

JULY, 2026

TEES ROWING CLUB NEWSLETTER



JUNIOR SECTION-From the Tees to the National Stage

Under the coaching of Andy, Becky, Fiona, Kate and Tom, the junior section continues to train and race at both local and national level. Recent highlights include National Schools Regatta, Durham Regatta and most recently the National Championships, where TRC took 7 crews; for many their first experience of national racing.

All but one crew made the finals, more than holding their own against some big and well-established programmes, a real testament to the work both athletes and coaches have put in.

The standout result came from Jack Donaghy, who claimed a silver medal in the junior adaptive single over 2km. Brilliant, Jack well done!

Beyond river rowing, some of our juniors are exploring beach sprints and coastal rowing, with athletes recently competing at the National Coastal Championships and the English Junior Beach Sprints Championships. Notably, Harry Morley and Sophie Bentley are currently in the GB Junior pathway for beach sprints. We look forward to hearing more from them in the next edition.

Looking ahead, two learn-to-row programmes this summer aim to grow the squad further and with strong interest already, the future looks bright for junior rowing at TRC.



Jack Donaghy

Dates for Your Diary

- Sat 1 Aug - Tees Ladies Meeting
- Sun 16 Aug - Summer Scratch Regatta: the Masters
Gentlemen will be running a scratch regatta with mixed crews competing for the Tees Challenge Cup. Don't forget to complete your Google Form
- Sat 10 Oct - Tees LDS



<https://www.teesrowingclub.co.uk/>



Stockton-on-Tees TS18 2NL



Safeguarding at Tees Rowing Club – Important Updates from British Rowing

Safeguarding is everyone's responsibility and British Rowing has recently updated its guidance to help clubs like ours maintain the highest standards of safety and welfare for all members, particularly children, young people and adults at risk.

As part of this update, British Rowing has produced four dedicated Safeguarding Handbooks, available to download free of charge from their website. We'd encourage all coaches, volunteers and committee members to familiarise themselves with the relevant handbook for their role.

Look out for familiar faces. TRC members feature on the cover of Handbook 1, so click the link, have a look and while you're there take a few minutes to read through the guidance. All four handbooks can be found at: www.britishrowing.org/knowledge/safeguarding

If you have any questions about safeguarding at TRC, please speak to our Club Welfare Officer in the first instance.

Join British Rowing, It's Worth It

If you haven't already joined British Rowing as an individual member, it's well worth doing. Here's why. All members receive Public Liability insurance and Personal Accident cover whilst participating in rowing. Public Liability cover currently stands at £15 million, covering the cost of defending yourself against a claim if you're held responsible for injury to someone else or damage to their property. Coaches also benefit from Professional Indemnity Insurance covering them in their coaching role.

Beyond insurance, membership includes access to a range of discounts including Waterrower, dryrobe, SiS, Yoga for Rowers and more.

When you join, make sure you also sign up to ClubHub – British Rowing's club management system and select Tees Rowing Club as your club. This ensures you appear in our membership records, which is important for club administration and competition entry.

Join or renew at: www.britishrowing.org/join



Adele's Retirement

After years of keeping Tees Rowing Club looking its best, Adele has decided to retire and we want to make sure she doesn't slip away quietly without a proper thank you.

Adele has kept the clubhouse clean, tidy, and welcoming for as long as most of us can remember. It's a job that largely goes unnoticed when it's done well and Adele has always done it well. The club has been a better place for it.

We wish her a thoroughly enjoyable retirement and thank her sincerely for everything she has done for TRC over the years. The Rec rowers arranged a fabulous retirement lunch.



Member Spotlight

Starting from our next edition, we'd love to introduce a new regular feature, The Member Spotlight. A great idea suggested by one of our members and we think it deserves a place in every edition!

Tees Rowing Club has a fantastic and diverse membership and there are so many great stories within our club that deserve to be told. From competitive rowers to recreational paddlers, juniors to masters, each edition we'll feature a different member, covering everything from how they found rowing and what keeps them coming back, to life outside the boat.

Want to be featured, nominate someone, or have an idea for the newsletter? We'd love to hear from you; drop us a line at teesrc.assistantsecretary@gmail.com

Don't be shy, every member has a story worth sharing!



A Summer to Celebrate

It has been a busy and exciting summer, with strong entries across a range of events and plenty of intermediate crews gaining valuable racing experience along the way. It is always great to see new crews coming through and flying the TRC flag.

The summer got off to a great start with crews competing at Hexham Regatta, Durham Regatta and Henley Masters Regatta, always a highlight of the season and a wonderful occasion for club rowing at its best.

The standout event of the season, however, was the British Rowing Masters Championships, where TRC had an outstanding day on the water.

Our crews returned home with an impressive haul of medals across multiple categories, a brilliant reflection of the dedication and commitment of our Masters rowers and their coaches.

🥇 Gold Op I/J 4x – Ralph Pickles, John Lund, Bob Bainbridge, Chris Kenyon

🥈 Silver WG 4x – Iona Macleod, Angela Lund, Elizabeth Bostock, Fiona Mortimer
Op H/I 8+ – Ralph Pickles, Jack Calvert, John Lund, Valentijn Von Morgen, Paul Stiller, Paul Rutter, Bob Bainbridge, Tony Stocking, cox Jo Lewis

🥉 Bronze Op G 4x – Valentijn Von Morgen, Paul Stiller, Jack Calvert, Paul Rutter

Op I 2x – Ralph Pickles, Bob Bainbridge
Congratulations to everyone who took part.



A BIG THANK YOU TO LEN SMALL

After years of dedicated service, Len Small has stepped down from his role looking after the club's launches.

Len has been a quiet but essential presence at Tees Rowing Club, ensuring our launches were always river ready, well maintained and good to go whenever they were needed. Len simply got on with it without fuss, without fanfare and with the kind of reliability that clubs like ours depend on.

It's the sort of role that often goes unnoticed until something goes wrong and thanks to Len, very little ever did. On behalf of everyone at TRC, thank you Len. Your contribution to the club has been immense and it has been hugely appreciated.

Welcome, Dave Owen
Stepping into Len's shoes is no small task, but we're delighted to welcome Dave Owen to the role. Dave brings enthusiasm and a keen eye for detail and we know the launches will be in excellent hands on the Tees going forward.

If you see Dave down at the club, please do give him a warm welcome



Len Small



Did anyone else spot me in the river this week?

We hope you enjoyed this edition of the TRC newsletter. Please send any feedback or articles and photos to Shelly Woodhead teesrc.assistantsecretary@gmail.com (Assistant Secretary) or Elizabeth Bostock teesrc.secretary@gmail.com (Secretary)

