

“A personal perspective on how lightweights can compete and win.”

**Jon Williamson, m/c rowing DSBC,
Silver Medallist, 1995 World Championships.**

Jon will share his personal views and thoughts from experience gained throughout his domestic and international rowing career; from lessons learnt from an impressive list of coaches who include Nick Howe, Jurgen Grobler, David Tanner, Robin Williams, Doug Melvin, Sean Bowden, Fred Smallbone, Lenny Robertson, Paul Reedy, Chris Drury and Stuart Forbes; and from simply talking to other lightweights from other countries.

Jon is guaranteed to offer some insightful and controversial views, which will be of value to lightweights, heavyweights, juniors and coaches alike. The evening promises to be lively and interactive.

Thursday, March 17, 2005

@ RIVER TEES WATERSPORTS CENTRE

19.00 for a 19.30 start

**Cost £5; £3 for Students, Juniors, OAPS and unemployed-
to include light refreshments**

Application forms from Kate O'Sullivan

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