

SEPTEMBER, 2026

TEES ROWING CLUB

NEWSLETTER



August Scratch Regatta

Our second annual Scratch Regatta and Barbeque took place on Sunday 16th August, bringing together 32 rowers and one cox for a morning of mixed-crew racing. Competitors were shuffled into seven coxless quads and one coxed four, with each crew tackling the 450m course three times. In a nice twist, the crew that came out on top included both the oldest and youngest rowers taking part.

Once the racing wrapped up, everyone tucked into a well-earned barbeque. The day was first and foremost about having fun together as a club, but it also managed to raise over £300 for club funds; a great bonus.

A big thank you to everyone who helped organise the event and to all who took part. We're hoping this becomes a fixture on the club calendar, so here's to an even bigger and better regatta in 2027



The winning crew

Winter Rowing- Safety Alert

After such a glorious summer on the Tees, the first properly cold mornings are just around the corner and they'll come as a shock. October will be our Safety Month, with a series of short safety alerts to help everyone get ready for winter rowing.

To start you thinking, here's British Rowing's rule for cold-weather kit: **COLD**. That means **Clean, Open, Layered** and **Dry**. Thin layers you can peel off, a wicking base layer and something waterproof for wet or choppy days will keep you far more comfortable than one thick top.

Three quick things to sort before the temperature drops:

Ditch the cotton and the hoodies. Cotton soaks up water and chills you and loose sleeves can catch your hands and tip you in.

Find your hat and gloves (or pogies). A hi-vis hat is ideal, because it keeps you warm and makes you easier to see.

Be seen. With darker mornings and evenings on the way, wear a hi-vis or brightly coloured top (and hat) so other crews, coaches and launches can spot you easily.

Look out for more alerts through October, covering what to wear, staying safe on the water in winter and more.



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



Stockton-on-Tees TS18 2NL

Junior Celebration Day & 2025-26 Award Winners

On Sunday 6th September, our juniors gathered for their end-of-year celebration with pizzas, puddings, and plenty of well-earned fun! It was a great chance to look back on a fantastic season, welcome our newest members to the club and send off those moving on due to age with our very best wishes for whatever comes next. As part of the celebrations, we were delighted to announce this year's Junior Award winners:

- Rowers' Rower – Martha Anderson & Sophie Bentley (joint)
- Performance Award – Harry Marley (4 Gold medals at British Coastal Championships, GB Pathway selection) & Sophie Bentley (fastest B Sculler at JIRR, now WJ16 1x British Beach Sprint Champion)
- Club Spirit – Jessica Darcey & Henry Anderson (joint)
- Most Improved Rower – Jack Holden
- Unsung Hero – Evie McLaren
- Rising Star – Jack Holden
- Memorable Moments – Jack Holden & Malachi Fell (dramatic Durham City capsizes) and Brett Summers & Davian Gauch (repeat capsizes heroes at Infinity)
- Rising Coach – Tillie McLane & Megan Pickering (joint)

Huge congratulations to all our winners and thank you to everyone who made the day so special.



Recs Annual Row to Yarm and BBQ

On the 4th August, the Recs were delighted to see so much of the main club joining in for a 25km weekday row to Yarm, followed by a BBQ. Paul made the tough call to limit numbers; when too many boats take part, the toilet stop and changeover at Yarm school pontoon can take a long time, and the Rec group also struggles to cook enough food and prepare sufficient salads and puddings for everyone within a reasonable timeframe.

Most people embraced the mixed crews. Six quads, one four, one double and a couple of singles (well done Val Von Morgen and Roger Brisley) made their way to Yarm school, with 14 people completing the one-way journey. Thanks go to John Corbey and Len for driving the first safety launch upstream and keeping crews moving along at the pontoon, with Anne and Karen doing the same in the second safety launch.

The weather could have been kinder, though winds stayed low and the rain, a rare occurrence after so many dry weeks this summer, didn't last long. A single clap of thunder had crews weighing up their exit strategies, but the storm stayed well away and never fully arrived. Sharp eared and eagle eyed crews counted 7 seconds between the lightning and the thunder.



An inquisitive fox appeared at Teal to watch the boats heading upstream, and once at Yarm school, some newcomers to the event were surprised when their quads carried on past both Yarm bridges rather than stopping straight away as Recs like to make a proper outing of it!

Back at the club, our cooks did a brilliant job turning out plenty of tasty BBQ meat and vegetarian options. Most people seemed to enjoy both the row and the food, with a few even taking doggy bags home. Thanks to everyone who helped make the event a success here's to the next one in 2027!



Tees Take On the World – World Rowing Masters Regatta, Lake Bled

A number of Tees crews made the long journey to Lake Bled, Slovenia for this year's World Rowing Masters Regatta, with some of our rowers taking on as many as 10 events across the week!

The weather couldn't decide what it wanted to do, glorious sunshine early on gave way to conditions bad enough that some races were cancelled. At one point, particularly through the late afternoon and evening, it was as much about surviving the downpour as racing! Ralph and Bob narrowly missed out on a medal in the Men's 1x2, beaten by centimetres into second, while John and Tony came a respectable fourth in the same category.

Despite the weather, there was plenty to celebrate. The standout moment was Bob Bainbridge and Rutter claiming Gold and more strong results across the board:

1st place - gold medal

H2x Bob Bainbridge, Paul Rutter

2nd places:

G4x Paul Ruttter, Jack Calvert, Johnnie Cooper, Valentijn Von Morgen
I2x Bob Bainbridge, Ralph Pickles

F2x Mx Elizabeth Bostock, Steve Bostock

3rd places:

H2x Tony Stocking, Paul Stiller

I4x Ralph Pickles, Bob Bainbridge, Tony Stocking, Jack Calvert

F2x Paul Rutter, Johnnie Cooper

G2x Paul Rutter, Jack Calvert

A huge well done to everyone who competed, travelling that distance and racing at a World Championships is an achievement in itself, let alone bringing home medals in tricky conditions. Next year's regatta heads to Varese, Italy. Here's to more Tees success on the world stage!

21 rowers and one cox
5 days of racing
42 races entered
6 days of towing!



Bob and Paul



Lake Bled

New Boat Trailer Arrives at TRC

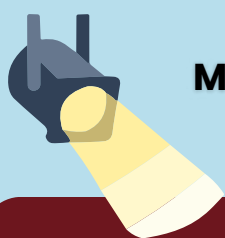
Exciting news for anyone who's ever helped load boats before a race day. The club has invested in a brand new Degraff trailer! Degraff trailers have been the trusted choice of British Rowing since 1992, so we're in good company.

This is exactly what your membership fees and fundraising help make possible; keeping our equipment safe, reliable and up to scratch, so crews can focus on the rowing rather than worrying about what's carrying the boats there. More reliable, better racks, smoother loading and it looks the part too!

The trailer wasted no time getting stuck in either. One of its very first outings was a rather epic one, carrying boats all the way to Bled, Slovenia for the World Masters Rowing Championships. Not a bad way to start its TRC career.

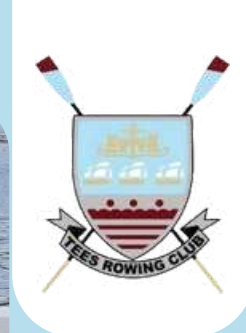
We're looking forward to seeing it clock up the miles as crews head off to events across the UK (and beyond) in the seasons to come. Here's to many happy journeys ahead.





MEMBERS SPOTLIGHT

Sarah Harker



Age: I would race as Masters C in single.

How long have I been rowing?

I first got in a boat at Durham University in Oct 2000, got the bug immediately and joined Tees RC as a not-so-distant student member in time for the first Christmas break. I've been a member almost continuously since, with a few breaks from actual rowing due to injury/'maternity leave'.

First impression of Tees RC

Cold!! On my second visit, December 2000, Dick Wilkinson said something like "Oh you've already done a bit of rowing? See if you like sculling" and sent me off in a single. I fell in just past the A66 and was fished out and taken home shivering in random lost property kit! It didn't put me off, though it was about 4 years before I tried a single again, as college rowing was all about sweep. What I loved about Tees as a new student rower was the wealth of knowledge and experience and how friendly everyone was.

Favourite rowing memory

So many contenders, but Women's Eights HoRR 2007 tops them all. Beautifully prepared by David Warburton, we felt we'd had a cracking race regardless but far exceeded expectations by placing 72nd, the highest club crew from the region, delivering as a crew when it mattered.

Current focus

Supporting the development of an intermediate ladies squad, so hopefully they'll enjoy similar experiences.

Outside rowing

I work full time at Stockton BC, office days are about as close to RTWC as I can get. A bit of running and cycling for cross training too.

Final fact

My daughter Katy, now a J14, also has the bug (sigh of relief) and is well established in our junior squad.

A huge thank you to Sarah for bravely stepping up as our first Members' Spotlight! Who's next? We will be reaching out to the squad leaders in due course to find volunteers, but if you'd like to put yourself forward in the meantime, please drop an email to teesrc.assistantsecretary@gmail.com

Caption Competition



Something eventful clearly happened on the pontoon recently... but what caption best captures the moment?

Send us your best caption and the winner will be revealed in the next newsletter along with the full story of what actually went on! Entries and funny photos to teesrc.assistantsecretary@gmail.com by 14th Nov 2026.





Junior Spotlight by Sophie Bentley – Beach Sprints

Earlier this year, following erg testing at the club, I was invited to the Northern Beach Sprint Performance Development Academy in South Shields. A few sessions later, I was hooked, this fast-paced style suits my love of rough water and using it to my advantage!

My first competition was in Studland, where I finished third in the time trial but was knocked out in the quarter-final head-to-heads (my boat exit didn't go well!). Keen to try again, I headed to Bournemouth for the British Beach Sprint Championships.

Conditions were choppy right up my street. I finished second in Saturday's time trial, going straight to Sunday's quarter-finals, then scraped through to the semis despite a wide turn around the buoys. The races come thick and fast once you're through, so the excitement really builds!

Competition was tough (and I learned I need different running socks and still need to work on my exits!), but my love of rough conditions paid off. I won Gold in the J16 category. I'll be back to defend it next year.

If anyone's thinking of trying beach sprints, I'd highly recommend it. Combined with coastal rowing at Whitby, it's a brilliant day out: music, finish-line dives, buzzers, and a great bunch of people, whatever the weather!



Sophie Bentley

Unsung Hero – Dick Marlow

Dick Marlow was a familiar sight out on the water in his single scull until recently but has now hung up his rowing shoes and become a social member. That hasn't stopped him quietly making a difference around the club. Dick was recently spotted giving the boathouse a good clean-up. It's exactly this kind of quiet, behind-the-scenes effort that keeps the club running smoothly.

Thank you, Dick!



Dates for your Diary

Sat 10th Oct – Tees LDS

Friday 6th Nov – River Tees Watersports Centre Celebration. A chance to meet with friends for a fun evening. This event will replace the Boat Club Dinner for 2026

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)

