

RALPH MURPHY

REFEREE

Head of the Schoolgirls

Rowing Regatta



Friday 22nd March 1985
Lake Wendouree, Ballarat

Programme

Head of the Schoolgirls

Rowing Regatta 1985

The Victorian Rowing Association welcomes this inaugural regatta. It becomes our fourth major inter-school regatta, joining the A.P.S. Head of the River, the Victorian High Schools Regatta, and the Ballarat Head of the Lake.

In recent years there has been an upsurge in Rowing both as a competitive and recreational activity. This has been marked in Victoria by the increasing numbers of schoolgirls taking part in the sport and by the high standards which they achieve.

The girls competing today will have benefited in their preparation from the physical and emotional disciplines involved in Rowing. We hope that, whether successful or not, they will find the experience of today's competition to be rewarding.

Perhaps this inaugural regatta may be the catalyst leading to the establishment of an All Schools Championship Regatta in the years to come.



President, Victorian Rowing Association.

Notice to Competitors



The first Head of the Schoolgirls' Regatta will be held on the former Olympic Rowing Course at Lake Wendouree Ballarat on Friday March 22nd, 1985. The regatta will be conducted with the assistance of the Victorian Rowing Association and the Ballarat Rowing Association.

The purpose of this regatta is to allow girls' crews from all schools to compete on an unrestricted basis, and we are anticipating that it will become the highlight of the Schoolgirls Rowing Calendar. It is unfortunate that the date of this regatta clashes with the High Schools Regatta in Geelong, but provision has been made for this not to occur again, and it is hoped that in future years **all** schools catering for girls rowing will be represented.

Events FIRST FOUR: One entry per school, distance 1500 metres, in racing boats. SECOND FOURS: One entry per school, 1000 metres, in regulation boats. THIRD FOURS: One entry per school, 1000 metres, regulation boats. FOURTH FOUR: Unlimited entries per school, 1000 metres, in regulation boats. YEAR 10 FOURS: Unlimited entries per school, 1000 metres in regulation boats. YEAR 9 FOURS: Unlimited entries, 1000 metres, in regulation boats. YOUTH SCULL: Unlimited entries, 1000 metres in youth type sculling boats.



This is the Australian Womens Heavyweight Four which won the Bronze Medal at the 1984 Los Angeles Olympics. The crew was seated Bow Robin Gray-Gardiner, 2 Karen Brancourt, 3 Sue Chapman, Stroke Margot Foster, Coxwain Sue Lee and Coach Bill Dankbar. Both Sue Chapman and Margot Foster are still rowing and are presently in the Victorian Heavyweight Four. Sue Lee has retired from coxing and is now a rower.

In planning this regatta we have taken into account equipment which is available to schools now and have arranged events accordingly. However, looking toward the future we intend to include other events such as quadruple sculls and eight oared events. For this year you will note that only first fours will compete in racing boats over 1500 metres, but in 1986 the second fours and then in 1987 the third fours as well, will compete in racing boats over the 1500 metre course in accordance national and international junior racing standards. The programme of events for 1985 consists of 6 four oared events and a sculling event.



This is a picture of the first Australian Women's crew to compete in an Olympic Games. The crew was seated Bow Anne Young, 2 Verna Westwood, 3 Pam Westerndorf, Stroke Sally Harding, Coxwain Sue Palfreyman and Coach Dave Palfreyman. They raced in a Jeff Sykes boat which was christened the 'Dawn Fraser' and came sixth in their final at the Moscow Olympics 1980.

Coxwains of the 1st, 2nd and 3rd fours will have a minimum weight of 45 kg. Where necessary weight bags and weights are to be provided by the individual schools. The official VRA weight bags are available at any Victorian Rowing Association Regatta. Coxwains of the 4th four and year 9 and 10 fours will have no minimum weight restrictions.

Crew Identification will be by the bowgirl and coxwain of each crew wearing a number on her back showing the division in which they are competing.

At this regatta there will be representatives from Australian crews who will be most happy to answer any questions you may have about this regatta or rowing in general.

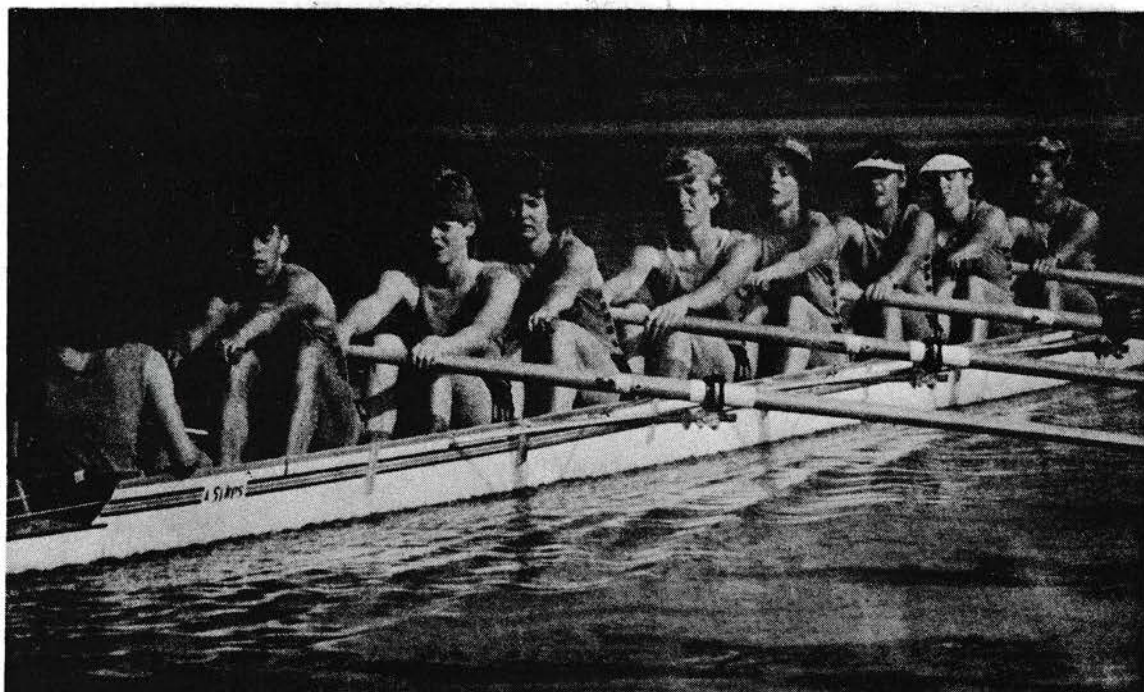


Jacqui Marshall became the first Australian Women's Sculler to compete at the Olympics when she raced at Los Angeles.

Sue Palfreyman
Convenor



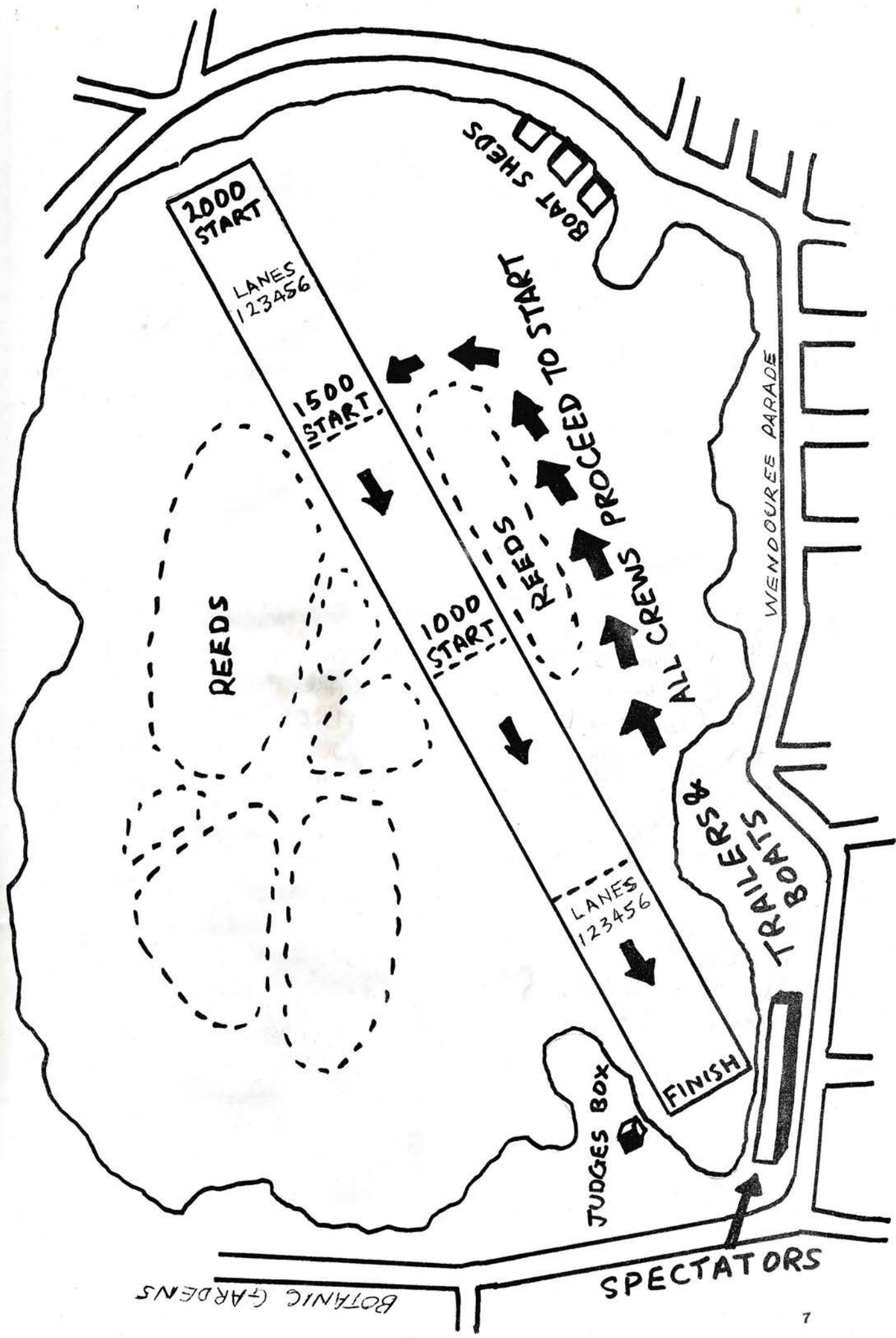
**MOST GIRLS CREWS ROWING TODAY
HAVE CHOSEN RACING AND TRAINING
FOURS BUILT BY JEFF SYKES & ASSOCIATES
OF GEELONG.**



The Australian Womens Lightweight Eight raced in a Jeff Sykes Eight and won the Silver Medal at the 1984 World Titles in Canada.

For all your rowing requirements contact

**JEFF SYKES & ASSOCIATES
RIVERSDALE ROAD, NEWTOWN, GEELONG, VICTORIA 3220
PHONE 052 213655 or 052 213218**



HEAD OF THE SCHOOLGIRLS

TIME TABLE

Event	Time	Crew	
1	10.30	Year 10 Four	Heat 1
2	10.37	Year 10 Four	Heat 2
3	10.44	4th Four	Heat 1
4	10.51	4th Four	Heat 2
5	10.58	4th Four	Heat 3
6	11.05	3rd Four	Heat 1
7	11.12	3rd Four	Heat 2
8	11.19	3rd Four	Heat 3
9	11.26	2nd Four	Heat 1
10	11.33	2nd Four	Heat 2
11	11.40	1st Four	Heat 1
12	11.47	1st Four	Heat 2
13	11.54	Year 10 Four	Repacharge 1
14	12.01	Year 10 Four	Repacharge 2
15	12.08	4th Four	Repacharge 1
16	12.15	4th Four	Repacharge 2
17	12.22	4th Four	Repacharge 3
18	12.29	3rd Four	Repacharge 1
19	12.36	3rd Four	Repacharge 2
20	12.43	3rd Four	Repacharge 3
21	12.50	2nd Four	Repacharge 1
22	12.57	2nd Four	Repacharge 2
23	1.04	1st Four	Repacharge 1
24	1.11	1st Four	Repacharge 2
- INTERVAL -			
25	2.00	Year 9 Four	First & Final
26	2.10	Year 10 Four	Final
27	2.20	Youth Scull	First & Final
28	2.30	4th Four	Final
29	2.40	3rd Four	Final
30	2.50	2nd Four	Final ✓
31	3.00	1st Four	Final ✓

Year 10 Four with Cox					Year 10 Four with Cox				
No. 1	Time 10.30	Heat 1			No. 2	Time 10.37	Heat 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1	MLC (4)				1	MLC (3)			
2	Geelong Grammar (1)				2	Geelong Grammar (2)			
3	Morongo				3	MLC (2)			
4	Caulfield Grammar				4	Wesley (1)			
5	Wesley (2)				5	Wesley (3)			
6	MLC (1)				6				
4th Four with Cox					4th Four with Cox				
No. 3	Time 10.44 am	Heat 1			No. 4	Time 10.51 am	Heat 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1	Loreto				1	Lauriston			
2	Ballarat & Queens Grammar (2)				2	Ballarat & Queens Grammar (1)			
3	MLC				3	Geelong Grammar (3)			
4	Carey				4	Geelong Grammar (1)			
5	Sacre Coeur				5	Wesley			
6	Geelong Grammar (2)				6	Ballarat & Clarendon (2)			
4th Four with Cox					3rd Four with Cox				
No. 5	Time 10.58 am	Heat 3			No. 6	Time 11.05 am	Heat 1		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1	Morongo				1	Geelong Grammar			
2	Genazzano				2	Loreto			
3	Ballarat & Queens Grammar (3)				3	Sacred Heart Geelong			
4	Ballarat & Clarendon				4	Wesley			
5	Hamilton College				5	Caulfield Grammar			
6					6				
3rd Four with Cox					3rd Four with Cox				
No. 7	Time 11.12 am	Heat 2			No. 8	Time 11.19 am	Heat 3		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1	Lauriston				1				
2	Ballarat & Clarendon				2	Ballarat & Queens			
3	MLC				3	Carey			
4	Hamilton College				4	Lowther Hall			
5	Morongo				5	Geelong College			
6					6				
2nd Four with Cox					2nd Four with Cox				
No. 9	Time 11.26 am	Heat 1			No. 10	Time 11.33 am	Heat 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1	Sacred Heart				1	Morongo			
2	MLC				2	M.C.E.G.G.S.			
3	Geelong Grammar				3	Carey			
4	Geelong College				4	Lowther Hall			
5	Wesley				5	Ballarat & Clarendon			
6	Lauriston				6				

1st Four with Cox					1st Four with Cox				
No. 11	Time 11.40 am	Heat 1			No. 12	Time 11.47 am	Heat 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place	Time	
1	Geelong College				1				
2	Lauriston				2	Ballarat & Clarendon			
3	Ballarat & Queens Grammar				3	MLC			
4	Morongo				4	Sacre Coeur			
5	Geelong Grammar				5	M.C.E.G.G.S.			
6					6				
Year 10 Four with Cox					Year 10 Four with Cox				
No. 13	Time 11.54 am	Repacharge 1			No. 14	Time 12.01	Repacharge 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place	Time	
1	WES 3				1				
2					2				
3					3				
4					4				
5					5				
6	MLC (3)				6				
4th Four with Cox					4th Four with Cox				
No. 15	Time 12.08	Repacharge 1			No. 16	Time 12.15	Repacharge 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place	Time	
2	Ballarat + Queens				1	MORONGO			
3	Geelong Grammar				2	CAREY			
4	Ballarat + Clarendon 1				3	MLC			
5	Lauriston				4	WESLEY			
6					5	HAMILTON			
6					6				
4th Four with Cox					3rd Four with Cox				
No. 17	Time 11.22	Repacharge 3			No. 18	Time 12.29	Repacharge 1		
Stn.	Crew	Place	Time		Stn.	Crew	Place	Time	
2	Ballarat + Clarendon 2				1				
3	Sacre Coeur				2	B			
4	Ballarat + Queens 3				3				
5	Loretto				4				
6					5				
6					6				
3rd Four with Cox					3rd Four with Cox				
No. 19	Time 12.36	Repacharge 2			No. 20	Time 12.43	Repacharge 3		
Stn.	Crew	Place	Time		Stn.	Crew	Place	Time	
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				

2nd Four with Cox					2nd Four with Cox				
No. 21	Time 12.50	Repacharge 1			No. 22	Time 12.57	Repacharge 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1.....					1.....				
2.....					2.....				
3.....					3.....				
4.....					4.....				
5.....					5.....				
6.....					6.....				
1st Four with Cox					1st Four with Cox				
No. 23	Time 1.04	Repacharge 1			No. 24	Time 1.11	Repacharge 2		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1.....					1.....				
2.....					2.....				
3.....					3.....				
4.....					4.....				
5.....					5.....				
6.....					6.....				
Year 9 Four with Cox					Year 10 Four with Cox				
No. 25	Time 2.00 pm	First & Final			No. 26	Time 2.10	Final		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1.....	Wesley (2)	①			1.....	MLC 4			
2.....	Morongo				2.....	MORONGO			
3.....	Wesley (3)				3.....	MLC 2			
4.....	Caulfield Grammar (2)				4.....	Geel. Gram 2			
5.....	Caulfield Grammar (1)	4.58.68			5.....	Caul			
6.....	Wesley (1)				6.....	G. G. 1			
Youth Scull					4th Four with Cox				
No. 27	Time 2.20	First & Final			No. 28	Time 2.30	Final		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1.....					1.....	B+C 1			
2.....	Morongo				2.....	G.G. 1			
3.....	Loreto				3.....	Genarano			
4.....	Sacred Heart				4.....	G.G. 2			
5.....	Geelong Grammar				5.....	B+C 3			
6.....	Ballarat High				6.....	Wes.			
3rd Four with Cox					2nd Four with Cox				
No. 29	Time 2.40	Final			No. 30	Time 2.50	Final		
Stn.	Crew	Place	Time		Stn.	Crew	Place		
1.....	GC				1.....	MLC			
2.....	GG				2.....	Wesley			
3.....	Laverton				3.....	Laverton			
4.....	Wesley				4.....	Carey			
5.....	Caulfield				5.....	S.H.			
6.....	Loreto				6.....	B.H.			

1st Four with Cox

Final

No.	Time	Crew	Place	Time
Stn.				
1		G.C.		
2		B.C.		
3		Morongo		
4		D.P.		
5		M.C.C.		
6		C.C.		

No.	Time	Crew	Place	T
Stn.				
1				
2				
3				
4				
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No.	Time	Crew	Place	Time
Stn.				
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No.	Time	Crew	Place	T
Stn.				
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No.	Time	Crew	Place	Time
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No.	Time	Crew	Place	Time
Stn.				
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No.	Time	Crew	Place	T
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No.	Time	Crew	Place	Time
Stn.				
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3				
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6				

No.	Time	Crew	Place	T
Stn.				
1				
2				
3				
4				
5				
6				

shirts, trousers, casual shirts, j
ters, ties, socks, sportswear, t-s
cords, canvasses, underwear, b
school uniforms, business shirts
casual shirts, jeans, windcheate
s, sportswear, t-shirts, jumpers
nvasses, underwear, belts, over
shirts, trousers, casual shirts, j
ters, ties, socks, sportswear, t-s
cords, canvasses, underwear, b

DOBSONS

667 Glenferrie Road, Hawthorn,
Doncaster Shoppingtown
123 Church Street, Brighton.

DOB 0039

Names of Competitors

First Fours

BALLARAT & CLARENDON

Bow G. Menzies
2 S. Titheridge
3 J. Thomas
Stroke A. Mott
Cox S. Webb
Coach Mr. J. Netherway

BALLARAT & QUEENS

Bow B. Kent
2 S. Adams
3 E. Patterson
Stroke A. Skyogren
Cox J. Nicholas
Coach P. Herrington

THE GEELONG COLLEGE

Bow L.N. Seller
2 C.M. Henderson
3 L.M. Le Deux
Stroke A.L. Watt
Cox Jan Fisher
Coach Ann Young

GEELONG GRAMMAR SCHOOL

Bow M. Schimana
2 P.G. Backwell
3 E. Oliver
Stroke A.K. Robertson
Cox S.J. Utz
Coach W.A. Searle

LAURISTON

Bow H.C. Boykett
2 S.E. McPherson
3 K.H. Picking
Stroke J.C. Arendsen
Cox A.N. Kennedy
Coach D. Boykett

M.C.E.G.G.S

Bow E. Langley
2 C. Beazley
3 S. Cumming
Stroke E. Williams
Cox S. Bottomley

MORONGO

*Hyacinth
Blue*

Bow S. McAllister
2 F. Lillie
3 S. Walpole
Stroke S. Storey
Cox M. James
Coach Paul Marks

M.L.C.

Bow S. Varley
2 C. Brumley
3 J. Millard
Stroke S. McKellar
Cox Claire Harding
Coach S. Palfreyman

SACRE COEUR

Bow P. Joyce
2 A. Croagh
3 C. Lethlean
Stroke N. Bourke
Cox R. Joyce
Coach Dr. D. Bourke

Second Fours

BALLARAT & CLARENDON

Bow	K. Davies
2	J. Shippen
3	T. Cottman
Stroke	N. Gannon
Cox	H. Gulline
Coach	Mr C. Cottman

CAREY

Bow	K. Russell
2	E. McKeever
3	M. Haverfield
Stroke	J. Ratten
Cox	K. Macleod
Coach	Mr K. Bilney

THE GEELONG COLLEGE

Bow	S. Bourke
2	J. La Haydon
3	K.N. Hatton
Stroke	J.M. Lomas
Cox	K.A. Trethowan
Coach	Dr. R. Read

GEELONG GRAMMAR SCHOOL

Bow	S. Oliver
2	C. White
3	C. Holmes A Court
Stroke	A. Ferry
Cox	A. Plowman
Coach	M. Renouf

LOWTHER HALL A.G.S.

Bow	A. Todd
2	D. Mailer
3	J. Clarke
Stroke	J. Matthews
Cox	F. McKerrell
Coach	J. Backwell

LAURISTON

Bow	B.K. Buff
2	F.M. Pettigrew
3	S.D. Matthews
Stroke	G.R. Wainwright
Cox	A.S. Meehan
Coach	T. Kennedy

MORONGO

Bow	M. Manton
2	K. Robinson
3	K. Douglas
Stroke	C. Black
Cox	C. Donachie
Coach	M. Renouf

M.C.E.G.G.S.

Bow	J. Langdon
2	A. Cottnell
3	J. Sennitt
Stroke	C. Bruce
Cox	K. Blackwood

M.L.C.

Bow	K. Allan
2	M. Cade
3	C. Brumley
Stroke	J. Pinais
Cox	S. Chin
Coach	D. Bassett

SACRED HEART COLLEGE, GEELONG

Bow	J. Davey
2	L. Schooneman
3	M. Clatworthy
Stroke	C. Elliott
Cox	Siobhan McLure

WESLEY COLLEGE

Bow	G. Lawson
2	Nicole Nabout
3	J. Dobson
Stroke	M. Achermann
Cox	A. Arnold
Coach	Mr. Roger Bade

Third Fours

BALLARAT & CLARENDON

Bow	F. Henderson
2	J. Fawcett
3	F. Cook
Stroke	S. Shady
Cox	L. King
Coach	Miss H. Benny

CAREY

Bow	S. Milloy
2	S. De Palma
3	F. Stewart
Stroke	K. Seager
Cox	J. Stewart
Coach	Miss A. Cooper

THE GEELONG COLLEGE

Bow	V.L. Price
2	K. Smith
3	C.A. Graham
Stroke	P. Tucker
Cox	A.J. Hay
Coach	Dianne Hale

HAMILTON COLLEGE

Bow	R. Barry
2	P. Simpson
3	J. Thompson
Stroke	S. Jacobs
Cox	L. Goode
Coach	W.L. Brammall

LORETO/MANDEVILLE

Bow	M. Dwyer
2	S. Rhoden
3	N. Sanders
Stroke	V. Phillips
Cox	L. Wilson
Coach	J. Hawkins

M.L.C.

Bow	M. Cole
2	A. Neill
3	K. McMeekan
Stroke	F. Werner
Cox	B. Clarke
Coach	B. Phelan

BALLARAT & QUEENS GRAMMAR

Bow	S. Appleton
2	E. Read
3	F. Saunders
Stroke	J. Lidgett
Cox	J. Webster
Coach	S. Wotherspoon

CAULFIELD GRAMMAR

Bow	S. Baldwin
2	N. Bamford
3	K. McFarlane
Stroke	N. Kropiek
Cox	E. Potgieter
Coach	I. Swann

GEE LONG GRAMMAR SCHOOL

Bow	N. Coles
2	A. Mulley
3	S. Rymill
Stroke	S. Gilder
Cox	H. Stride
Coach	T. Lee

LAURISTON

Bow	S.R. Cohen
2	K.M. Welsh
3	S. Shapcott
Stroke	S. Vear
Cox	C.K. Patterson
Coach	J. Gobbo

LOWTHER HALL A.G.S.

Bow	K. Shade
2	V. Bommarito
3	J. Gibbons
Stroke	A-M Canals
Cox	R. Bouris
Coach	C. McRae

MORONGO

Bow	A. Callan
2	E. Sutas
3	K. Kelynack
Stroke	R. Charles
Cox	S. Denahy

Third Fours continued.....

SACRED HEART COLLEGE, GEELONG

Bow A. Callan
2 C. Bartouch
3 C. Costa
Stroke A. Rice
Cox C. Elliott
Coach Robert Kemp

WESLEY COLLEGE

Bow K. Montford
2 L. Bloch
3 H. Richards
Stroke K. Rose
Cox J. Carrey
Coach Ms. Mary-Margaret Gibson

Fourth Fours

BALLARAT & CLARENDON (1)

Bow S. Rowland
2 C. Muir
3 C. Alcorn
Stroke J-A. Davis
Cox S. Chandler
Coach Mrs. P. Fawcett

BALLARAT AND CLARENDON (2)

Bow F. Houghton
2 I. Rice
3 H. Schreiner
Stroke A. McCartney
Cox K. Drennan
Coach Miss H. Ware

BALLARAT & QUEENS GRAMMAR (1)

Bow L. Merrylees
2 P. Petering
3 C. Patterson
Stroke
Cox C. Dale
Coach A. Patterson

BALLARAT & QUEENS GRAMMAR (2)

Bow N. White
2 P. Stephens
3 J. Chester
Stroke L. Evans
Cox M. Colligan
Coach J. Garland

BALLARAT & QUEENS GRAMMAR (3)

Bow R. Read
2 J. Newton
3 S. Stevens
Stroke R. McDonald
Cox S. Nicholson
Coach R. Read/S. Hartmenis

CAREY

Bow K. Spodee
2 N. Holland
3 K. Wheatley
Stroke H. Pearce
Cox F. Bavinton
Coach Rev. W. Pugh

GENAZZANO COLLEGE

Bow B. Handley
2 S. Reynolds
3 D. Van Prodyen
Stroke D. Sommers
Cox M. Taylor
Coach Lloyd Cosgrove

HAMILTON COLLEGE

Bow M. O'Hallaron
2 P. Heard
3 C. McQueen
Stroke S. Jorton
Cox P. Dufty
Coach J. Marshall

Fourth Fours continued....

GEEELONG GRAMMAR SCHOOL (1)

Bow	M. McGregor
2	T. Falkiner
3	I. Ashton
Stroke	I.H. Vahl Meyer
Cox	S. Dollman
Coach	S.A. Guest

LAURISTON (1)

Bow	N. Adam
2	S. Sanders
3	A.J. Collins
Stroke	S.J. Cheetham
Cox	S.L. Gerraty
Coach	J. Spithill

M.L.C.

Bow	T. Triggs
2	M. Roffey
3	R. Browning
Stroke	J. Robin
Cox	S. Hoffman
Coach	S. Jamison

SACRE COEUR

Bow	A. Casserly
2	K. McDonnell
3	C. Barratt
Stroke	C. Boileau
Cox	R. Joyce
Coach	J. Cussens

GEEELONG GRAMMAR SCHOOL (2)

Bow	C. Cornwall
2	O. Plumbridge
3	K. McKewan
Stroke	M. Ross
Cox	J. Grills
Coach	D. Wood/M. McColl

LORETO/MANDEVILLE

Bow	P. Bayles
2	E. Scally
3	V. Fox
Stroke	K. Incarni
Cox	S. Worner
Coach	J. Hawkins

MORONGO

Bow	L. Wilson
2	K. Lewis
3	L. Gilchrist
Stroke	G. Scott
Cox	S. Dunn
Coach	M. Renouf

WESLEY COLLEGE

Bow	A. Treacher
2	G. Stewart
3	S. Treyvaud
Stroke	L. Tritton
Cox	M. Patmore
Coach	Mr. R. Mancarrow

GEEELONG GRAMMAR SCHOOL (3)

Bow	
2	
3	
Stroke	
Cox	
Coach	

Year 10 Fours

CAULFIELD GRAMMAR

Bow D. Hollingsworth
2 M. Kropiek
3 N. Gaal
Stroke W. Sawyer
Cox L. Fulton
Coach M. Harrison

M.L.C. (1)

Bow F. Craig Brown
2 T. Pollard
3 K. Gibson
Stroke J. McCreddin
Cox K. McConalogue
Coach J. Hose

M.L.C. (3)

Bow M. Brown
2 M. Llewellyn
3 K. Dreher
Stroke K. Seletto
Cox A. Johns
Coach K. Bear

MORONGO

Bow M. Richmond
2 R. Hawkins
3 S. Hockley
Stroke G. Harvey
Cox N. Marshmen
Coach C. Lyons

WESLEY COLLEGE (2)

Bow D. Dudley Moore
2 T. Slipetski
3 T. Mooney
Stroke N. Haverfield
Cox F. Stewart
Coach Ms. K. Hall

GEE LONG GRAMMAR SCHOOL (1)

Bow A. Rusden
2 L. Gunnerson
3 J. Dearnley
Stroke F. Spriggs
Cox L. Smith
Coach I.F. Edwards

M.L.C. (2)

Bow A. Shub
2 M. Ashcroft
3 K. Sheen
Stroke V. Hall
Cox K. Robinson
Coach C.K. Cumper

M.L.C. (4)

Bow J. Goode
2 S. Duell
3 S. Price
Stroke F. McCasker
Cox M. Browning
Coach K. Smyth

WESLEY COLLEGE (1)

Bow C. Crowe
2 K. Laughton
3 K. Blacker
Stroke D. Valent
Cox J. Hunt
Coach Ms. S. Liversidge

WESLEY COLLEGE (3)

Bow M. Tai
2 R. Callaghan
3 E. Hoad
Stroke C. Norman
Cox S. Siebel
Coach Ms. K. Ride

Year 9 Fours

MORONGO

Bow S. Rush
2 V. Millard
3 L. Stevenson
Stroke L. Abikhair
Cox A. Lim
Coach John Elliot

WESLEY COLLEGE (1)

Bow V. Mayhew
2 S. Bryning
3 K. Farrant
Stroke G. Wearne
Cox A. Adamson
Coach Mr Eddie

WESLEY COLLEGE (2)

Bow R. Tidd
2 A. Kay
3 L. Sheard
Stroke S. Lassez
Cox K. Kelson
Coach

WESLEY COLLEGE (3)

Bow L. Gooding
2 V. King
3 R. Powles
Stroke K. Guziak
Cox K. Veitch
Coach

Youth Scull

LORETO/MANDEVILLE

Name unavailable.

SACRED HEART COLLEGE, GEELONG.

A. Rice.
Coach Mr R. Kemp.

MORONGO

D. Stewart.
Coach M. Renouf.

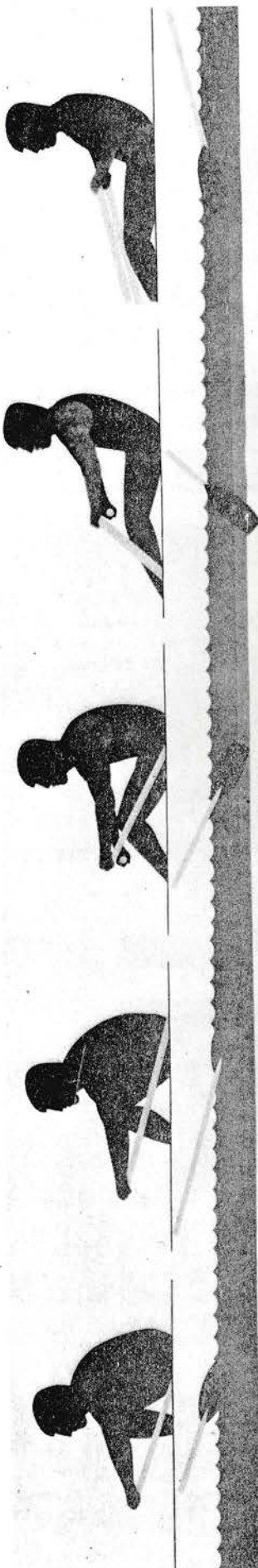
GEELONG GRAMMAR SCHOOL.

S. Gilder.
Coach T. Lee.

BALLARAT HIGH SCHOOL

S. J. Arians.
Coach D. Elliot.

Rowing Technique



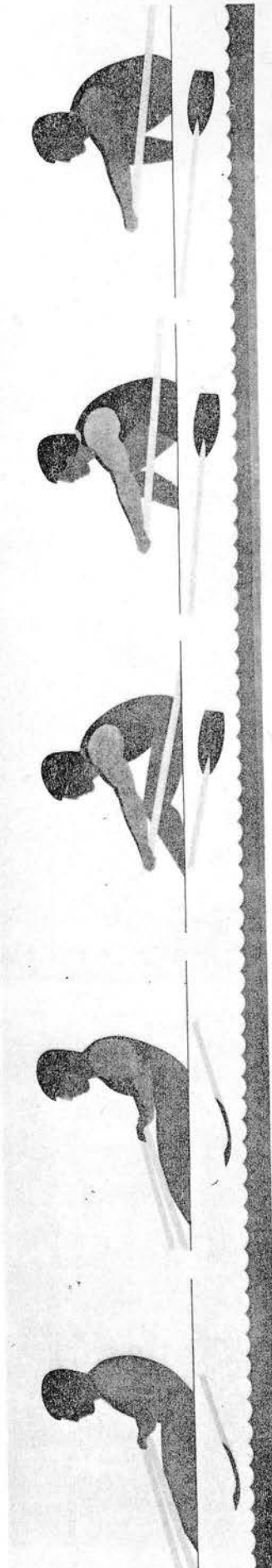
1. CATCH
- RAISE ONLY THE HANDS.
 - DO NOT "OPEN".
 - ENTER THE WATER BEFORE BEGINNING THE LEG DRIVE.

2. DRIVE No. 1
- ALMOST NO CHANGE IN THE BODY POSITION.
 - THE BODY IS "HANGING" ON THE OAR & FOOT-STRETCHER.
 - WORK IS DONE EXCLUSIVELY BY THE LEGS.

3. DRIVE No. 2
- UPPER BODY SLOWLY TAKES OVER THE LEG DRIVE.
 - THE BODY STARTS TO "UN-COIL" IN A NATURAL WAY.

4. DRIVE No. 3
- LEGS ALMOST FINISH THEIR WORK.
 - THE UPPER BODY STILL CONTINUES ITS SWING.
 - THE ARMS BEGIN THEIR WORK.

5. DRIVE No. 4
- END OF THE "LAYBACK".
 - THE ARMS MOVE QUICKLY & STRONGLY TO THE BODY.



6. FINISH
- FOREARMS & OUTSIDE HAND MOVE OAR HANDLE DOWN & AROUND IN FLUID AND CONTINUOUS MANNER.

7. RECOVERY No. 1
- HANDS MOVE AWAY FROM THE BODY AT A CONSTANT SPEED.

8. RECOVERY No. 2
- AT THE BEGINNING OF THE SLIDE, ARMS ARE PAST THE KNEES.
 - THERE IS EARLY FORWARD BODY ANGLE PREPARATION.

9. RECOVERY No. 3
- THE SLIDE IS HALF WAY THROUGH.
 - THE ARMS & UPPER BODY HAVE FINISHED REACHING OUT.

10. BEFORE CATCH
- LAST PART OF THE SLIDE
 - ALL MOVEMENTS ARE FINISHED EXCEPT CONTINUATION OF SLIDE WITH CONCENTRATION ON A DIRECT CATCH.



The Victorian Womens Heavyweight Four do a lot of their training in pairs. The pair above is seated Bow Debbie Bassett and Stroke Kate Hall. The pair below is seated Stroke Margot Foster and Bow Sue Chapman. When they combine and row the four it is steered by Kay Fry and coached by Dave Palfreyman. They are training to win all their races at the National and Kings Cup Regatta to be held between the 10th and 14th of April 1985 on Lake Wendouree, Ballarat and will be racing over a distance of 2000 metres.



This is a picture of the 1982 Australian Womens Lightweight Four training. The crew consisted of Bow Leanne Turner, 2 Gai Allen, 3 Barbara Phelan, Stroke Barbara Gillett, Coxwain Alison Davidson and Coach Brian Dalton. They went on to win the Gold Medal at the Canadian Henley which was the venue for the World Rowing Championships for womens lightweight rowers. This gave Barbara Gillett, Barbara Phelan and Alison Davidson their second Gold Medal in world competition rowing.

