We also realised that none of the other boats was a Canadian or U.S. national team. The start was given, off we went - and ahead. Leading comfortably, Matt at stroke even afforded us the thrill of a completely unnecessary finishing sprint which nearly blew the bowman's lungs out.

The final of the Senior 155-Pound Double saw us clock 7:29.27 for an eight-second margin on Ottawa RC with a Mexican national boat winding up third. From there it was Undine, Regina and Wyandotte.

With this result, there could not be many lightweight doubles faster than us in this part of the world. Cheered on by the crowd, we decided that this had become a fantastic trip indeed, after achieving more than we had expected.

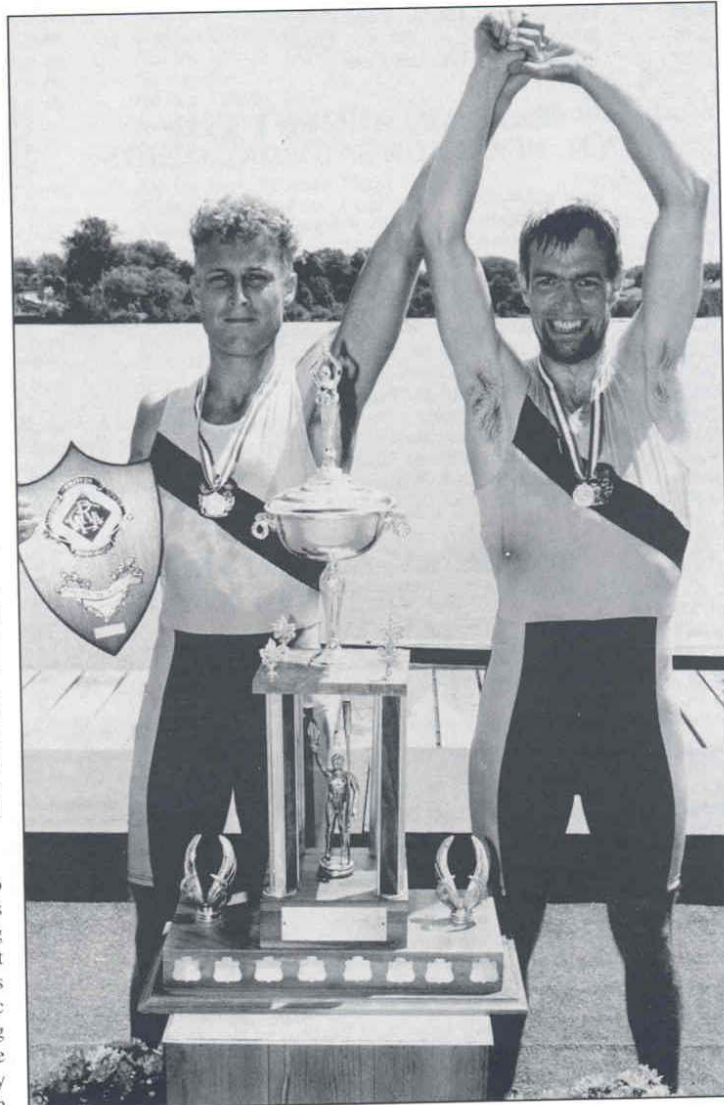
After the race, Matt rushed straight to the car to collect the 1 kilogramme blueberry cake he had secretly bought in the morning. We gobbled it up in about 25 seconds. Several more cakes, starters, main courses, desserts and wine bottles later in that one restaurant it became clear that I had the better training and stom(ach)ina through many Yacht Club Wednesday curries: I had gained 6.3 kg compared to Matt's 3.8 kg in that single binge! We knew those exact figures from our scales which we had placed next to our table. Everybody, including the waitresses, had to weigh in frequently. The Port Dalhousie area was full of rowers that night. This meant celebrations went on and on. The persons involved do not wish to be reminded of when and how they got home.

After anxiously seeing us starving for two weeks, the Kennedys as our bed and breakfast hosts watched in amazement as we went straight to the other extreme. Caring hosts as they have been all the time, our last two breakfast amounted to nearly the same size as all our previous

ones together. More food and drink dominated the last day in Canada which otherwise during a cycling tour featured a classic somersault over the handlebar with the bicycle landing on top of me.

This thoroughly enjoyable trip put the so far unknown Royal Hong Kong Yacht Club and Hong Kong Rowing on the map in Canada and the U.S. The rowing - not to mention the eating - has helped our profile in this part of the world. The rowers in St. Catharines treated us very well - another very positive aspect of our stay there.

And surely next time not so many people will ask us, after hearing we came from Hong Kong, whether we already speak Japanese!



1995 HENLE

THURSDAY, AUGUST 10th

1	4:10 p.m.	Open 115 lb. Women Four Cox	Jim McMullen Trophy
2	4:20 p.m.	Intermediate Women Single	
3	4:30 p.m.	Intermediate 155 lb. Pair	
4	4:40 p.m.	Intermediate 155 lb. Single	Theo. Dubois Trophy
5	4:50 p.m.	Intermediate Women Pair	
6	5:00 p.m.	Intermediate Lwt. Women Single	
7	5:10 p.m.	Intermediate Four Cox	Al Ward Memorial Trophy
8	5:20 p.m.	Intermediate 145 lb. Single	R.G. 'Bob' Dibble Memorial Trophy
9	5:30 p.m.	Intermediate Lwt. Women Four	
10	5:40 p.m.	Intermediate Single	A.G. Muir Challenge Cup
11	5:50 p.m.	Intermediate 140 lb. Four	
12	6:00 p.m.	Intermediate Lwt. Women Pair	
13	6:10 p.m.	Intermediate 155 lb. Four Cox	Cookson Trophy
14	6:20 p.m.	Intermediate Lwt. Women Quad.	
15	6:30 p.m.	Intermediate Women Four	

FRIDAY, AUGUST 11th

A.M. HEATS FOR SATURDAY EVENTS

16	4:10 p.m.	Junior Quad.	
17	4:20 p.m.	Intermediate Lwt. Women Four Cox	
18	4:30 p.m.	Intermediate Women Double	
19	4:40 p.m.	Intermediate Pair	Bennett Hogan Trophy
20	4:50 p.m.	Intermediate 155 lb. Double	Thomas Croston Trophy
21	5:00 p.m.	Intermediate Women Four Cox	
22	5:10 p.m.	Intermediate Lwt. Women Double	
23	5:20 p.m.	Intermediate 155 lb. Four	Paddy Cline Trophy
24	5:30 p.m.	Junior Women Quad.	
25	5:40 p.m.	Intermediate 140 lb. Four Cox	
26	5:50 p.m.	Intermediate Four	Nelles Stacey Memorial Trophy
27	6:00 p.m.	Intermediate Double	Fry and Thoburn Trophy
28	6:10 p.m.	Intermediate Women Quad.	
29	6:20 p.m.	Intermediate Lwt. Women Eight	Arthur Sims Memorial Trophy
30	6:30 p.m.	Intermediate 155 lb. Quad.	Ken Stewart Trophy

SATURDAY, AUGUST 12th

A.M. HEATS FOR SUNDAY EVENTS

31	1:30 p.m.	Junior Single	
32	1:40 p.m.	Junior Women Single	Alex Wilson Trophy
33E	1:50 p.m.	Junior Women Eight	
34	2:00 p.m.	Junior Pair	
35	2:10 p.m.	Intermediate 140 lb. Eight	Michael J. Broderick Memorial Trophy
36	2:20 p.m.	Senior 155 lb. Quad.	T. Edison Lane Memorial Trophy
37	2:30 p.m.	Association Single	Jack Guest Memorial Trophy
38	2:40 p.m.	Intermediate 155 lb. Eight	Florence Saunders Trophy
39	2:50 p.m.	Junior Women Pair	Perry Ellis Trophy
40	3:00 p.m.	Intermediate Eight	Wyandotte Trophy
41	3:10 p.m.	Senior Women Quad.	Margaret Gare Trophy
42	3:20 p.m.	Intermediate Women Eight	Brock University Trophy
43	3:30 p.m.	Intermediate Quad.	Charles Hooper Memorial Trophy
44	3:40 p.m.	500 Metre Dash Single Open	Murphy Bros. Trophy
45	3:50 p.m.	500 Metre Dash Eight	Don Thom Trophy
46	4:00 p.m.	500 Metre Dash 145 lb. Single	
47	4:10 p.m.	500 Metre Dash Women Eight	
48	4:20 p.m.	500 Metre Dash Women Single	Marie-Lyne Rochon Memorial Trophy
49	4:30 p.m.	500 Metre Dash Lwt. Men Eight	Ralph Gifford Memorial Trophy
50	4:40 p.m.	500 Metre Dash 155 lb. Single	Cornelius Memorial Trophy
51	4:50 p.m.	500 Metre Dash Lwt. Women Eight	
52	5:00 p.m.	Junior Four	
53E	5:10 p.m.	Elite Pair	
54E	5:30 p.m.	Elite Women Single	
55	5:40 p.m.	Junior Double	
56E	5:50 p.m.	Elite Lwt. Single	
57	6:00 p.m.	Junior Women Double	
58E	6:10 p.m.	Elite Women Double	
59E	6:20 p.m.	Elite Single	
60	6:30 p.m.	Junior Women Four	
61E	6:40 p.m.	Elite Eight	
62	6:50 p.m.	Junior Eight	

Y PROGRAM

SUNDAY, AUGUST 13th MORNING - MASTER EVENTS CLAUDE (SANDY) SAUNDERS DAY

63	12:20 p.m.	Senior Women Four Cox	Eddie Durnan Trophy
64	12:30 p.m.	Senior Four	Maurice J. Carroll Trophy
65	12:40 p.m.	Senior Lwt. Women Four	H.I.H. 39th Anniversary Trophy
66	12:50 p.m.	Senior 155 lb. Pair	J.L. Murray Memorial Trophy
67	1:00 p.m.	Senior 135 lb. Single	John Dorr Trophy
68	1:10 p.m.	Senior 155 lb. Double	Stu Fleming Memorial Trophy
69	1:20 p.m.	Senior Lwt. Women Single	Sandy Kirby Trophy
70	1:30 p.m.	Senior 140 lb. Pair	Thomas G. Gannon Memorial Trophy
71	1:40 p.m.	Senior Women Single	Lady Henley Trophy
72	1:50 p.m.	Senior Lwt. Women Pair	Sandy Greenhagh Trophy
73	2:00 p.m.	Senior Women Four	Xerox Trophy
74	2:10 p.m.	Senior 140 lb. Double	Tank Bros. Trophy
75	2:20 p.m.	Senior Pair	William Hamilton Merritt Trophy
76	2:30 p.m.	Senior 155 lb. Four	Fred Carter Memorial Trophy
77	2:40 p.m.	Senior Women Pair	Henley Island Helpers Prestige Trophy
78	2:50 p.m.	Senior 140 lb. Four Cox	F.F. (Ted) Nelson Trophy
79	3:00 p.m.	Senior Double	Hop Bitters Trophy
80	3:10 p.m.	Senior Lwt. Women Eight	People of Pt. Dalhousie Trophy
81	3:20 p.m.	Senior 155 lb. Four Cox	Rodger Sellars Trophy
82	3:30 p.m.	Senior 145 lb. Single	W.C. (Bill) Crawford Memorial Trophy
83	3:40 p.m.	Senior Lwt. Women Double	Fred Loek Trophy
84	3:50 p.m.	Senior Four Cox	W. Burgoyne Memorial Trophy
85	4:00 p.m.	Champion Single	George Frederick Galt Trophy
86	4:10 p.m.	Senior 155 lb. Single	Claude (Sandy) Saunders Trophy
87	4:20 p.m.	Senior Women Double	Joseph Wright Memorial Trophy
88	4:30 p.m.	Senior 155 lb. Eight	Ted Johnson Trophy
89	4:40 p.m.	Senior Lwt. Women Four Cox	Geoffrey Taylor Trophy
90	4:50 p.m.	Senior 140 lb. Eight	Charles Adams Trophy
91	5:00 p.m.	Senior Quad.	H.I.H. Presidents Cup
92	5:10 p.m.	Senior Women Eight	Ned Hanlan Memorial Trophy
93	5:20 p.m.	Senior Eight	

MASTERS EVENTS

Sunday morning at the 113th Royal Canadian Henley Regatta is devoted to Masters Events, the racing scheduled to get underway 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

No. 1M—"A"—Four Cox
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
Now. 14M—"D"—Four Cox

CATEGORY

No. 15M—"F-G"—Double
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



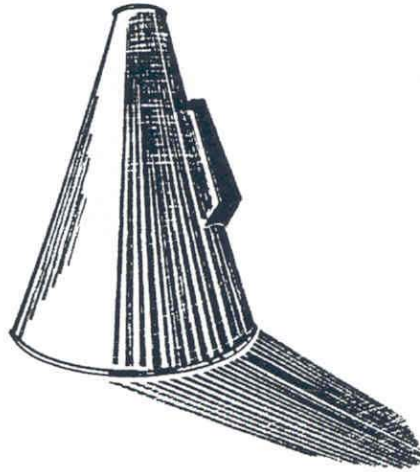
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AND DURHAM DOES IT AGAIN!

The Senior 140-Pound Double was a repeat performance for Mike Dreher and Dan Webber-Plank from Henley 1994. In fact, this lightweight made it a three-peat for Durham Boat Club. Timed in 7:49.68 last year, the New Hampshire scullers were out front on Everett RA, Minneapolis RC, Edmonton RC and Club Espana from Mexico City at the finish line.

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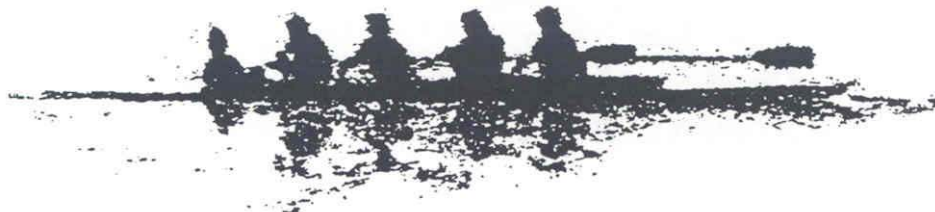
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WORLD CHAMPION SCULLER DROPS IN AT HENLEY

Public address announcer Jack Lovett introduces a special guest to last year's Henley Sunday crowd in the person of Silken Laumann, Canada's premier woman sculler, Laumann, a graduate of Fred Loek's sculling program at Mississauga Dons, is an Olympic medalist and World Cup champion who has come back from a near-fatal on-water collision four years ago to regain her international stature.

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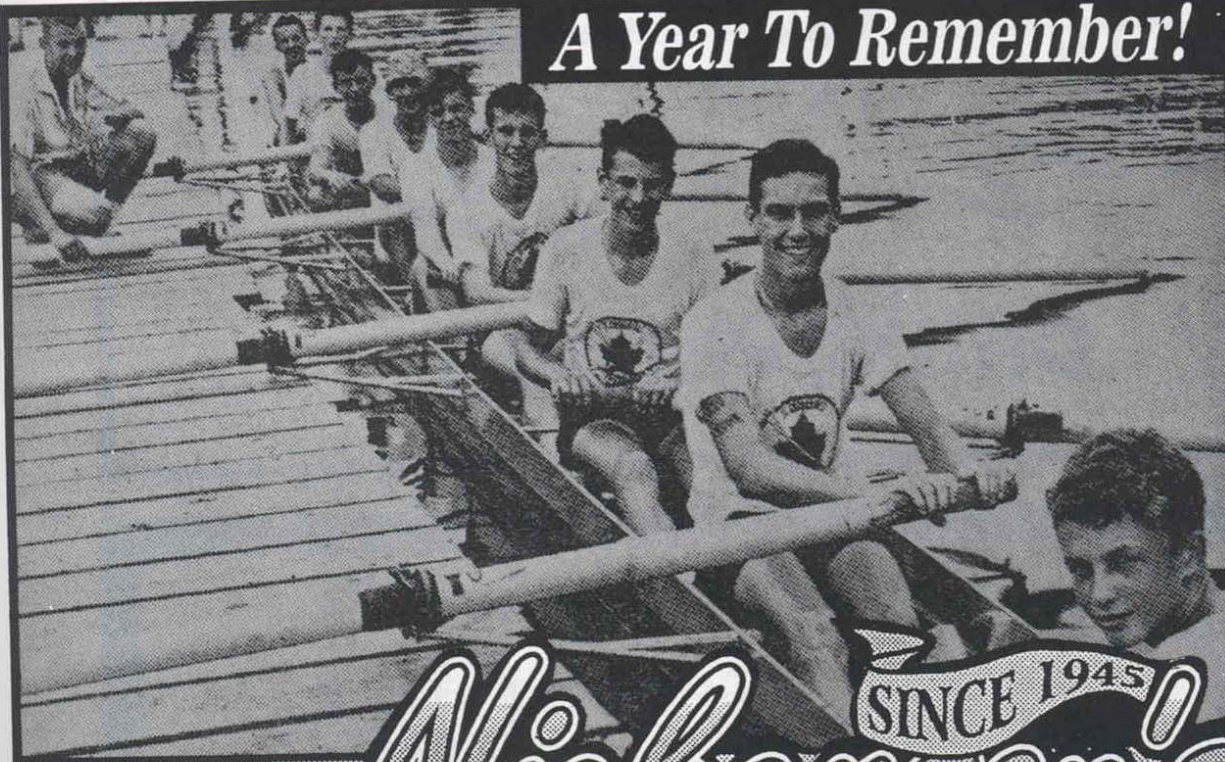
36 Queenston Street, St. Catharines, Ontario L2R 7C7 Tel. (905) 682-6691 Fax (905) 682-9434



HER STROKES WERE THE BEST!

Olwen Huxley's strokes were the best of a six-boat field for the Women's Senior Single at the 1994 Henley. It was appropriate since she was entered representing the DC Strokes of Washington. Julie Johnson of Drake University pushed Huxley to a 9:18.63 with Marci Porter of Lookout RC wound up third and Bernadette Deely of Occoquan BC fourth over Tosha Tsang of Kingston and Gina Feist of Saskatoon in sixth. That's the Lady Henley Trophy which goes to the winner.

A Year To Remember!



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1945 - 1995

Nickerson's celebrates 50 years of business in St. Catharines. Good Luck to all competitors. Pictured here, the St. Catharines Rowing Club 145 pound eight winners in 1964. From bow, Brian Burke, Bob Watson, Richard Burgess, John Nickerson, John Clark, Richard Savard, Jerry Piovesana, Ross Moorehouse and Bob Matheson, coach Dalton Clark (on dock).

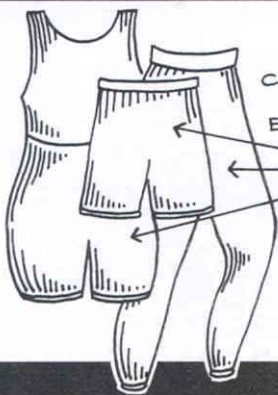
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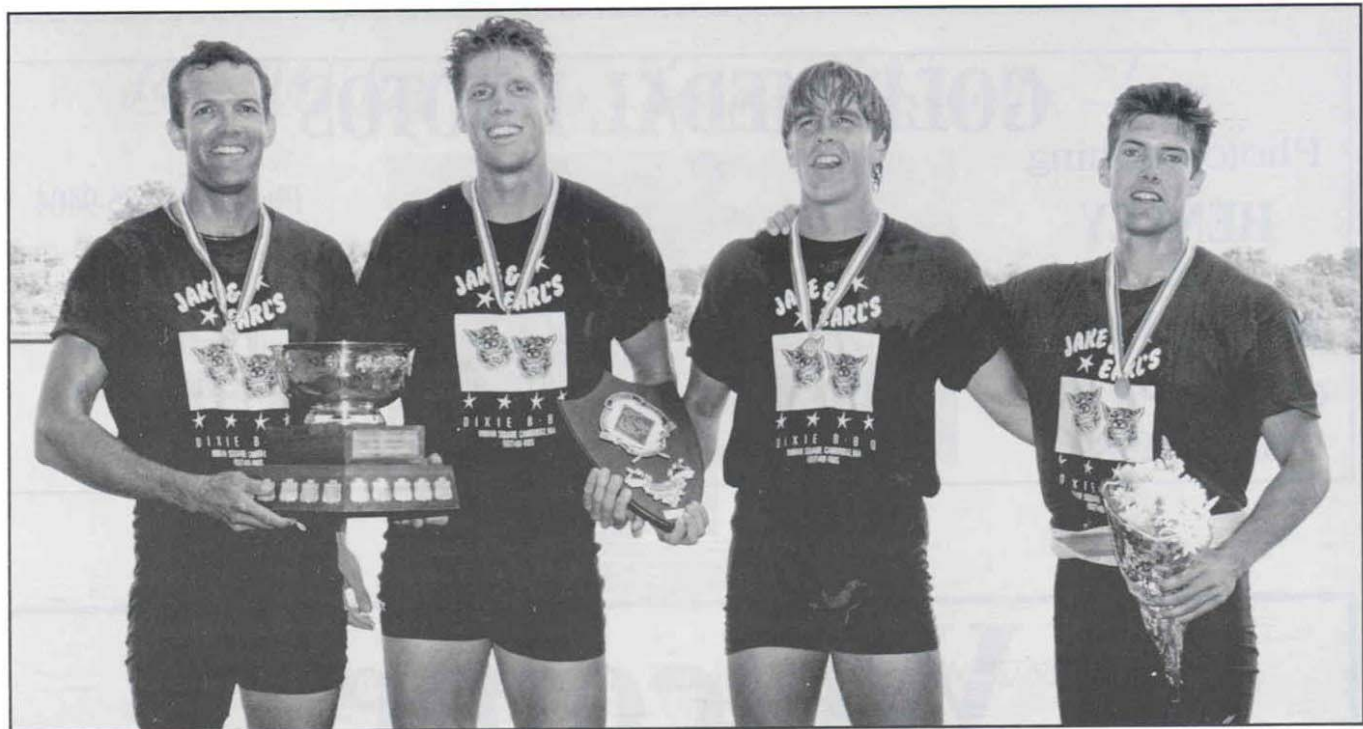
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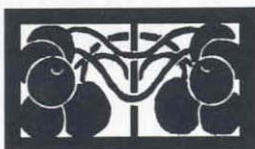
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WESTERN VIRGINIANS CAPTURE THE CHARLES ADAMS TROPHY

Sculling in unfamiliar colors, but racing as winners, these Occoquan BC scullers easily defeated four rivals in the Men's Senior Quad final at Henley 1994. Hailing from Springfield, West Virginia, the Occoquan champions were boated as Andy McMarlin, Brad Layton, Jay Paynich and stroke Dave Gleeson to best Durham BC, Ridley Grads, Montreal and Regina in 6:31,64.

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MINNESOTA LIGHTWEIGHTS CELEBRATE WITH ARTHUR SIMS TROPHY

This happy bunch of lightweights made the most of their rain-soaked appearance on the presentation podium after clocking 6:39.32 to leave five rivals open water behind in the Women's Intermediate Lightweight Eight at Henley 1994. It brought them the new Arthur Sims Memorial Trophy. From the left, it is cox Brianna Solomon, stroke Karen DeBruin, Anne Jasper, Alyson Dudley, Amy Lawrence, Kirsten Ratwick, Sandi Nelson, Veronica Weadock and Kerry McCarthy.



DID YOU KNOW THAT THE

Henley Island Helpers

- Donated Funds to install Albano System on Henley Course
- Donated \$300.00 to Tillsonburg Rowing Club
- Donated 24 Fiberglass Oars
- Have purchased 13 shells and 1 fiberglass training barge
- Donated \$1,000 toward lightweight rowing
- Donated \$1,500 towards Youth Rowing
- Helped equip the St. Catharines Rowing Alumni Clubhouse
- Donated \$500 to Buffalo West Side Building Fund
- Donated 7 Trophies and Keeper Trophies
- Donated Rowing Shell Trailer
- Donated to "Catch" Magazine
- Donated to Tony Zasada Memorial \$100.00
- Paid for the cost of re-wiring the Shell House
- Donated \$1,000 towards the purchase of maintenance equipment
- Donated \$2,000 towards the building of a Switchboard Room for C.H.R.C.
- Given \$2,000 towards the purchase of Sweep Oars
- Donated \$10,000 towards Bridge Fund
- Donated \$100.00 to Kristen French Bursery Fund
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 Senior LWT. Women's Four ... Henley Island Helpers 30th Anniversary Trophy
 Senior Women's Quad Margaret Gare Trophy

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Brock Rowing: Now All We Need Is You

Brock University's new, state-of-the-art indoor rowing centre was just opened by Niagara native Leo LeBlanc, an award-winning entrepreneur who attributes his business success to the spirit of teamwork and stamina he learned as a young oarsman. The centre is named after Mr. LeBlanc, in recognition of his generous gift of new shells to the elite rowing program the University has initiated.

The new facility boasts an eight-seat rowing tank, 25 ergometers and a full weight room. Together with the University's facilities on the Royal Henley Regatta course, this will make Brock the best-equipped rowing centre in North America, able to

accommodate 100 athletes at a session. Brock University is the Ontario Provincial Coaching Centre for Rowing.

Under Olympic-trained coach Joe Dowd, Brock rowers will follow the training model of the Canadian National Rowing Team: year-round, small-boat training and professional coaching. This allows each athlete to maximize his or her potential.

So come to Brock and maximize your potential—and elite rowing career...and a great education.

For more information or to arrange a campus tour, please contact the Office of External Relations, Brock University, St. Catharines, Ontario L2S 3A1 905/688-5550 ext. 3245.



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NEW YORK ATHLETIC CLUB LIGHTWEIGHT GIRLS SHINE THROUGH

Better known for its scullers of late, the New York Athletic Club boated a strong sweep oar contingent at Henley 1994. And it paid off, notably with these lightweight girls who were the pick of the Women's Senior Lightweight Eight. NYAC clocked 7:12.63 in winning the gold medal final for the People of Port Dalhousie Cup over Riverside BC, Minnesota BC, Toronto Argonauts and Washington Potomac. They are Juliet Mocer, Julie Schurz, Sue Veteri, Kathy Spergl, Kristin Crowley, Eileen Heanue, Gina Greer, Stroke Chris Idiart and cox Nary Kane.



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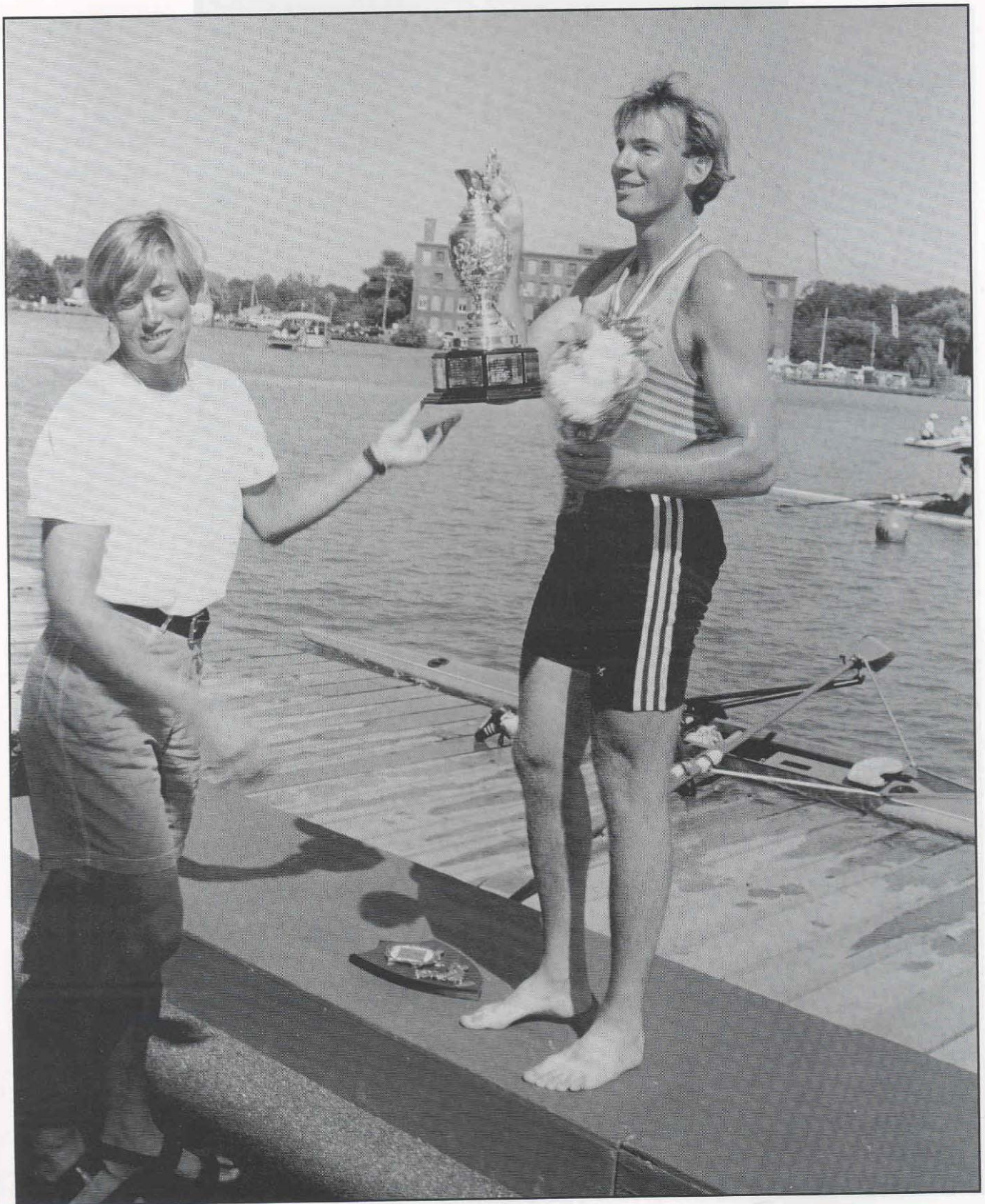
1999 WORLDS BID!

St. Catharines is hoping to play host to the 1999 World Rowing Championships.

Upgrading of the existing regatta facilities along the Henley Course is already under way. Remedial work to correct water flow and produce uniform course depth is part of the overall project.

The official bid for the 1999 Worlds will be made next week during a congress of the International Rowing Federation (FISA) at Tampere, Finland.

St. Catharines has played host to a World Rowing Championships once before, in 1970.



A PAIR OF SCULLING CHAMPIONS

Todd Hallett of Dartmouth's Mic Mac Athletic Club accepts his gold medal and the George Frederick Galt Trophy from Olympic medalist Silken Laumann after winning the Championship Single on the final afternoon of Henley 1994. He clocked 7:48.87 in the four-boat final. Tony Biernacki Jr. of Ridley Grads was second with Frank Rowe of Undine Barge and John Murphy of St. Catharines RC completing the field.

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KINGSTON GIRLS SCORE IN DOUBLES FINAL

Diane O'Grady and Tosha Tsang combined to earn Kingston RC gold medals in the Women's Senior Women's Double at Henley 1994. The two Eastern Ontario scullers clocked 8:01.11 for the 2,000 metres final which saw them best a Philadelphia Girls RC entry at the line with Montreal, Occoquan BC and two more Philadelphia Girls boats completing the field.

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.

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 washboard; **Stern Deck** extends from back of coxswain's seat to tiller post.

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.

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 - Fédération Internationale des Sociétés d'Aviron or the International Rowing Federation, the governing body of world amateur rowing. Denis Oswald of Switzerland, is the FISA president.

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.

ORLOCK - 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.

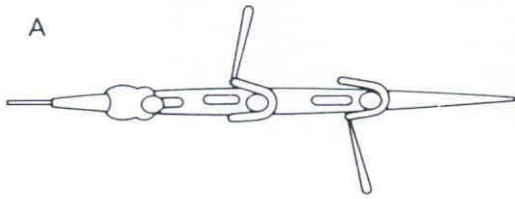
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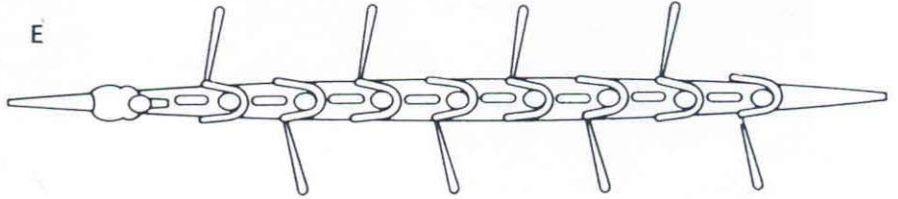


ROWING'S SHELL GAME



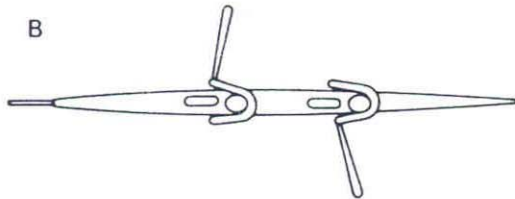
COX PAIR

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.



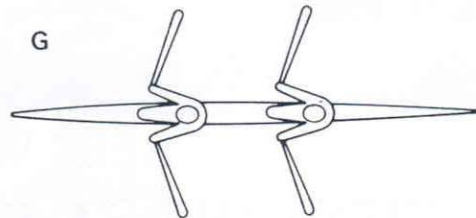
EIGHT

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



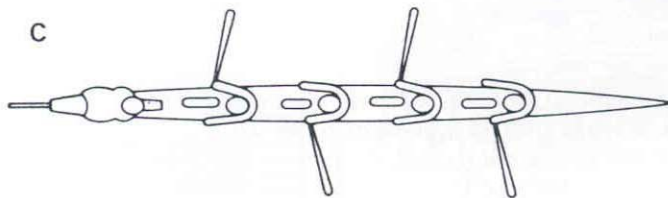
PAIR

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



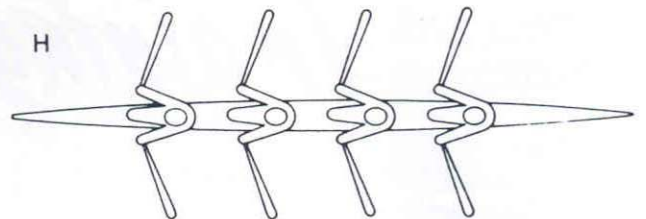
DOUBLE

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



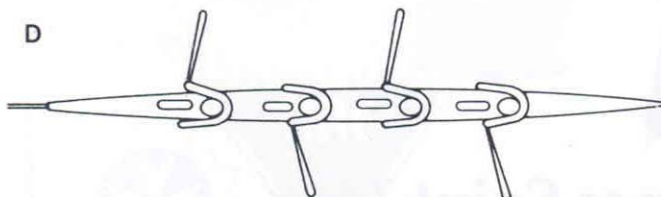
COX FOUR

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



QUAD

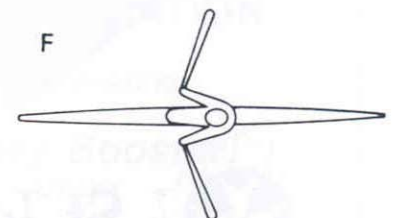
A shell in which four sculler row, each using a pair of oars or sculls.



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.





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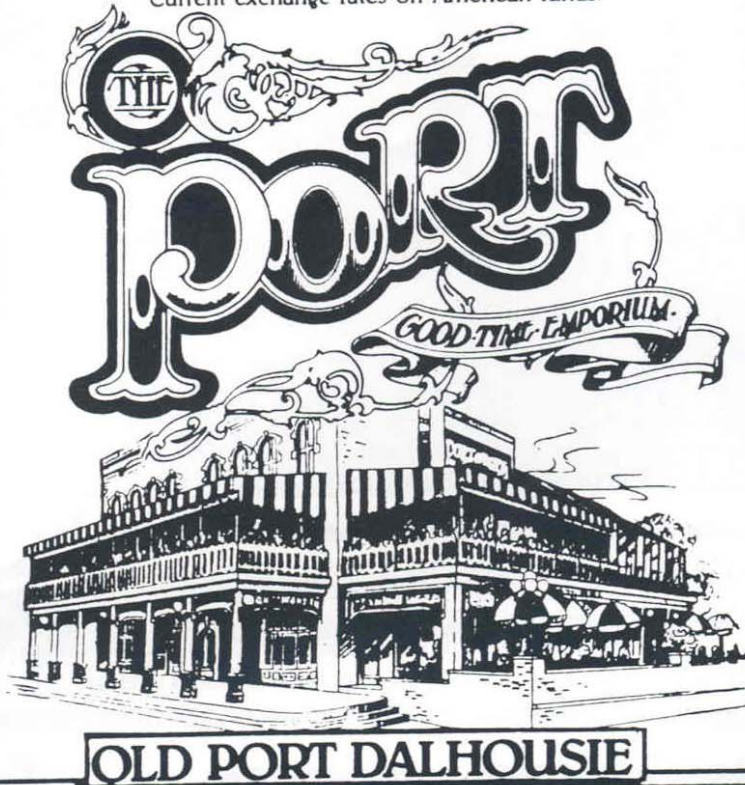


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PHILADELPHIA GIRLS FIND QUAD TO THEIR LIKING

Philadelphia Girls RC has always found the quadruple sculls to its liking at Henley. And the 1994 regatta was no different as these four gals came through with gold medals in the Women's Senior Quad. Timed in 7:16.42 to lead the finish parade, the rest of the field was home as Occoquan BC, Boston RC a second PGRC entry and the University of British Columbia. The winners boated as Leslie Burns, Rosana Zegarra, Beth Gardner and stroke Cindy Brooks.



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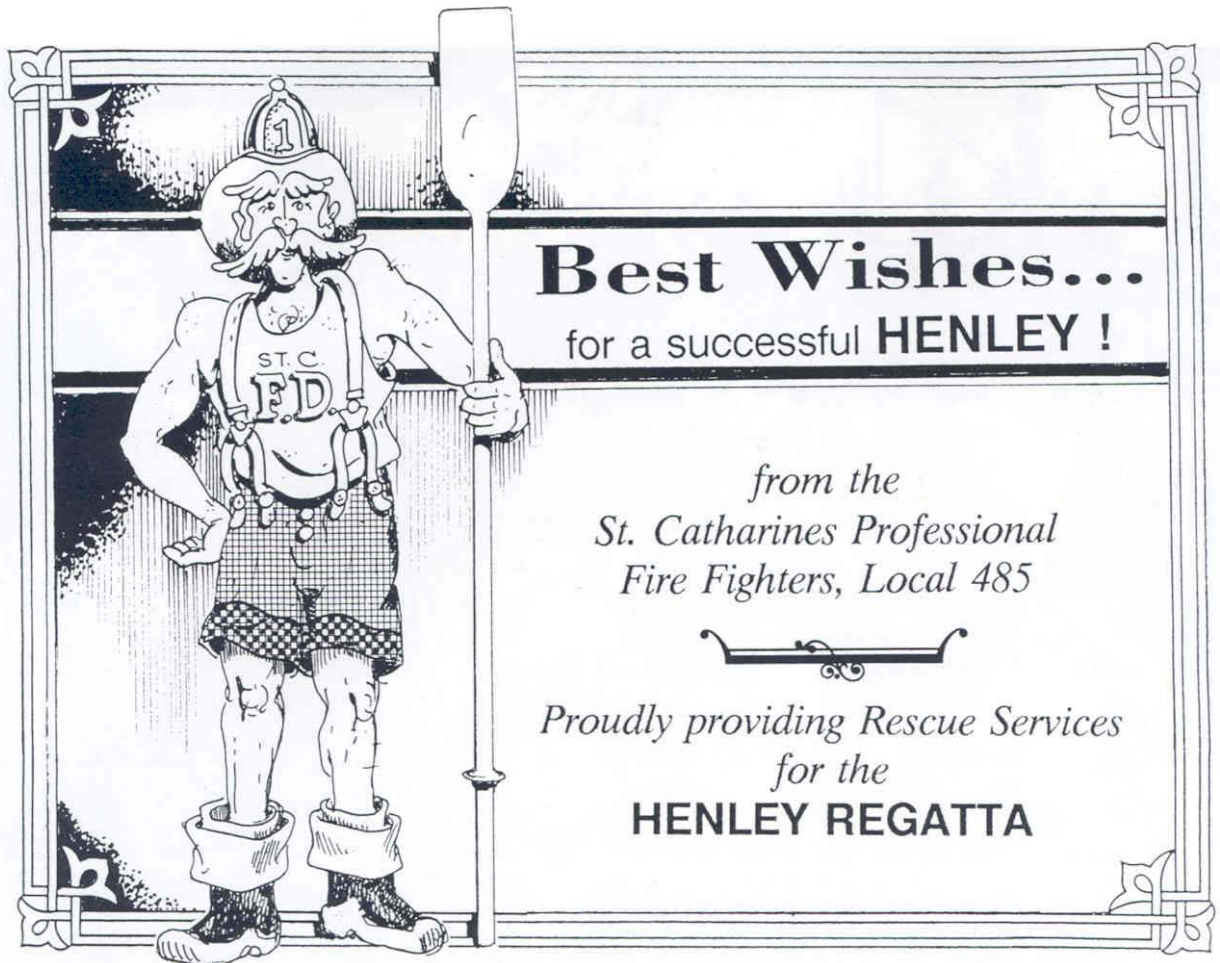
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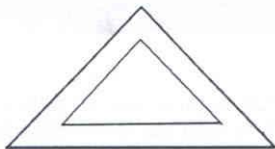
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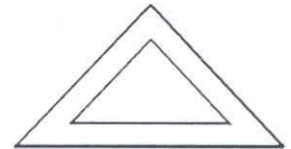
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ALL THE WAY FROM BURNABY LAKE TO HENLEY

Theresa Luke and Laryssa Diesenthal came all the way from Burnaby Lake, British Columbia, last Henley. But they made to long trip well worth it, combining to win the Women's Senior Pair in a field of six. Clocking 8:13.68 and winning the HH Prestige Trophy, they were chased across the finish line by entries from Lookout BC, University of British Columbia, Calgary, another Lookout entry and Better Motion of South Hadley RC.

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TOP CREW ALL THE WAY FROM TENNESSEE COMES THROUGH!

Lookout Rowing Club provided one of the big surprises of Henley 1994 by winning the Women's Senior Eight final. Based in Chattanooga, Tenn., the southern entry clocked 6:42.13 under perfect racing conditions to beat off late challenges from University of Victoria, defending champions. A second Lookout crew took third with University of Western Ontario fourth, followed by Buffalo West Sides. The winners boated as Marci Porter, Regina Mount, Leanne Bennion, Kristen Reed, Dimity McDowell, Bebe Bryan, Missy Schwen, stroke Karen Kraft and cox Wen Huang.

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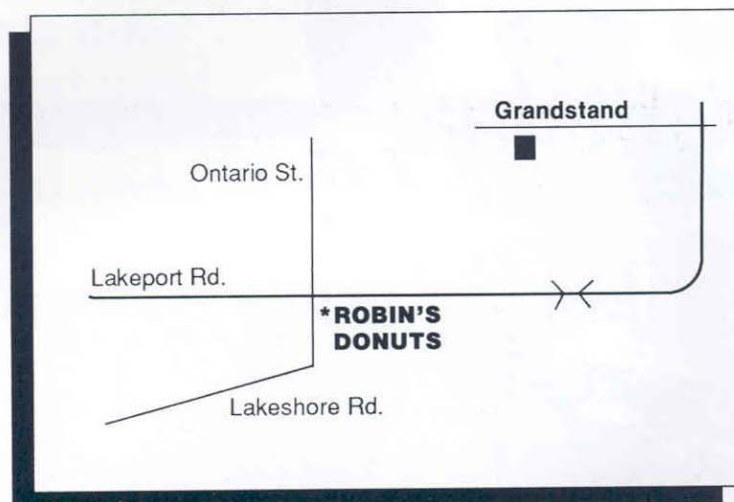
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SOUTH NIAGARA PAIR MAKES A BIG SPLASH

While the Thomas Gannon memorial Trophy proved to be something of an arm full for Robert and Thomas Blacquiere, the Welland twins had a much easier time winning the Men's Senior 140-Pound Pair at Henley 1994. The South Niagara oarsmen were home in 8:08.73 to best entries from Wyandotte, Ottawa, Cambridge Community and a second South Niagara entry.



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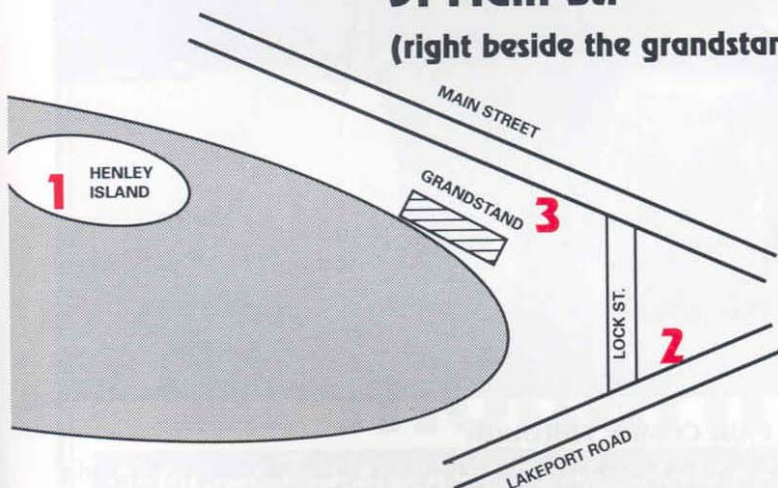
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ST. CATHARINES PAIR COMES THROUGH

More gold medals for Junior Age-Class Events at Henley 1994. One of the eight St. Catharines successes came in the Girl's Junior Age-Class Pair when Shannon Bigford and Catherine Barrow romped home in front of a field of six. Brockville RC was second with the rest of the field crossing the line as Ridley Grads, Laval BC, Ottawa RC and Mississauga Dons. The winning time was 8:38.79

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