



COMMUNITY ROWING CLUB
LEICHHARDT PARK

PROVIDING OPPORTUNITIES



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STOP THE PRESS!

SITE APPROVED

NEXT STEPS

- ✓ SUBMIT DA
- ✓ BUILD FACILITY
- ✓ ALL WELCOME TO ROW



**PROVIDING
OPPORTUNITIES**

EXECUTIVE SUMMARY

Community Rowing Club, an initiative of the Balmain Para-Rowing Program Inc, has been given the opportunity to establish a community boatshed facility on the foreshore of Iron Cove.

Balmain Para- Rowing Program Inc has been supporting rowers with disabilities for over a decade and is the foremost program of its kind in Australia.

During 2019/2020 the Inner West Council completed and approved a 10 year Plan of Management and Master Plan for Leichhardt Park. Identified in that plan is a site for the establishment of the Community Rowing Club community boatshed facility.

The new community facility will enable open access to the water, improve the amenity for residents and users of Leichhardt Park and Iron Cove, and provide new opportunities for people including people with disabilities to access this unique waterway.

Leichhardt Park provides a unique gateway to Iron Cove for passive water-users, most significantly for rowers with the waters a designated rowing precinct, and the only 2000m rowing course on Sydney Harbour.

Rowing is an extremely liberating sport for people of all walks of life, including people with disabilities.

The tasks now before the Program is to raise the funds to build the facility.



MISSION STATEMENT

- To be Australia's pre-eminent para-rowing club, including both for elite representation and recreational rowers
- To have a Para 8 crew competing in the NSW Rowing Regattas
- To pioneer 'inclusive' rowing whereby para-rowers integrate with able-bodied squads wherever their relative function and ability allows
- **To have 20 para rowers vying for selection for the Paralympics**
- To have an indigenous 8 crew competing in the NSW State Championship Regatta
- To have a community youth squad of 20 rowers



TARGETS

NEW FACILITIES

Aim: To build a new, significant multisport facility in Leichhardt Park that has disabled access to the rowing boats and the amenities

Impact: Disabled access will enable us to offer the sport of rowing to individuals with a more diverse range of disabilities, and to expand the range of programs to the wider community

Fundraising target: \$6,000,000



PEOPLE

Aim: Encourage new athletes of all levels of experience and disability to enjoy the sport of rowing, building friendships while keeping healthy

Impact: Improved health and social wellbeing for all participants

Target: All who are keen

HOW TO DONATE



Visit asf.org.au/projects/balmain-para-rowing-program-incorporated/community-para-rowing-facility to make a tax deductible donation to the Program.

While the Balmain Para-Rowing Program has significant experience with fundraising, having raised over \$200,000 in the last 7 years to finance international competition in Boston USA, to purchase specialized equipment, to host training camps/ try rowing days for para rowers and support individual para-rowers, significant funding is now required to finance the building of the new community facility.

The Australian Sports Foundation Ltd (ASF), established by the Australian Government, has been helping sporting clubs fundraise for more than 30 years.

The ASF gained charitable status to enable individuals, private and public ancillary funds to invest in a sporting future where everyone can participate.

A project titled 'Balmain Para Rowing Program Incorporated Community Para Rowing Facility' has been registered with the Australian Sports Foundation Ltd to assist us in raising the funds to build this facility. This is a great way to contribute to the development of sport, the expansion of the program and receive a tax deduction for your donation.

Any contribution is valued, whatever the amount and the ASF will issue official tax receipts for any donation \$2 and over to substantiate your taxation claim.

Visit asf.org.au/projects/balmain-para-rowing-program-incorporated/community-para-rowing-facility to make a tax deductible donation or contact Anne Craig at coaches@balmainpararowing.com.au to discuss how you can help the Program.

HISTORY



Balmain Para-Rowing Program is a not-for-profit incorporated association specifically set up to help to provide opportunities for persons with disabilities to participate in the sport of rowing and become involved in the rowing community.

The Program provides para-rowers with tuition and training to develop the skills necessary to row and enjoy the sport recreationally and/or competitively, developing a pathway to achieving excellence in rowing.

The health and social benefits of the sport are immense as the para-rowers overcome their daily challenges, giving new direction and purpose to their lives and inspiring those around them with their courage and determination.

The program had its origins from 2007 when a young man who had lost both legs due to meningococcal contacted Balmain Rowing Club and asked to be taught to row. This fellow became our first para athlete to be invited to trial in 2008 for selection for the Paralympics.

This was followed in 2010 when a young man, who had sustained a traumatic brain injury and physical injuries as a result of a car accident, participated in the Balmain Rowing Club's 'Learn to Row' course. His GP had suggested that rowing might aid his rehabilitation. This proved to be the case from both the physical and social perspective. Barbara Ramjan, Liam James and Anne Craig volunteered to continue coaching him after the initial introductory course and hence began the para-rowing program.

The program has supported athletes from the Balmain Rowing Club for ten years, and caters for athletes with a range of physical disabilities. The Program has been highly successful locally and internationally, from novice level through to Paralympic representation. Several of our rowers have competed internationally at the prestigious Head of the Charles Regatta in Boston USA in 2013 and 2014 and at the Women's Henly in London in 2019. Two rowers were selected to represent Australia in the World Championship Regatts and in the 2016 and 2020 Paralympics.



Rowing has given many of the para-rowers a new purpose or direction in their lives. They have overcome their disabilities and inspired others by their courage and determination.



Long Cove Creek Go Mo Ra Rowing Club Inc

For over a decade, the founding members of the Balmain Para-Rowing Program have been working to develop a true community-based rowing club that would cater for rowers of all levels of ability, and from all backgrounds, in the Sydney Harbour Area.

This initiative commenced with the formation of the Long Cove Creek Go Mo Ra Rowing Club Incorporated (INC9889288) (LCC), which initially worked to develop a rowing facility on the shores of Haberfield near to the mouth of Long Cove Creek. Relationships were developed with the Lloyd McDermott Rugby Development Team (LMRDT), the National Centre of Indigenous Excellence (NCIE), and the Australian Indigenous Mentoring Experience Program (AIME), all of whom have expressed their support for the project.

Although the concept was given in principal support by the then Ashfield Council, difficulties in securing an appropriate site for the club facilities in the space surrounding the mouth of the Long Cove Creek (also

known as Hawthorne Canal), near to the Western Distributor, and the unexpected growth of the Balmain Para-Rowing Program led to a hiatus in the development of this project. Despite this, the Club remains ready to commence delivery of its indigenous program as soon as appropriate facilities are located.

The Community Rowing Club

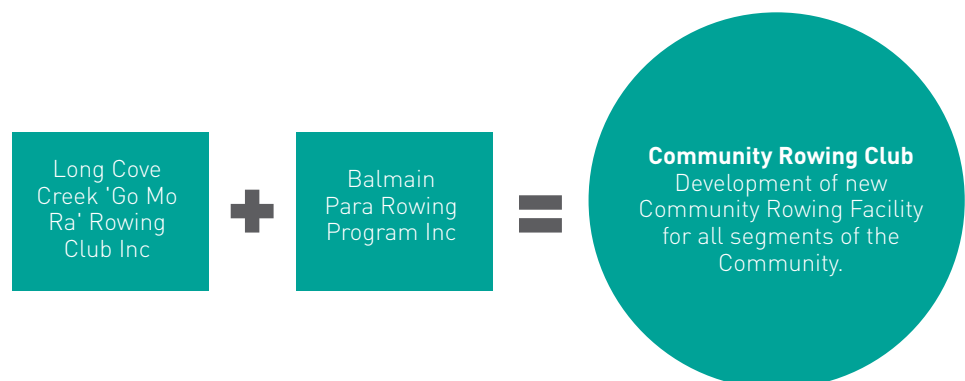
With the continuing and ongoing success of the Balmain Para-Rowing Program and its emphasis on inclusive rowing (that is, the integration of para and non-para athletes within the same program), the two initiatives have now merged.

As such, the development of a community-based rowing facility that caters for:

- para-rowing,
- rowing for young persons,
- a rowing program for people with Aboriginal and Torres Strait Island heritage, and
- rowing programs for persons from all backgrounds in the community,

is now a primary focus of both the Long Cove Creek Go Mo Ra Rowing Club and the Balmain Para-Rowing Program, and is rightly identified as a key requirement to the Para Rowing Program's ongoing success.

The Balmain Para-Rowing Program, as an active and successful organisation with over 10 years work in the community has thus taken the lead role of driving the development of the facility, Community Rowing Club, working together with the Long Cove Creek Go Mo Ra Rowing Club entity.



COMMUNITY BENEFITS

Enormous community benefits would flow from the proposed Community Rowing Club. Such a facility would enable the creation of:

- An Indigenous rowing program;
- An expanded para-rowing program, including for people with higher needs;
- A program for Disadvantaged Youth;
- A Veterans rowing program;
- A Community rowing program
- Future Paralympic representatives;
- Substantial Community use and involvement beyond rowing
- A true 'multipurpose facility' to be used for a range of recreational and community activities from fitness classes through to meeting spaces for community groups.
- Assistance to returned servicemen and women (for example through return to sport competitions, such as the Invictus Games).

The artist's impression of the proposed facility on pages 14-17 demonstrates how the design of a community-based boatshed facility would incorporate access to the harbour for other members of the community, in an open plan fashion, to allow equal access to the water for other passive water users.



THE NEED FOR NEW FACILITIES

The Program presently operates as a support organisation that provides equipment and coaching assistance to members of Balmain Rowing Club. Unfortunately, the access to the rowing shed for a person with a disability is very poor to non-existent. A ramp does lead from White St to the shed but once inside, a steep narrow flight of stairs leads from the top level to the boat and pontoon level. There is no lift or ramp for disabled access.

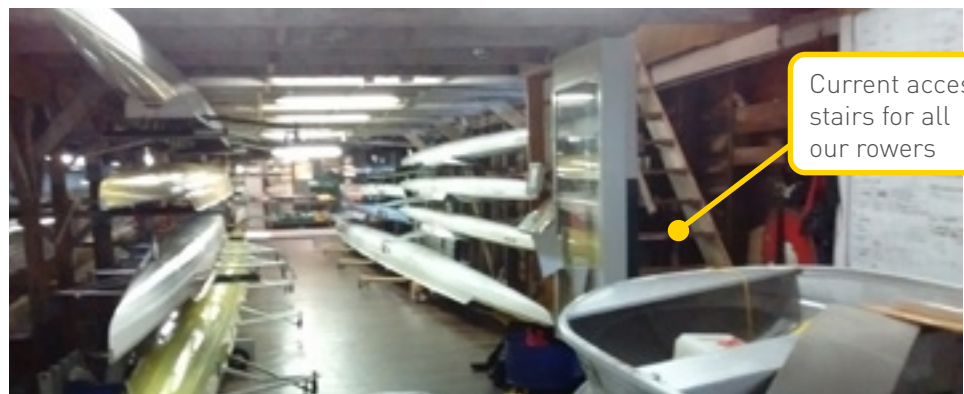
The current plans at Balmain Rowing Club are focused on the repair, restoration and expansion of the existing facilities, and providing some level of accessibility to the existing shed. The present plans have been underway for over 10 years, with no improvements to the accessibility of the shed yet completed. Even when the renovations are completed however, there will be little increase in the capacity of the club to take on additional members, or to allow for increased access to the harbour for new community groups.

The club is constrained by its location at the bottom of White Street, Balmain, and in its location in an open part of Sydney Harbour, near White Horse Point (so named as the wind often whips the caps of the waves nearby into sea foam, resembling white horses galloping past the point). The location of BRC beside Elkington Park is less ideal for para rowers. The convergence of the waterways near Cockatoo and Snapper Islands the wash from the Paramatta River ferries and Birkenhead point marina pleasure craft makes the passage of water between the Balmain sheds and Birkenhead Point marina always challenging and often treacherous for all our rowers. The water west of Iron Cove bridge is far more protected for para rowers.

This current location has no capacity to incorporate the new combined programs of the Community Rowing Club, neither the rowers nor the necessary equipment. The current para-rowing program alone is expanding with 2 to 3 enquiries/new rowers joining each month.

**The disability is
not the problem.
The accessibility
is the problem.**

**Mohamed Jemni
#TED2013**



Current access
stairs for all
our rowers

2020: SITE APPROVED

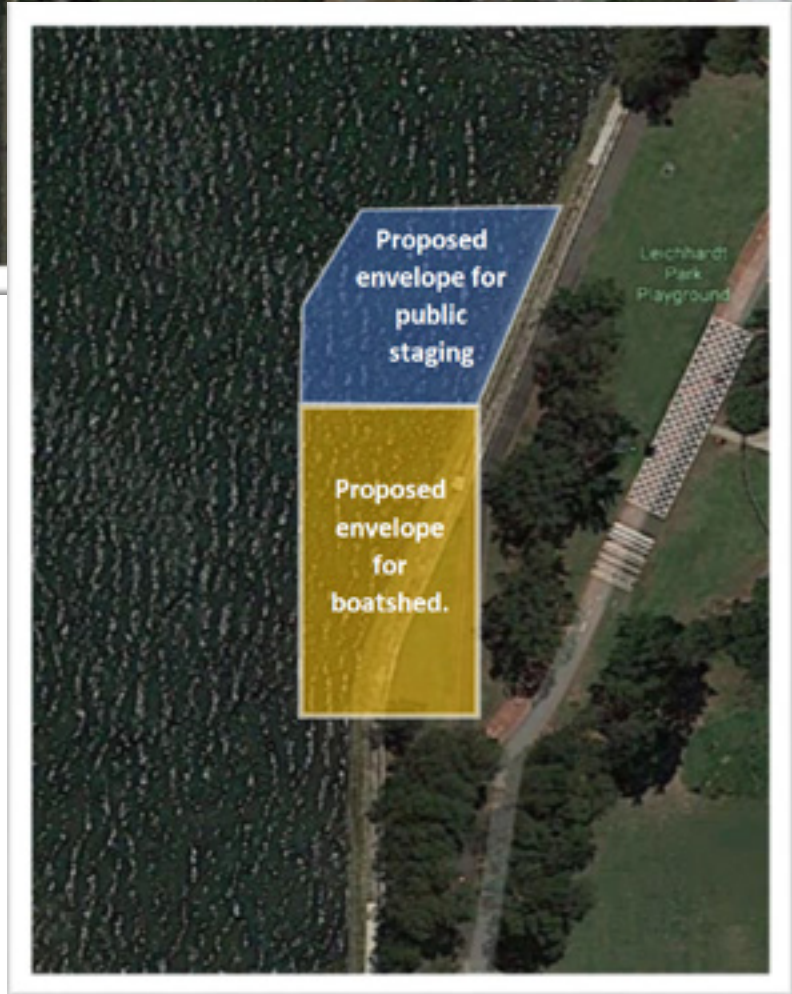
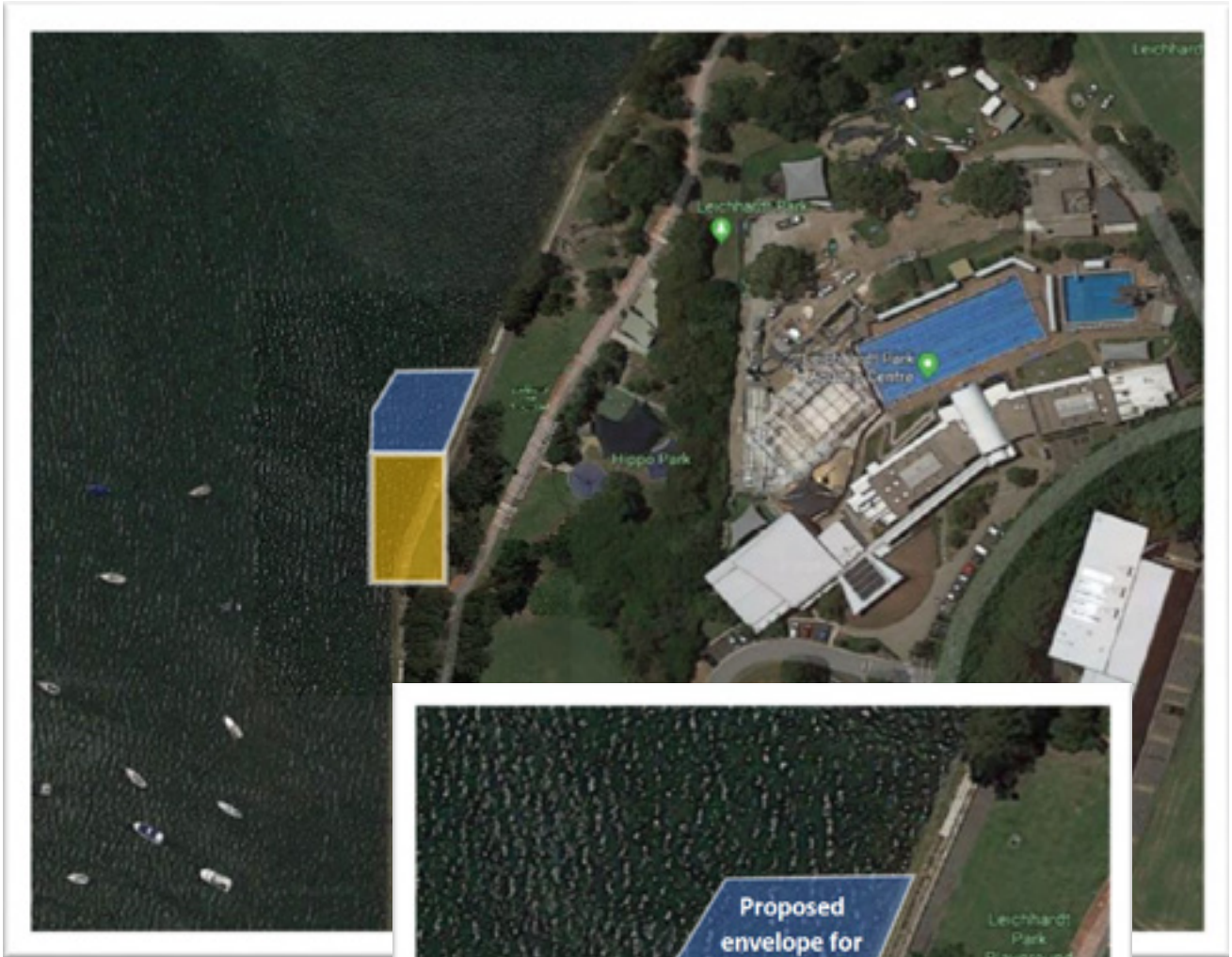
In 2020, the Balmain Para-Program identified a small tract of land to the south of the Giovinazzo Grove and Fr Atanasio Gonelli Memorial, lying between the present Bay Run pathway and the foreshore, which would be ideally suited for a community-based rowing facility and public staging and pontoon.

This area would be, both historically and geographically, an ideal home for a community-based rowing facility providing programs for rowers with disabilities, and rowers from indigenous and migrant backgrounds. The area has broad and flat access via the foreshore road at the end of Lilyfield Road and Fraser Street, and has no nearby residential neighbours.

The area is well-serviced with ample council car-parking and pedestrian and cycle access via a little-used pathway that formerly made up a part of the Bay Run.

The area is well-screened by current vegetation, and would allow for the construction of a open staging and community boat-shed partially on land and partially over water. The orientation of the land and the foreshore would support a convenient design maximising space for a public staging, wharf, pontoon area, and for easy access (but no impediment to) the Iron Cove rowing precinct, subject to final design.

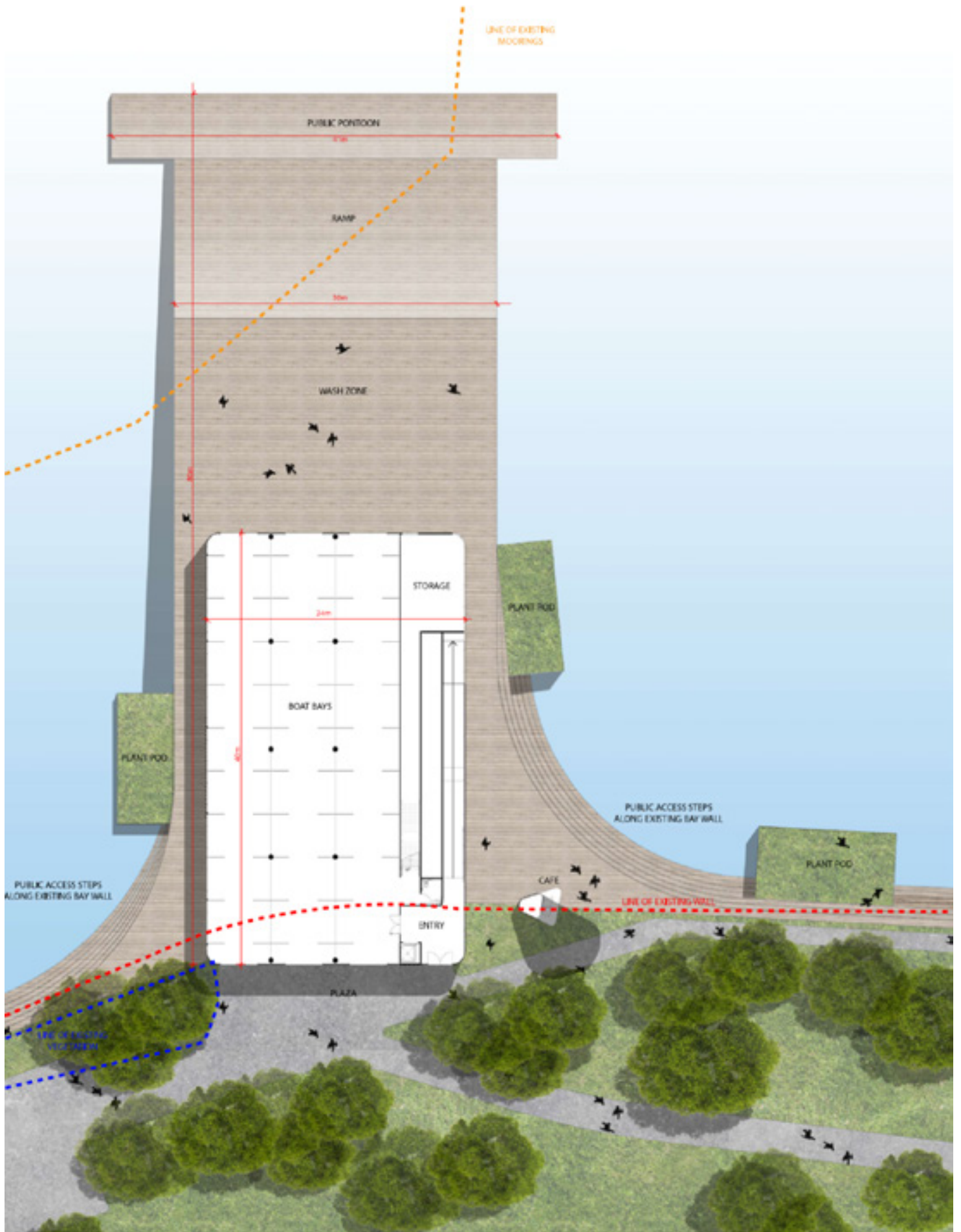
In December 2020, following the NSW State Government approval of the land categorization of Crown Reserves parts of Leichhardt Park, the Inner West Council adopted the Leichhardt Park Master Plan and Plan of Management which includes a site for the new community rowing facility in this area identified by the Balmain Para-Rowing Program.



CONCEPT DESIGN







LETTERS OF SUPPORT

Support for the Community Boatshed has come from many sources over many years. In April 2021 Rowing NSW approved Balmain Para-Rowing Program Inc's application to become a kindred association of Rowing NSW.

- John Coates AC - Australian Olympic Committee 2022
- Hon John Sidoti MP 2019
- Rowing NSW 2019, 2022
- Balmain Rowing Club 2008
- Leichhardt Rowing Club 2019
- Metropolitan Local Aboriginal Land Council 2019
- Office of Sport NSW Government 2016
- Inner West Council 2016
- Lloyd McDermott Rugby Development Team 2008
- Balmain Rowing Club 2019



AUSTRALIAN OLYMPIC COMMITTEE

INCORPORATED
A.B.N. 33 052 258 241

President:
John Coates AC



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Level 4, 140 George Street
Museum of Contemporary Art
SYDNEY NSW 2000
AUSTRALIA

Telephone 61 2 8436 2126
john.coates@olympics.com.au

21 January 2022

The Hon. Stuart Ayres MP
Minister for Enterprise, Investment and Trade,
Minister for Tourism and Sport, and
Minister for Western Sydney
GPO Box 5341
SYDNEY NSW 2001

Dear Minister, dear Stuart,

LETTER OF SUPPORT – BALMAIN PARA-ROWING PROGRAM – MULTI-SPORT COMMUNITY FACILITY FUND

I am writing on behalf of the Australian Olympic Committee (AOC) to express its and my support for the application by the Balmain Para-Rowing Program for funding under the Government's multi-sport community facility fund to create a purpose-built rowing-focused multi-sport facility on the shores of Iron Cove.

Having had the opportunity to review the proposal, I was pleased to note that it aligns with many of the community based objectives of the AOC and, in particular, its provision of community grass roots facilities, not only in events on the programs of the Olympic and Paralympic Games, but also other sports and for indoor fitness facilities.

The AOC regards community sports infrastructure as much more than just a place to play sport. These facilities foster social cohesion and inclusion through a broad range of events, celebrations and meetings.

Unfortunately, access to facilities is a problem for the para-community in rowing, kayaking, and sailing, and the AOC sees this proposal as filling that void.

The Leichhardt Park area is ideally suited for a multi-sport facility, with easy level access to the Bay Run, parking, close public transport via the light rail and bus routes, and other sporting facilities including the UTS/Haberfield and Leichhardt Rowing Clubs, Leichhardt Oval, King George Park, Leichhardt Aquatic Centre and the planned sporting fields in Rozelle presently under construction above the Westconnex interchange.

My introduction to rowing was at the Leichhardt Rowing Club which hosted my school, Homebush Boys' High's rowing program. I know Iron Cove and Leichhardt Park well, these days from across the water in the Drummoyne Pool where I swim in the slow lane!

The proposal from the Balmain Para-Rowing Program is targeted at the development of an integrated club that offers programs for people with disabilities, members of the community who are not already catered for in the sport of rowing, young people, and provides access to Sydney harbour for other members of the community including in other Olympic, non-Olympic and non-organised sports, such as canoeing, kayaking, stand-up paddle boarding, and facilities for indoor fitness activities.

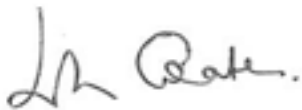
I am also pleased to see the commitment for creating opportunities in sport for our nation's first people and support of the Metropolitan Local Aboriginal Land Council for the project. This is consistent with the AOC's express objective to give practical support to the issue of indigenous reconciliation through sport. Sixteen members of our Tokyo 2020 Olympic Team were aboriginal or Torres Strait islanders and we are keen to see this number increase in future teams as I know is Paralympics Australia.

I am aware that this program has had its origins in support from an existing club, Balmain Rowing Club. The program and wider community objectives have increased over the last decade to the extent that it now warrants a standalone community facility and I sincerely hope that with the support of your Government's multi-sport community facility fund, the Balmain Para-Rowing folk can take their program to the next level.

The AOC and I are pleased to offer our support for the project and look forward to it coming to fruition.

With best regards,

Yours sincerely,

A handwritten signature in black ink, appearing to read "John Coates". The signature is written in a cursive, slightly slanted style.

JOHN COATES AC

cc: Mr Matt Carroll AM, CEO, Australian Olympic Committee

Thursday, 3 February 2022



Office of Sport
NSW Government
Locked Bag 1422
Silverwater NSW 2128

Re: Multi-Sport Community Facility Fund and Para-Rowing NSW Centre of Excellence, Grant Application by Balmain Para-Rowing Program and Long Cove "Go Mo Ra" Rowing Club.

Rowing NSW has been made aware of and fully support the Balmain Para-Rowing Program grant application for \$6,000,000 to \$7,000,000 for the development of a community-based rowing facility and NSW Para-Rowing Centre of Excellence in Leichhardt Park and Iron Cove that will cater to para-rowing, rowing for young persons, a rowing program for people with Aboriginal and Torres Strait Island heritage and rowing programs for persons from all backgrounds in the community.

The Balmain Para-Rowing Program has provided invaluable support and assistance to para-rowers over the past 10 years at all levels of the sport. With the planned community-based rowing facility the Balmain Para-Rowing Program will be able to increase its ability to assist not only aspiring para-athletes but members of the local community and individuals from non-traditional rowing backgrounds.

The mission and objectives of the community-based rowing facility are aligned with the Rowing NSW Strategic Plan 2021-2024 (copy attached) to create a thriving and inclusive community throughout NSW and as a leader in regatta and event management. The community-based rowing facility will be well located and easily accessible for athletes, coaches, participants and supporters for training and competition.

In conclusion, Rowing NSW is fully supportive of the grant application for the community-based rowing facility and hopes that the application is looked upon favourable and be successful.

Yours Sincerely

A handwritten signature in black ink, appearing to read "Stephen Donnelley".

Stephen Donnelley

President, Rowing New South Wales

Kindred Association of Rowing NSW confirmation

----- Forwarded message -----

From: Margot Harley <margot@rowingnsw.asn.au>

Date: 23 Apr. 2021, 12:18 PM +1000

To: Liam James <liam@balmainpararowing.com.au>

Subject: RE: Application for Affiliation with RNSW- Balmain Para-Rowing Program Inc.

Good Morning Liam,

Hope you're well.

At the Rowing NSW Board meeting last night the board considered Balmain Para's application to become a kindred association of Rowing NSW.

I can confirm that the application was approved by the board.

I will organise for an affiliation invoice of **\$157.50** to be raised and sent to you for payment. Following this the program will be added to our insurance register.

Kind Regards

Margot

Margot Harley | Chief Executive Officer Rowing New South Wales 19A/37 Nicholson St, Balmain East, NSW 2041 PO Box 1116

Rozelle, NSW 2039E margot@rowingnsw.asn.au | W www.rowingnsw.asn.au -  please don't print this e-mail unless you really need to.



The Hon John Sidoti MP
Minister for Sport
Minister for Multiculturalism
Minister for Seniors
Minister for Veterans

CRML19/257

Mr Michael Deegan
Chief Executive Officer
Inner West Council
PO Box 14
PETERSHAM NSW 2049

Dear Mr Deegan,

Re: Support of Balmain Para-Rowing request for a disability friendly rowing club on the foreshore of Leichhardt Park.

I would like to support a proposal by Balmain Para-Rowing to develop a fit for purpose and disability accessible Community Rowing Club on the foreshore of Leichhardt Park, Lilyfield. This facility would provide people with disabilities with an opportunity to experience and participate at all levels in the sport of rowing.

Para-Rowing has shown benefits for people recovering from brain and spinal injury and creates real opportunities for people with disabilities to engage with others in their own communities. Accessible facilities also create opportunities for elite disabled athletes including many who would compete for their State or Country in the Paralympics.

The sport provides opportunities for participation at all levels from recreational activity to high performance and elite competition.

Balmain Para-Rowing have made significant efforts to explore suitable locations over a period of 10 years and I am happy to support this proposal to find a home on the shores of Iron Cove, on the edge of the Leichhardt Park foreshore.

Yours sincerely,

John Sidoti

Cc: Clr Darcy Byrne, Mayor, Inner West Council

The Hon. John Sidoti MP

Minister for Sport, Multiculturalism, Seniors and Veterans

GPO Box 5341

SYDNEY NSW 200

RE: Leichhardt Park Masterplan - Balmain Para-Rowing Program Inc. t/as Community Rowing Club

Dear Minister Sidoti,

This letter is in support of the submissions to Council lodged by Balmain Para-Rowing Program Inc. t/as Community Rowing Club in relation to the Inner West Council's development of Leichhardt Parks's 10-year Plan of Management and Master Plan.

Rowing NSW is the peak body for the governance and management of the sport of Rowing within NSW. Formed in 1878, it has managed the sport within the state since prior to Federation, and caters for male and female rowers from elite to novice level including athletes with a disability, with over 5000 members. It is supported by the NSW Office of Sport and the Australian Sports Commission, and has close links with the NSW Institute of Sport, Australian Institute of Sport and the Australian Paralympic Committee.

Rowing NSW has a proven track record in delivering world-class facilities for athletes and the benefit of the sport, having recently successfully bid for, and delivered, the new Women's National Training Centre in Penrith - a facility which serves the elite athlete community in conjunction with the Men's National Training Centre in Canberra.

Rowing NSW has a proud tradition of inclusion and accessibility, being the premier state within Australia for Para-Rowing. With the largest para-rowing program within Australia and as the winner of the "Bob Blake" Shield for para-rowing, Rowing NSW considers Para-Rowing an integral part of its long-term program and a key benefit to the community in providing opportunities for people with disabilities to participate within this sport.

Rowing NSW Acknowledges the work done by the Balmain Para-Rowing Program Inc over the past decade, in encouraging new para-rowers into the sport, developing athletes and ensuring participation and inclusion for rowers with disabilities, and in advocating for greater access and inclusion for those rowers, not only from one club but across the entire Country.

Rowing as a sport is limited by the capacity for participants to access equipment and the water. This is even more significant for rowers with disabilities. The proposed facility at Leichhardt Park would provide substantial advantages in this area, as well as numerous benefits to the sport as whole, and would provide further benefits to rowers and other athletes looking to utilise the Iron Cove rowing precinct, both for training and regatta purposes. The location of the facility would provide sorely needed additional boating access (not just for rowers but all passive water users).

If provision is made within the Leichhardt Park Masterplan for a community rowing and boating facility in line with the proposal submitted, Rowing NSW would be pleased to work with Council and with the Balmain Para-Rowing Program Inc in finalising the design to maximise the benefits to the proposed users of the facility, the broader rowing community, and the community at large. We are happy to support this facility and the submissions of the Balmain Para-Rowing Program Inc.

Yours Sincerely



Stephen Donnelley
President, Rowing NSW

Balmain Rowing Club Inc.

Established 1882



Clubhouse:
Lower White Street
Balmain NSW 2041
Ph: (02) 9810 3400

Correspondence:
PO Box 15
Balmain NSW 2041

26th April 2008

The Secretary
Long Creek Rowing Club
P.O. Box 325
Summerhill NSW 2130

Dear Secretary,

I understand from a recent discussion that an opportunity exists to establish a new rowing facility on a site adjacent to Hawthorn Canal on Iron Cove.

I strongly support such an initiative as it provides the opportunity for greater participation in the sport of rowing. As you would be aware whilst there has been an expansion to a number of rowing facilities over the past few years the access to them is limited by the organisations that own them. I mention this as they are not available to people beyond school age, this is despite the fact that rowers do not actually reach their peak performance level until their mid twenties and that in many instances these athletes continue to row at elite level until forty plus years of age. Some rowers make it a lifetime and lifestyle activity and continue to actively train and compete beyond 60 years of age, with significant health benefits that such activity offers.

Whilst there has been a massive increase in the population of Sydney and a concentration of this population close to the CBD over the past 20 years, there has not been a corresponding increase in available sporting facilities. In fact I am not aware of one new rowing club over that period. Furthermore, the nature of and use of the harbour is such that there has been a contraction in the availability of water suitable for training. One of the few bodies of water that remains relatively for safe training is Iron Cove.

It is heartening to hear that it is intended that this facility will be open to all comers with an emphasis on those who do not have access to rowing through school programmes and a particular focus on indigenous youth. As you will be aware my club has a similar approach and as you will note from my previous comments we are only too aware of how restricted access is to rowing.

I am extremely supportive of your initiative and take this opportunity to both wish you well and offer my support, if there is anything I can do to assist.

Please keep me updated on progress and feel free to contact me at any time.

Yours sincerely,

David Longhurst
President



LEICHHARDT ROWING CLUB

10/8/19

Dear Cllr Darcy Byrne, Mayor Inner West Council

We write in support of the proposal by Balmain Para-Rowing Inc for a boatshed on the Western edge of Leichhardt Park, on the foreshore of Iron Cove.

Rowing is one of the few open water sports that requires access to a large body of water such as Sydney Harbour, and Iron Cove, part of the Inner West Council area, holds the last remaining full-size 2000m race course on the harbour. As a rowing precinct it supports hundreds of active rowers each week both for training and on regatta days.

The water of Iron Cove is sheltered, and would provide an ideal training location for rowers with disabilities. Balmain Para-Rowing already trains rowers on these waters, rowing from Balmain into Iron Cove to do so. A facility within 'the Bay' would provide direct access to sheltered water and allow for those rowers to safely train and compete.

The proposal also provides benefits to the surrounding clubs - Leichhardt Rowing Club, having rebuilt its shed and pontoon about 20 years ago, is now used by many visiting clubs to access Iron Cove during regattas. A facility at the other end of the park in Maliyawul Street would allow for a separate access point into the bay, and reduce the congestion in Glover Street on those days.

Finally, the proposal would increase the capacity for participation in the sport as a whole, which is constrained by the number and size of the clubs with access to water. Leichhardt Rowing Club, itself a proud community club, is currently close to capacity and itself exploring options for additional space to best service its own members.

As such, Leichhardt Rowing Club supports the proposal of Balmain Para-Rowing Inc.

Steven Duff
President
president@lrc.com.au

LEICHHARDT ROWING CLUB INC.

ABN 93 993 695 175

Glover Street Leichhardt NSW 2040 • PO Box 3 Leichhardt NSW 2040



Metropolitan Local Aboriginal Land Council

36-38 George Street Redfern NSW 2016

PO Box 1103 Strawberry Hills NSW 2012

Telephone: (02) 8394 9666 Fax: (02) 8394 9733

Email: officeadmin@metrolalc.org.au

President
Balmain Para-Rowing Program Inc
t/as Community Rowing Club (ABN 52 169 864 322)
PO Box 325
Summer Hill NSW 2130

13th August 2019

Dear President

RE: Community Rowing Club – Leichhardt Park Masterplan Proposal

Thank you for contacting us regarding the proposed establishment of a fully accessible Community Rowing Facility designed to cater for people of all abilities, and open to young indigenous and local youth who do not have the advantaged of School Rowing.

On behalf of Metropolitan Local Aboriginal Land Council (MLALC) as the legislated representative body established for all Aboriginal people and responsible for the protection, preservation and promotion of Aboriginal Culture & Heritage within its boundaries, more generally, of the area bounded by Georges River in South, Hawkesbury in North, West to Parramatta, East to Eastern Distributor and including Sydney Harbour & CBD, I confirm MLALC is very supportive of the proposal, and consider it a great opportunity to those involved not only to develop their fitness and self-confidence but also to engage in the wider community.

MLALC is acutely aware of the its 1st Nations peoples and or Aboriginal peoples having an innate affinity with water craft and hopes that this proposal may lead to a greater involvement of 1st Nations peoples and or Aboriginal peoples in rowing. M

MLALC believes the Balmain Para-Rowing Program (Community Rowing Club) shares this ideal, by working together with initiative first proposed by the Long Cove Creek Go Mo Ra Rowing Club more than a decade ago.

Balmain Para-Rowing Program Inc

MLALC is aware of the work done by the Balmain Para-Rowing Program Inc over the past decade in encouraging new para-rowers into the sport, developing athletes and supporting members to increase participation and inclusion for rowers with disabilities. The program has also advocated for greater access and inclusion of rowers with disabilities, not only from one club, but across the state, the Country, and on the international stage.

The founders of the Program are also founders of the Long Cove Creek Go Mo Ra Rowing Club, which was given in principle support by the then Ashfield Municipal Council to develop an indigenous rowing program on the banks of Iron Cove near the mouth of Hawthorne Canal. The collaboration of these goals and programs will provide the basis for a fully-fledged community facility and ensure equality of access to these members of the community.

The Proposal

The proposal, to establish an accessible community club and facilities open to the general public including young indigenous and local youth on the shores of Leichhardt park, has great merit. Leichhardt Park lies on the shores of Iron Cove, a dedicated rowing precinct, and one of Sydney's most prized rowing areas. Over the past century, this area has been consistently utilised by the local rowing clubs, while also sharing an important place in Sydney's working harbour heritage, as the site of historic Italian fishing activities.

However, for most of its history, it was home to the Wangal and Gadigal people of the Eora nation. Significant occupation sites including middens have been identified on the shores of Iron Cove (also known as Long Cove), evidencing thousands of years of use of the foreshore by our nation's first peoples.

The foreshores of Iron Cove also have a close though markedly mixed history in relation to people with disabilities, primarily those with intellectual impairment and mental-health related disabilities. More recently, the Callan Park site, also on the foreshore of Iron Cove, has been utilised as a site for a hospital, disability support services, employment, housing, multicultural foster care, arts and education, and also passive recreation for the local community. Its foreshore was formerly used for access to the water for local community harbour baths and boating.

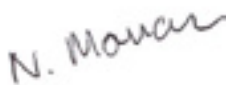
I understand the community facilities will be open to public membership, and also provide for community access to the foreshore and harbour by way of a community pontoon specially designed to be fully accessible, as well as other 'splash zones' providing additional community amenity even for those not directly involved in the boat shed itself.

This is an exciting initiative for our organisation to be a part of and we are extremely keen to develop a rowing component to our existing list of sporting programs. Young Indigenous athletes have already shown their potential in similar water sports, and we have remained interested in being a part of this initiative since it was first put forward in 2008, and supported in principal by the then Ashfield Municipal Council.

Further, proposals of this nature encourage members of the community to have a closer link to their own harbour and the Parramatta River – a 'living river' in the heart of Sydney which remains sorely under-utilised and inaccessible for large parts of our community. Proposals like this help to turn this around and open one of our most precious resources to more members of our community.

Should you wish to discuss this matter further then please contact me on 02 83949666 and or email nmoran@metrolalc.org.au

Yours In Unity



Nathan Moran
CEO MLALC



The Hon. Mark Speakman SC, MP
Ministor for the Environment, Minister for Heritage
GPO Box 5341
SYDNEY NSW 2001

Dear Minister

**RE: SUPPORT OF BALMAIN PARA-ROWING - REQUEST TO DEVELOP CLUB FACILITIES
PALM COURT WARD A, CALLAN PARK**

Understanding social and health benefits that have been derived from participants in para-rowing as well as international sporting success, I am writing to you in support of the recent request from the Balmain Para-Rowing group for access to the Palm Court Ward A building in Callan Park to establish a new rowing facility.


Para-rowing has shown benefits for people recovering from brain and spinal injury and provides an opportunity for those that seek to participate in sport and recreation; some with dreams and aspirations to represent their State and Country. Many para-rowers have had the opportunity to compete at different levels, i.e. from school and club regattas to world championships at the Office of Sport's Sydney International Regatta Centres. The sport provides opportunities for participation at all levels from recreational activity to high performance and elite competition.

With the current strength of the Australian Para-Rowing Team, I also look forward to seeing their athletes compete at the Rio Paralympics in September.

Apart from para-athletes, providing a facility for para-rowing is sure to extend the opportunities for participation in sport and active recreation that the sport can provide to people with a disability. The para-rowing sculls used by para rowers are versatile and are ideal for school students and people wanting to learn to row adding to the opportunities for people to become more active. I understand that the Palm Court Ward A building is ideal in terms of the accessibility that it provides for wheelchairs and access to the water and amenities. Exploiting the setting and facilities at Callan Park will serve to extend sport and recreation opportunities, improve utilisation and create public value.

In acknowledging the broad social and health benefits that operation of a para-rowing facility would provide for the community, I fully support the initiative of the Balmain Para-Rowing group and trust that their proposal will be favourably received.

Yours respectfully


Dr Phil Hamdorf
Executive Director

27/3/16



INNER WEST COUNCIL

23 May 2016

The Hon. Mark Speakman SC, MP
Minister for the Environment, Minister for Heritage
GPO Box 5341
SYDNEY NSW 2001

Council ref: C192/16

Dear Minister,

RE: SUPPORT OF BALMAIN PARA-ROWING - REQUEST TO DEVELOP CLUB FACILITIES - PALM COURT WARD A CALLAN PARK

I am writing to you in support of the recent request from Balmain Para-Rowing to Government for use of the currently vacant Palm Court Ward A building in Callan Park for a new rowing facility.

The Balmain Para-Rowing Club specifically runs programs providing opportunities for people with disabilities to participate in the sport of rowing. The benefits to the community are significant as para-rowing allows people with disabilities to keep active, build friendships, develop self-confidence and reduce barriers in the sporting community.

Currently, the Balmain Para-Rowing Club has been running a program based at the Balmain Rowing Club. This program caters for para-rowers only and has been operating successfully over the past 5 years.

At its current venue, physical access is unacceptable in terms of current requirements for disability access, including no disabled access toilets and steep narrow steps down to the boat and water level.

Due to the success of the program Balmain Para-Rowing Club is now seeking to expand to provide greater opportunities for current members and future rowers.

As the NSW Government is the landowner of Callan Park, any approvals for building occupation, tenure and use of Palm Court Ward A need to come directly from Government.

I am requesting that the Government provide favourable support to this request of Balmain Para Rowing Club to facilitate its proposal for future use of Palm Court A in Callan Park.

Do not hesitate to contact Aaron Callaghan, Council's Senior Parks and Open Space Planner on 9367 9270 or at aaronc@lmc.nsw.gov.au if you require any further information.

Yours sincerely

Richard Pearson
Administrator

Cc: Greg Storrier - NSW Office of Environment & Heritage

Customer Service Centres

Petersham | P (02) 9335 2222 | E council@marrickville.nsw.gov.au | 2-14 Fisher Street, Petersham NSW 2049

Leichhardt | P (02) 9367 9222 | E leichhardt@lmc.nsw.gov.au | 7-15 Wetherill Street Leichhardt NSW 2040

Ashfield | P (02) 9716 1800 | E info@ashfield.nsw.gov.au | 260 Liverpool Road Ashfield NSW 2131

24 April 2008

The Secretary

The Long Creek Go-No-Ra Rowing Club
PO Box 325
Summer Hill NSW

Fax (02) 9705 7922

Dear Mr James



It is with great enthusiasm that I write this letter of support for your clubs initiatives in developing opportunities in rowing and the establishment of the Rowing Club at Iron Cove in the vicinity of Long Creek (now Thorne Canal) known to the Indigenous people as Go-No-Ra.

I understand that the club will be open to public membership and that it will have a particular bent on the coaching, training & mentoring of young people from State and Parish schools and especially Indigenous youth.

The LMRDT was initially established in 1992 as the Lloyd McDermott Rugby Development Trust, in Sydney, by a group of concerned rugby enthusiasts. The group wanted to see more Aboriginal and Torres Strait Islander people playing Rugby Union. The organisation was named after Mr Lloyd McDermott who represented Australia in Rugby Union in 1961 playing two tests. He was formally trained as a Barrister in Brisbane and is now a Criminal Law Barrister in Sydney. The Lloyd McDermott Rugby Development Team Inc was established in 1995 to assist Aboriginal and Torres Strait Islander Schoolboys to participate in rugby union and was widened to include Schoolgirls in 1997. Our motives are transparent in that we want Aboriginal and Torres Strait Islander youth to see education as paramount and staying at school a priority.

This is an exciting initiative for our organisation to be apart of and we are extremely keen to develop a rowing component to our existing list of sporting programs. Young Indigenous athletes have already shown their potential in similar waters sports (see attached news clipping).

We are extremely keen to provide whatever expertise we have at our disposal in conjunction with the NSW Rowing in Sydney. If you wish to discuss this matter further than please contact me on the numbers below or alternatively you can call me on 0418 976 524.

Yours sincerely

Thomas Evans
Executive Officer

C/o ARU Headquarters, Ground Floor, 29-57 Christie St, St Leonards NSW 2065
Postal Address: PO Box 115, St Leonards NSW 1590

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BALMAIN
ROWING CLUB
Rowing for All

BALMAIN ROWING CLUB INC.

ABN 49 114 044 362

White Street Balmain NSW
PO Box 15 Balmain NSW 2041
info@balmainrowingclub.com
Ph 9810 3400

www.balmainrowingclub.com

Inner West Council
Attn: Mayor, Cllr Darcy Byrne
Balmain Ward – Baludarri
darcy.byrne@innerwest.nsw.gov.au

17 October 2019

Letter of Support: Balmain Para-Rowing Program & Leichhardt Park Masterplan

We refer to the submission by Balmain Para-Rowing regarding the development of Leichhardt Park's 10-year Plan of Management and Master Plan. As described in the submission, Balmain Para-Rowing intends to develop an accessible rowing facility on the foreshore of Leichhardt Park to create a club called Community Rowing Club. The new club would provide access to rowing for people of all abilities, with a focus on programs for people with disabilities and indigenous youth.

Balmain Rowing Club (**BRC**) is a volunteer community sports organisation established in 1882. BRC provides access to rowing for all comers (hence our motto of "Rowing for all") and as such we support endeavours to expand access to rowing under FISA, Rowing Australia and Rowing NSW guidelines. As BRC has more than a decade's history of supporting and encouraging para-rowing, we can attest to the many benefits offered by establishing and supporting inclusive rowing.

Balmain Para-Rowing has recently requested a letter of support from BRC regarding its submission to the Inner-West Council. BRC supports the creation of this new facility in Iron Cove, wishes Balmain Para Rowing the best of luck with this new venture and commends to Council their aims and principles of inclusion and diversity.

Please contact me on 0402 235 532 or by email at president@balmainrowingclub.com if you require any further details.

Yours faithfully,

Joseph Grech, President
Balmain Rowing Club Inc.

SPORT GIVES PURPOSE

It is undeniable that access to open space and sporting and recreational facilities is a key factor in addressing the current health concerns within our modern (largely sedentary) society. It is however also undeniable in our modern society that there is substantial pressure on current open space within the Sydney Metropolitan Area. With a limited amount of open space and an ever-increasing population, new sources of open space are highly valuable.

There is far less evidence to suggest that the passive use of Sydney Harbour, in contrast, has suffered from the same pressures – indeed, in the early twentieth century, there was substantially greater access to, and usage of, the enclosed waterways, through tidal pools, natural foreshores, and the then continued use of the harbour as a working port (leading to the use of the harbour by watermen, fishing boats (in particular Italian fishing fleets) and ferries), as well as casual usage by members of the public.

The Community Rowing Club would run specialised programs for each of the targeted communities and encourage the involvement of adult volunteers from those communities emphasising the whole community nature of the Club.

No such broad-based facility exists in the Sydney metropolitan area.

As a sport rowing requires dedication, commitment to personal goals, the ability to work (or learn to work) as a team and assists in developing self-confidence and a sense of belonging and ownership. Rowing provides an alternative healthy outlet for the members of the community. The proposed programs will allow the rowers to enjoy the benefits of learning together in a community that supports healthy lifestyles.

Further, the design of a community-based boatshed facility would incorporate access to the harbour for other members of the community, in an open-plan fashion, to allow equal access to the water for other passive-water users.

“We enthusiastically barrack for our athletes at the Paralympics, but in the race for life, our people with disabilities are way out the back”.

- Graeme Innes

HISTORY OF OUR SEARCH FOR A NEW CLUB

APRIL 2008

- Incorporation of Long Cove Creek Go Mo Ra Rowing Club Inc (INC9889288)
- Letter of Support from Lloyd McDermott Rugby Development Team Executive Officer Thomas Evans
- Letter of Support from Balmain Rowing Club President David Longhurst;
- Letter of Support from NSW Rowing Association Ince President Andrew Rowley

July 2008

- Ashfield Council Resolution at ordinary meeting of 8 July 2008
- That Ashfield Council support in principle the establishment of the Long Cove Creek Go Mo Ra Rowing Shed in the vicinity of the Hawthorne Canal Bridge and assist the club with the RTA and Waterways.
- That Ashfield Council identify potential site/s in the vicinity of the Hawthorne Canal for such a Club.

MAY – JULY 2009

- Letter of Support from the Michael Daley, then NSW Minister for Roads;
- Submission to Kristina Keneally, then NSW Minister for Planning;
- Letter of Support from NSW Health
- Letter of Support from Nelson Mandela Township Rowing Club (Nemato Rowing Club), South Africa;

2010 – 2012

- Work with Ashfield Council officers to identify a suitable site within the Ashfield Municipality;
- Investigation of potential site at Gladesville Psychiatric Hospital, Victoria Road, Gladesville

2014 – 2015

- Negotiations with Scouts Australia NSW for use of facility at Acquatic Park, Longueville, NSW
- In principal support for construction of facility at Sydney International Regatta Centre (not proceeded with due to lack of funding)

2016

- Meetings with Jamie Parker MP, Robert Borsak MP, Anthony Roberts MP, Jodie McKay MP re: use of site at Callan Park
- Leichhardt Council Resolution at ordinary meeting 26 April 2016
- That Council write to the Office of Environment and Heritage expressing support for the request from Balmain Para Rowing concerning Palm Court Ward A Callan Park as the preferred site for their new rowing facility and seeking a response from OEH on this matter.
- Meetings with Dominic Kelly Senior Policy advisor, OEH & Greg Storrier, OEH

2017 – 2018

- Investigation of site at Tarban Creek, Gladesville
- Completion of Traffic Management Plan for Callan Park Site (at cost);
- Meeting with S Elwood, Principal Project Manager, Office of Environment & Heritage (OEH) and Ms D Hevathirana Berg, Principal Project Officer OEH, regarding Callan Park Site
- Meetings with Mark Teutsch, OEH, Christopher Elasi and Kerry Fielding, Office of Sport, Kevin Wilde on behalf of Hon. Gabrielle Upton MP, Mark Landrigan, policy advisor to Minister Stuart Ayres;
- Meeting with Inner West Council Staff regarding sites at King George Park and the former Leichhardt Rowing Club site at Leichhardt Park;

2019 – 2020

- Meeting with John Sidoti MP: use of site in Leichhardt Park
- Letter of support from John Sidoti MP
- Submission to the Inner West Council re Leichhardt Park draft Plan of Management
- **Approval by Inner West Council of Leichhardt Park Plan of Management which includes proposed new community rowing facility**
- Letter of support from Rowing NSW
- Letter of support from Leichhardt Rowing Club
- Letter of support from Metropolitan Local Aboriginal Land Council
- Letter of support from Balmain Rowing Club

2020 – 2021

- Balmain Para Rowing Program Inc becomes an official affiliated association of Rowing New South Wales

WHAT WE HAVE ACHIEVED

The Para Program has assisted numerous athletes with disabilities and is the largest program of its kind in Australia. In the last 10 years, from its inception, it has obtained:

- 11 Australian National Championship titles
- 17 NSW State Championship titles
- 2 Australian representatives in World championship regattas
- 2 Paralympian – Rio 2016, Tokyo 2020
- 1 International Regatta Title
- Numerous onwater regatta placings
- Indoor Rowing titles and records at NSW, Australian and International level
- Achieved Rowing NSW Para Shield for the rowing seasons 2017 to 2021 inclusive
- Financial results – raised in excess of \$200,000.00 to date towards activities such as:
 - International Competition in Boston, USA
 - Specialised equipment including assisting with the development of new para-rowing equipment in partnership with major international boat builders;
 - Training Camps for para-rowers
 - ‘Come-and-Try’ Days;
 - Individual support for elite para-athletes;

What we can achieve

- A dedicated Indigenous rowing program
- A program giving access to the sport for Disadvantaged Youth
- Future Paralympic representatives;
- Substantial Community involvement
- Assistance to returned servicemen and women (for example through return to sport competitions, such as the Invictus Games).

Our athletes and volunteers have a track record of achieving their goals, and in overcoming adversity to ensure victory for themselves and their community. The new facility will enable us to work in training the next generation of para-athletes and doing our bit to open Sydney Harbour up to more sections of the community. We will work with Inner West Council to continue the long tradition of rowing in Iron Cove and in the Inner West Municipality.



ACHIEVEMENTS

The Program provides encouragement for experienced para-rowers to take their rowing to higher levels and can boast an impressive medal tally with several of the current participants having competed at NSW State Championship Regatta and Australian National Championship Regatta level. In 2015 the Program was instrumental in organising the largest field of para-rower competitors in history at the Australian National Championship Regatta in Sydney attracting persons from all States. In 2016, the Program's head coach, Liam James, organized para-rowers from across Australia to come together and compete in two crews in the Head of the Yarra in Melbourne.

In 2017, four rowers from the Program were invited to Rowing Australia's (RA) Para Rowers' selection trials. One of those rowers, James Talbot, was subsequently selected to and attended RA's #Train4Tokyo PR3 Development camp in Canberra in November 2017 along with seven other PR3 athletes from across Australia. James has gone on to win silver at the 2018 World Championships in September 2018 and a bronze and two silver medals at the FISA International Para Rowing Regatta in May 2019.

In 2019 Bronte Marshall, Nikolai Olding, Ellie Taylor, Stephanie Walker, Ruby Sutherland and Lauren Webber were selected to represent Australia in the INAS Global Games to be held in Brisbane in October 2019.

In March 2021, Bronte Marshall represented NSW in the Intersate Women's PR3 single scull event at the Australian Rowing Championships Regatta in Tasmania.

In October 2021 during Sydney COVID lockdown, 11 titles were won in the RNSW Indoor Championships Regatta, and 10 titles in the Australian Indoor Rowing Championships.



INTERNATIONALLY

We congratulate our Paralympian.

In 2014 and 2015 a member of the Program, Jeremy McGrath, represented Australia at the rowing World Championships (winning Silver in LTA Mix2x in 2014). In 2016, Jeremy was selected as part of the LTA Mixed Four crew representing Australia at the Final Paralympic Qualification Regatta in Italy. The crew made history when they won gold in their event, qualifying the boat for the 2016 Paralympic Games, the first time Australia has been represented in this boat class at the Paralympic Games.

This crew faced strong competition at the Paralympic Games, winning the B Final of the LTAMix4+ event.

In 2018 James Talbot represented Australia at the World Championships in Bulgaria in 2 events, winning silver in the Men's Pair event, and in the 2020 Tokyo Paralympic placing 4th in the PR3 Mix4+ event.

OUR FIRST COMPETITOR AT HENLEY

Ruby Sutherland competed in the Henley Women's Regatta, the premier regatta for women in the UK in June 2019. After only two days of training on the difficult course on the River Thames, Ruby faced the competition and rowed a very competitive race.

HEAD OF THE CHARLES REGATTA, BOSTON USA

In 2013 the Program made rowing history by entering the first Australian PR3 crew in the Head of the Charles Regatta in Boston USA. The Program invited para-rowers from across Australia to travel to Sydney over several weekends to train for the Regatta. The crew, Carol Cooke (Vic), Steve Knott (NSW), Kate Murdoch (NSW), Peter Siri (QLD) and Nell Duly - Cox (NSW), won their race in an almost record time.

Having achieved this amazing victory, a Balmain Rowing Club PR3 crew had automatic entry into the next year's regatta. And we took up the challenge returning to Boston after several weekends of training in Sydney with a second crew.

Nell Duly steered the crew of Kate Murdoch, Jeremy McGrath, Kevin Wall and Narelle Burnside. This crew was narrowly defeated by four seconds. The Program plans to return in future years.

The Head of the Charles Regatta is the world's largest two day rowing event. Held on the Charles River in Boston, USA the Regatta was first held in 1965. Today the Regatta attracts over 9,000 athletes and 300,000 spectators. Rowers from around the world compete in over 1,900 boats in 61 events.

The regatta course is just over 5 kilometres long containing 6 bridges with sharp turns creating a challenging course for crews to negotiate without collisions.





Lauren Webber, Ruby Sutherland, Stephen Lawler, Kevin Wall, Ellie Taylor and Bronte Marshall, the medal winners in the 2018 NSW Sprint Championship 2x December 2018

RACING IN AUSTRALIA

Those participants who wish to compete in regattas are able to do so in the various local club regattas and Championship regattas organised by Rowing NSW and held on Iron Cove or at Sydney International Regatta Centre (SIRC). Races are currently organised by disability classification ie PR3, PR2 or PR1. The highest level of competition takes place at the Australian National Championships organised by Rowing Australia and drawing international as well as Australian crews. At certain local club and State regattas composite crews are permitted to race ie the crew is made up of rowers with the same disability, from different clubs and/or States. The Program has been very active in the past years encouraging interstate rowers to join with rowers from NSW to compete in the NSW State Championship regattas.

In 2011/12, 2013/14, 2014/15, 2016/17, 2017/18, 2018/19, 2020/21 the hard work of the members of the Program that race for the Balmain Rowing Club (BRC) paid off with BRC winning the Rowing NSW Premiership Pointscore for Para Rowing.

The 2016 winter racing regatta series J.B. Sharp Regatta series, held on Iron Cove in June and July each year, for the first time include para-rowing races, supporting the desire of the growing number of para-rowers to be included in all regattas currently open to able bodied rowers. BRC won the Pointscore for this inaugural event. This win was repeated by BRC para-rowers in the 2017 and 2018 series.

2016 also saw the inclusion of a para rowing entry LTA Mix8+ in the Head of the Yarra Regatta (held on the Yarra River - Melbourne) for the first time. Again, the Program pulled together para-rowers from across Australia to enter a crew. Having never raced as a crew before, these rowers competed the 8.6km in very credible time of 38.39:36, coming 230th out of 255 entries. In 2017 the Balmain para crew completed the race in 34.30:30 minutes. An all BRC para crew completed in 2019, finishing second in the PR3 category.

2019 INAS GLOBAL GAMES

Held every 4 years, the INAS Global Games is the world's largest event for elite athletes with an intellectual impairment. Brisbane, Australia hosted these games in October 2019 with over 1000 athletes from 47 countries competing across 10 different sports. 7 past and current of the Program's rowers competed in the Games, both on and off the water winning 7 gold, 8 silver and 2 bronze medals, and setting 3 world records.



UNSW MAKE-A-SPACE

We have entered into a partnership of sorts with the UNSW Masters Engineering/ Physics/ Make-A-Space students and staff to design specialised para equipment allowing for more of our rowers to fully participate in the sport and to do so without further injuring themselves. We had a fantastic journey with the Grad students last year where they worked through two of our most wanted projects – how to design a fitting for a rower lacking the ability to grasp and how to allow for a person with a hand twisted from Cerebral Palsy to still grasp and row feather and square in a single. These two projects were the equivalent of the Holy Grail for the respective two rowers. The grad students talked; engaged; understood the need; attempted to walk in those shoes and then produced a result.



Stunning and an example of McGyver ingenuity, research and higher-level study delivering an answer to a community. Though these items were designed for specific rowers, the outcomes can be modified to fit anyone with these issues and amongst the 15%* there would be many that could benefit from these innovative answers. This year we have asked for a design that, if successful, will allow any non-ambulant person with fragile skin and the need for a wheelchair to safely sit in a rowing boat and row for kilometres without skin tears, skin sores or bleeds. This is a tough ask but to date the Team and the Unit have made great progress.

INDOOR ROWING COMPETITION

Indoor rowing, is a cornerstone of training, especially for para rowers. This is due to the fact that it allows the coaches to assess stroke technique and set the athlete up to progress to a boat. It also provides a link in the training continuum if the weather isn't conducive to on water training. For those athletes that aren't able to progress to a boat, whether it be due to their disability or confidence, indoor rowing provides a route to compete and be a part of the Para Rowing team.

In 2020, the team competed in the Rowing NSW (RNSW) Indoor series and progressed to both the state and Australian Indoor Rowing Championships (AIRC). Current titles/records held by the team are:

World records

- 19-29 PR3 (F) 2000m – Bronte Marshall (08:29.6)
- 60-64 PR3 (M) 2000m – James Johnson (08:03.5)

Australian Records

- 19-29 PR3 (F) 2000m – Bronte Marshall (08:29.6)
- 60-64 PR3 (M) 2000m & 1000M – James Johnson (08:03.5 & 03:54.9)
- 50-54 PR3 (F) 500m – Simone Cottom (02:15.2)

RNSW

2000m

- 19-29 PR3 (F) – Bronte Marshall
- 60-69 PR3 (F) – Micah Kelly
- 30-39 PR3 (M) – Andrew Dick
- 40-49 PR3 (M) – Stephen Lawler

1000m

- 19-29 PR3 (F) – Bronte Marshall

- 19-29 PR3 (M) – Oliberth Reyes
- 30-39 PR3 (M) – Andrew Dick
- 40-49 PR3 (M) – Stephen Lawler

500m

- 19-29 PR3 (F) – Lauren Webber
- 40-49 PR3 (M) – Stephen Lawler

AIRC

2000m

- 19-29 PR3 (F) – Bronte Marshall (Silver)
- 19-29 PR3 (F) – Bronte Marshall (Bronze)
- 30-39 PR3 (M) – Andrew Dick (Silver)
- 40-49 PR3 (M) – Stephen Lawler (Silver)

1000m

- 19-29 PR3 (F) – Bronte Marshall (Bronze)
- 30-39 PR3 (M) – Andrew Dick (Silver)

- 40-49 PR3 (M) – Stephen Lawler (Silver)

500m

- 19-29 PR3 (F) – Lauren Webber (Bronze)
- 30-39 PR3 (M) – Andrew Dick (Silver)
- 40-49 PR3 (M) – Stephen Lawler (Silver)



A RECORD OF SUCCESS

2011

NSW State Championships

- Silver LTA M1x
- Silver LTA M2x

Australian National Championship

- Silver LTA M1x
- Silver LTA M2x

2012

Australian National Championships

- Gold LTA M1x

NSW State Championships

- Gold LTA M1x
- Gold LTA M2x

2013

Australian National Championships

- Gold LTA M1x
- Gold LTA M2x
- Gold LTA Mix4+
- Silver LTA Mix4+
- 5th LTA M1x

NSW State Championships

- Gold LTA M1x
- Bronze LTA M1x
- Gold LTA Mix2x
- Bronze LTA Mix2x

NSW Sprints championship

- Silver LTA M1x
- Silver LTA Mix 2x

The Head of the Charles Regatta, Boston, USA

- Gold LTA 4+

2014

Australian National Championships

- Gold LTA M1x
- 6th LTA M1x
- Gold LTA Mix 2x
- Gold LTA Mix 4+

NSW State Championships

- Gold LTA M1x
- 5th LTA M1x
- Gold LTA Mix 2x
- Silver LTA Mix 2x
- 7th LTA Mix 2x
- Silver LTA Mix 4+

NSW Sprint Championships

- Silver LTA M1x
- Bronze LTA M1x
- Silver LTA Mix 2x
- Bronze LTA Mix 2x

The Head of the Charles Regatta, Boston, USA

- Silver LTA4+

World Championships

- Silver LTA Mix 2x

2015

Australian National Championships

- Silver LTA M1x
- Silver LTA Mix4+

NSW State championships

- Gold LTA M1X
- Gold LTA M2x
- Silver LTA Mix4+
- Bronze W1x

NSW Sprint championships

- Gold LTA M1x
- Gold LTA Mix2x

2016

NSW Sprint Championships

- Silver LTA M1x

NSW Championships

- Gold ParaMIX
- Bronze W1x
- Silver LTA Mix4+

Australian National Championships

- Gold ASW 1x
- Gold LTA Mix4x
- Silver LTA Mix4x

Final Paralympic Qualification Regatta and Gavirate International Para-Rowing Regatta

- Gold LTA Mix4+

Paralympics

- B Final winner

Head of the Yarra (Melbourne)

- Gold LTA Mix8+



2017

NSW Sprints Championships

- Gold LTA M1x
- Silver LTA 2x

NSW State Championships

- Gold AS M1 Rec 500
- Gold LTA W1 Rec 500
- Bronze LTA M1x
- Gold AS W1x
- Gold LTA Mix2x
- Bronze LTA Mix2x
- Gold LTA Mix4+

Australian National Championships

- Silver TA W1x
- Silver LTA M1x
- 4th LTA M1x
- Gold LTA Mix2x
- 6th LTA Mix2x
- Bronze LTA Mix4+
- 5th LTA Mix4+
- Bronze ISMLTA 1x

NSW Masters Championships

- Gold LTA MM1x

Irish Provinces Indoor Rowing Championship

- Gold MLTA

Rowing NSW Para Shield



2018

NSW Sprints Championships

- Gold PR3 M1x
- Silver PR3 M1x
- Gold PR2 W1x
- Silver PR3 2x
- Bronze PR3 2x

NSW State Championships

- Gold PR1 M1x Rec 500
- Gold PR3 W1x Rec 500
- Silver PR3 W1x Rec 500
- Bronze PR3 M1x
- Silver PR3 2x
- Gold PR3 Mix4+
- Silver PR3 Mix4+

NSW Schoolgirl Head of the River

- Gold PR3 1x

Australian National Championships

- Selection as NSW State Representative to contest Men's Interstate Para 1x
- Coach for NSW State Representative to contest Men's Interstate Para 1x
- Bronze PR3 M1x
- Silver PR3 Mix2x
- Gold PR3 Mix4+
- Bronze PR3 Mix4+
- Bronze Interstate Men's PR3 1x

World Championships

- Silver PR3 M2-

Rowing NSW Para Shield



2019

NSW Sprint Championships

- Gold PR3 W1x
- Gold PR3 M1x
- Gold PR3 W2x
- Gold PR3 M2x
- Silver PR3 W1x
- Silver PR3 M1x
- Silver PR3 W2x
- Bronze PR3 W1x

NSW State Championships

- Gold PR1 M1x Rec 500
- Gold PR2 W1x Rec 500
- Bronze PR3 W1x Rec 500
- Bronze PR3 M2x
- Bronze PR3 M2-

Australian National Championships

- Silver PR3 Mix2x
- Silver PR3 Mix 4+
- Bronze PR3 Mix 4+

NSW Master Championships

- Gold Para MM1x
- Gold Para MM2x

FISA International Para Rowing Regatta

- Bronze PR3 2+
- Silver PR3 Mix 4+

NSW Indoor Rowing Championships

- 3 Gold in PR1 events
- 15 Gold in PR3 events
- 7 Silver in PR3 events
- 3 Bronze in PR3 events

World Record for 2km and 500m ID erg set by Ruby Sutherland in May 2019

Rowing NSW Para Shield



2019 INAS Global Games On Water

- Gold W1x 1km
- Gold W2x 1km
- Gold Mix 4+ 1km
- Gold W2x 500m
- Gold Mix4+ 500m
- Gold Mix2x 500m
- Silver W2x 1km
- Silver M2x 1km
- Silver W1x 500m
- Silver W2x 500m
- Silver M2x 500m
- Silver Mix4+ 500m
- Silver Mix2x 500m
- Bronze W1x 1km
- Bronze Mix4+ 1km

Indoor Rowing

- Gold Women's 200m
- Silver Women's 200m
- World record PR3, ID Women's 500m and 100m under 18 years
- World record PR3 VI Women's 500m

Australian Indoor Rowing Championship

- Silver 2km age category 19-49

2019 Head of the Yarra Regatta

- Silver PR3



2020

NSW Sprint Championships

- Gold PR3 W1x
- Gold PR3 M1x
- Gold PR3 Mix2x
- Gold PR1 M1x
- Silver PR3 W1x
- Silver PR3 M1x
- Silver PR3 Mix2x
- Bronze PR3 W1x
- Bronze PR3 Mix2x

NSW State Championships

- Silver PR3 W1x
- Bronze PR3 W1x



World Rowing Virtual Indoor Sprints Competition

- First MPR2 19 -29 age category
- First MPR3 19 -29 age category
- Third MPR3 19 - 29 age category
- Sixth MPR3 40 - 49 age category
- Third WPR3 19 - 29 age category
- Fourth WPR3 19 - 29 age category
- Seventh WPR3 19 - 29 age category
- Eighth WPR3 19 - 29 age category
- First WPR3 13 - 14 age category

Indoor Rowing World Records Women's 19 - 29 PR3

- 100 metres - in 21.4seconds (overall and ID categories)

Men's 19 - 29 PR3

- 10,000 metres in 42:20.1 minutes (overall and PD categories)
- 60 minutes - distance 14,311 metres
- 4 minute - distance 1,148 metres
- 6,000 metres in 23:35.6 minutes
- 21,097 metres in 1 hour 32:47.2

Lightweight Women 19 - 29 PR3 (PD)

- 100 metres in 24.5 seconds



Rowing NSW Para Shield

Rowing NSW President's Cup for Para Rowing NSW Indoor Rowing Championships

First WPR3 19 - 29 age category 2000m

Third WPR3 19 - 29 age category 2000m

First WPR3 19 - 29 age category 1000m

Third WPR3 19 - 29 age category 1000m

First MPR3 19 - 29 age category 1000m

First MPR3 30 - 39 age category 1000m

First MPR3 40 - 49 age category 1000m

First WPR3 19 - 29 age category 500m

First MPR3 19 - 29 age category 500m

Second MPR3 30 - 39 age category 500m

First MPR3 40 - 49 age category 500m



2021

NSW Sprint Championships

- Gold PR3 W1x
- Gold PR3 M1x
- Gold PR3 Mix 2x
- Silver PR3 W1x
- Silver PR3 Mix 2x
- Bronze PR3 Mix 2x

NSW State Championships

- Gold PR3 M1x Rec 500
- Gold PR1 M1x Rec 500
- Gold PR3 Mix 2x
- Gold PR3 Mix 4+
- Silver PR3 M1x Rec 500
- Silver PR3 W1x Rec 500
- Silver PR3 W1x
- Bronze PR3 W1x
- Bronze PR3 Mix 2x

Australian National Championships

- Gold PR3 W1x Sprint
- Silver PR3 W1x
- Silver PR3 Mix 2x
- Silver PR3 Mix 4+
- Bronze PR3 W1x
- Bronze PR3 W1x Interstate Regatta
- Bob Blake Shield - for NSW

Australian Masters Championships

- Bronze PR3 W1x



2021

NSW Indoor Rowing Championships

- First WPR3 19 - 29 age category 2000m
- Third WPR3 19 - 29 age category 2000m
- First WPR3 60-69 age category 2000m
- First MPR3 19 -29 age category 2000m
- Second MPR3 19-29 age category 2000m
- First MPR3 40-49 age category 2000m
- Second MPR3 40-49 age category 2000m
- First WPR3 19 – 29 age category 1000m
- Second WPR3 19 – 29 age category 1000m
- First MPR3 19 – 29 age category 1000m
- Second MPR3 19- 29 age category 1000m
- First MPR3 40 – 49 age category 1000m
- First MPR3 60 – 69 age category 1000m
- First WPR3 19 – 29 age category 500m
- Third WPR3 19-29 age category 500m
- First MPR3 19 – 29 age category 500m
- Second MPR3 19 – 29 age category 500m
- First MPR3 40 – 49 age category 500m
- Second MPR3 40-49 age category 500m
- First MPR3 60-69 age category 500m

Rowing NSW Para Shield

Australian Indoor Rowing Championships

- First WPR3 19-29 age category 2000m
- First WPR3 60-69 age category 2000m
- First MPR3 19-29 age category 2000m
- First MPR3 60-69 age category 2000m
- First WPR3 19-29 age category 1000m
- Second WPR3 60-69 age category 1000m
- First MPR3 19-29 age category 1000m
- First MPR3 60-69 age category 1000m
- First WPR3 19-29 age category 500m
- Third WPR3 19-29 age category 500m
- Second WPR3 60-69 age category 500m
- First MPR3 19-29 age category 500m
- First WPR3 60-69 age category 500m

2022

NSW Spring Championships

- Gold PR3 W1x
- Gold PR3 Mix2x
- Gold PR3 Mix4+
- Gold PR3 Mix2x
- Silver PR3 M1x
- Silver PR3 W2x
- Bronze PR3 M1x
- Bronze PR3 W2x



IN THE MEDIA

Amy Large 2018 Volunteer of the Year Award.

The Balmain Para-Rowing Program Team was named the 2018 Amy Large Volunteer of the Year, and 2018 Volunteer Team of the Year.

The Balmain Para-Rowing Team was a nominee for the 2018 NSW Volunteer of the Year Awards.



5 minutes with Jack Calderan (OR2017)



Above Jack as guest speaker at an ING event, rowing at Balmain **Below** Rowing at Riverview. Jack as a mentor at the ING/CPA Mentoring Program

Hi Jack, what have you been up to since leaving College?

Since finishing school I've been studying Business at UTS and continuing with my rowing both at UTS and with the Balmain Para-Rowing Club. Around 4-5 mornings a week, rain or shine, I'm normally at the club from 5am for training, but since COVID, I've been training over Zoom with a camera on.

We heard you've broken SLX world records recently.

The para rowing competition is open to the world, so I decided to try to break some records. I just got on the machine and even surprised myself! I broke the four-minute record, then I did the 25K half-marathon and broke that by 11 minutes - 2.5 hours rowing just to music - it was ridiculous.

Jack's records include

- / Concept 2 4min PR3 PD World Record - 1:14.8m
- / Concept 2 60min PR3 PD World Record - 14:31.7m
- / Concept 2 6000m PR3 PD World Record - 23min 35.6sec
- / Concept 2 10000m PR3 Overall World Record - 42 min 20.1sec
- / Concept 2 10000m PR3 PD World Record - 42min 20.1sec
- / Concept 2 21057m PR3 PD World Record - 1hr 32min 47.2sec

At Riverview, you were awarded the Dr James L.Estrange Prize for Ignatian Service. Is this something that's still close to your heart?

My life still aligns with Ignatian values, and I've always believed in giving back what was offered to you. Years ago, as part of my Ignatian service in Year 9, I was a mentee in a cerebral palsy alliance supported

by ING. After graduating school, I went back as a mentor in that same program. I've since done some work in their social skills program and was asked to be a guest speaker at one of the ING events.

I'm also still connected with Riverview, particularly Dan Noonan from the rowing program. Early last year our club was doing renovations and Dan organised for us to row at Riverview during that period. He even offered us an eight-person rowing boat - it was good of him to think of me. It shows how much the school continues to give back to you even when you're not a student anymore.

So you remember your time at the school fondly?

Definitely. I developed a love for rowing at Riverview through the support of Dan Noonan and Pip Rossi and the other coaches, and rowing made me appreciate other aspects of life too. Being non-able bodied can be difficult at times, but Riverview was fantastic in supporting me.

Riverview offers more than just an education, more than an ATAR. You make lifelong connections - even with older Old Boys and graduates from any year group. It's a credit to the school and what we've learned.

What do you hope to accomplish in the future?

I have around 30 months left before I graduate, but I'm looking at going into marketing or finance. I'm also continuing to train with the aim of becoming a Paralympic rower. Later down the track, maybe 10-20 years, I'd like to become a rowing coach. I want to keep going to the Head of the River, the Gold Cup, and just be out there and part of it all. Overall, I want to keep doing the things I love, and living the life I want to live. To keep pushing and striving and doing my best.

Eleanor bursts onto world stage

Penelope Bradley

BALMAIN'S Eleanor Taylor will represent Australia at the 2019 INAS Global Games after being selected to compete at the INAS World Rowing Championship in Brisbane as part of the Australian Para Rowing Team.

The PLC student will compete in October at the international sporting event organised by the International Sports Federation for Persons with Intellectual Disability. The year 12 student has now been nominated for a 2019 Local Sports Stars Award by PLC special education teacher Anna O'Brien.

Rowing from age 14, Eleanor trains twice a week.

Ms O'Brien said her dedication and commitment to the sport had paid off.

"She is a great kid, she is so involved in everything she can be and she definitely loves her sport, she really has excelled in rowing, it's her thing," Ms O'Brien said. "Her commitment to training is exceptional, she really perseveres and I have loved watching her achieve her goals."

Eleanor said the early mornings were the hardest thing about training but she couldn't excel in the sport without the support of mum, Louise Macaulay, and dad, Ingmar Taylor.

The Local Sports Stars



Inner West Local Sports Stars nominee Eleanor Taylor.

Awards are open to athletes 18 and under in Junior Sports Star Individual, Inspiration and Team of Excellence. There is also a Service to Sport Category. The awards are supported by Bankstown Sports and Featherdale Wildlife Park. Nominate at localportstars.com.au/newslocal



Inner West Courier on 28 May 2019
Eleanor bursts onto world stage

Muswellbrook Shire teenager Lauren Webber selected in Australian team to contest upcoming INAS Global Games in Brisbane



LOCAL rower Lauren Webber will proudly fly the national flag at the INAS Global Games in Brisbane later this year.

The teenager, who has grown up in the Upper Hunter, both Muswellbrook and Denton, was recently selected in the Australian team to contest the world-class sporting competition from October 12 to 19.

Conducted once every four years, the Global Games features athletes from more than 75 countries, not only going for gold but vying for the honour of being recognised as the best in their field.

INAS is the acclaimed organisation for sportsmen and women with an intellectual impairment and full member of the International Paralympic Committee.

Following her primary school years at Some Grammar, Webber attended Presbyterian Ladies College (PLC) in Croydon, Sydney, at the age of 12. She quickly began rowing for the school in October 2015.

Through five years of competitive competition at PLC, she was taught the sport's craft and, by 2017, won silver at the Sydney International Rowing Regatta in the mixed coxed four.

While still attending PLC, Webber made the transition to Sydney's Balmain Rowing Club to represent the Balmain Para Rowing program.

It was with Balmain that she trained and competed at various Rowing NSW regattas at the Sydney International Regatta Centre, club meetings on the Parramatta River and Indoor Rowing Series events to refine and develop her technical rowing skills in order to gain selection for the INAS Global Games.

"I am thrilled and excited about being selected to represent Australia in Brisbane," the 20-year-old said.

"It is a huge honour."

Muswellbrook Courier
21 June 2019

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- ### LOCAL NEWS
- It's great to see kids embracing books | PHOTOS
 - Bengalia backs Polly Farmer Foundation
 - RPS stations targeted in crime spree
 - It will be a great celebration | PHOTOS
 - Nothing short of a miracle: Knott
 - Homicide police facing wait for DNA results in Justice Vaughan's case



The race of 255 eights -
2016 Head of the Yarra.
worldrowing.com

worldrowing
ROWING EVENTS & RESULTS ATHLETES NEWS PHOTOS

Competitors range from school students, club and masters rowers to Olympians and Paralympians coming from throughout Australia, New Zealand as well as a crew from Japan. This year saw the premiering of para-rowing's LTA mixed eight and LTA men's eight as part of the race programme.

"The idea was to create more racing opportunities for para-athletes," says Rowing Australia's para-rowing talent development coordinator and FISA para-rowing commission member, Tara Huntley. "We have been working with the organising committee over the last 12 months on this and knew we had enough athletes throughout the country to make a crew."

A para LTA men's eight raced in the master's boat class, while a mixed para LTA eight, including Rio 2016 Paralympian Jeremy McGrath, raced alongside 62 other mixed eights.

"8k is a hard distance compared to a 1000m race. But it's really good for the development of our para sport and to get some new people coming through. We had experienced rowers in the stern of the boat and in the bow we gave some developing para-rowers a go," says McGrath, who was a member of Australia's first LTA mixed four at the Paralympic Games in Rio.

2016 Head of the Yarra, Melbourne, Aus, para LTA Mixed 8+
© Cora Zillich

"Getting more events where para-rowers can compete will hopefully attract more athletes into getting competitive and motivated for Tokyo 2020. That's the big aim for the next four years. If we have a big group of athletes, we have a good base to make a strong four and to be better than in Rio," says McGrath.

In the open boat classes, Rio 2016 Olympic Champion Kim Brennan and silver medalist Joshua Dunkley-Smith headlined along with other Rio Olympians who competed for their club.

"It's very special to row for your club. We have a lot of club pride, a lot of rivalries which go a long way back, which makes it really special," says Brennan after winning the open women's eight with her Melbourne University Boat Club (MUBC). The MUBC crew, stroked by Olympian Lucy Stephan, took line honours clocking 29'30" and winning the event for the first time in six years.

Team photo at Government House April 2016



Australia's LTA Mixed Coxed Four qualify boat for 2016 Rio Paralympic Games!!!

April 28, 2016 | From Rowing Australia Media Release 24 April 2016



L-R Brock Ingram, Jo Burnand, Kate Murdoch, Davinia Lefroy and Jeremy McGrath. Photos: Rowing Australia

Australia's Legs, Trunk and Arms Mixed Coxed Four achieved history last night in Italy when they secured victory in the Final Paralympic Qualification Regatta and in turn qualified the boat class for the 2016 Paralympic Games, the first time Australia has been represented in this boat class at the Games.

The crew of Brock Ingram, Jeremy McGrath, Davinia Lefroy, Kate Murdoch and coxswain Jo Burnand won the A-Final to qualify the boat for the 2016 Rio Paralympic Games.

The athletes are of course to be congratulated first and foremost, while I would also like to thank Gordon Marks and Iain Murray in Rowing Australia's para-rowing department for their hard work along with the support and efforts of the States and Clubs across the country that have made us the current number one para-rowing nation in the world."

In addition to winning the Final Paralympic Qualification Regatta, the crew then backed up a hard a morning of racing by winning the International Para-Rowing Regatta held on the same day in Gavirate, Italy. The Australian crew took on some crews who had qualified for the 2016 Paralympic Games at last year's 2015 World Rowing Championships and paced themselves through the race knowing the competition would be strong.

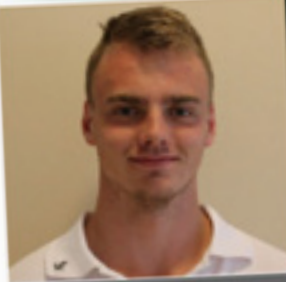
In a slight cross-tail wind, the crew came out of the starting blocks in fourth but chipped their way through the field to hit the lead at the 400 metre mark and finish powerfully and in first place, followed by South Africa and Ukraine (both of whom qualified for Rio in 2015).

Post-race, Brock Ingram, who trains at West Australian Rowing Club alongside Davinia Lefroy, commented: "After being pushed by the Chinese in the first race, this qualification regatta, it was almost unbelievable to be back in the lead. I am really proud of the crew who did their best and put the job down."

Extract from Rowing Australia Media release

NEWS & GRADES ROWING AUSTRALIA EVENTS **ROWING** HIGH PERFORMANCE COMMUNITY ROWING

Athlete Profiles / Jeremy McGrath



JEREMY MCGRATH
@JeremyMcGrath7

NSW

ATHLETE STATISTICS

Date of Birth	25/04/1994
Coach	Gordon Mackie
Nickname	Jax24
Height	180cm
Weight	80kg
Hometown	Sydney, Australia
Hobbies	
Club	Balmain Rowing Club

Jeremy McGrath was born without a fibula and with a shortened tibia bone in his right leg and had his leg amputated when he was 10 years old. He lost all interest in sport until watching rowing at the 2012 Olympics and deciding that it was a sport he could do despite his amputations. After graduating from high school in 2012, McGrath joined Macquarie University Rowing Club and attended a Paralympic Talent Search in 2013. After finding his passion for rowing, McGrath moved across to Balmain Rowing Club, where he is still a member now. McGrath first raced in June 2013, and by 2014 found himself winning a silver medal at the World Championships in Amsterdam, he combined with Kate Murdoch to take second place in the LTA mixed double scull. McGrath is studying Occupational Therapy at Sydney University and enjoys playing sport with his mates including soccer, touch rugby, basketball and squash.

CAREER ACHIEVEMENTS

CLASS	YEAR	RACE	POSITION
LTAKRZE	2014	WORLD CHAMPIONSHIPS	SECOND

Rowing Australia,
Athlete profile,
Jeremy McGrath



Brain Injury Australia
Feature article

news local

Inner West

Zarni Tun is a rowing champion who trains at Balmain Rowing Club

June 19, 2015 12:00pm
Lisa Harbison - Inner West Courier Inner City



Zarni Tun was a champion swimmer, now he's a champion rower. Pictures: Craig Wilson

Zarni Tun has only been rowing for about six months, but he already knows what it feels like to be a winner.

He headed along to try the sport out at Balmain Rowing Club late in 2014, and from the moment he picked up the oars he was hooked.

Daily Telegraph
Zarni Tun is a rowing champion who trains
at Balmain Rowing Club

26 NEWS

BALMAIN

Oarsome Ruby's set to go

Para-star helps blind rower



KATIE KELLY

Ruby Sutherland with Paralympic gold medal triathlete Katie Kelly at Balmain Rowing Club.

Jim O'Rourke

BLIND rower Ruby Sutherland hopes to improve her standing in the sport after receiving a \$2000 grant from an organisation set up to support Australia's next generation of para-athletes.

Ruby, from Pymont has been invited to trial with Rowing Australia and will use the money to buy her own set of oars.

The 18-year-old received the cheque last week from Australian Paralympic triathlon gold medalist Katie Kelly at a special ceremony at Balmain Rowing Club.

Kelly, who won her medal at last year's Rio games, set up the Sport Access Foundation after experiencing growing up with Usher's Syndrome, which has left her legally blind and needing hearing aids.

"A barrier to playing sport for kids who have a disability is often this access to the right facilities and equipment," she said.

Ruby has no sight in her left eye and 5 per cent vision in her right eye. She also has hemiplegia, which affects her right arm and leg.

The grant funding will allow her to buy a set of oars to compete with her club.

"Often the club equipment is broken or there are no oars left for me to use as everyone else is faster at getting onto the water than I am," Ruby said. "Having my own set means I will be able to have the consistency I need to improve my stroke."

Inner West Courier
(Dec 2017)
Oarsome Ruby's
set to go

The Courier

Business Listings

News

Rower overcomes debilitating condition in her quest for glory

MICHAEL POLLOCK
Aug 5, 2014, 9:30 a.m.

IN THE annals of athletes overcoming hardship, Ballarat rower Narelle Burnside's journey to the world rowing stage sits at the top of that list.



Ballarat rower Narelle Burnside is targeting a berth in the 2016 Rio Paralympics. PICTURE: JUSTIN WHYTELOCK

The 41-year-old multiple sclerosis sufferer has made the Australian LSA (legs, trunk, arms) Para-rowing crew for the Head of Charles Regatta in Boston.

WHAT'S HAPPENING IN BALLARAT

Fed up with my neighbour's dog
I love dogs but the dog next door barks non-stop and it's driving me mad. Any all...

The Courier
Rower overcomes debilitating condition in her quest for glory

More Videos With LSA Head of the Charles Challenge



2014 LSA Head of the Charles Challenge
Narelle Burnside-Pedraza was part of the TODAY wheel to row the BMC (Bicycle) Challenge

Shared with Public
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Today Show interview
Get involved campaign

To see more or read the full articles, please visit:

www.rowingaustralia.com.au/athleteprofile/jeremy-mcgrath/

www.dailytelegraph.com.au/newslocal/north-shore/balmain-rowing-clubs-jeremy-mcgrath-to-represent-australia-in-the-legs-trunk-and-arms-mixed-double-sculd-at-the-world-rowing-championships/

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<http://newslocal.smedia.com.au/iw-courier-city/>



TRAINING AND FACILITIES

TRAINING

During the week and on weekends training takes place on Iron Cove. Training camps are also held throughout the year at the Sydney International Regatta Centre(SIRC), Penrith, and on the rivers at Grafton and Taree.

Covid-19 DID NOT STOP OUR ROWERS

2019/2020 regatta season was a difficult time for all rowers. The season started with bush fires and wild weather causing the cancellation of several regattas, then the emergence of Covid-19 forced the closure of Balmain Rowing Club facility.

But this didn't stop our rowers. Rowing machines were sourced for all our rowers so they could complete at home, the weekly erg and strength training programs set by the coaches. A training session was held via Zoom each Saturday morning to keep the rowers connected and to enable the coaches to give visual feedback. When the BRC facility opened in September 2020, the rowers were keen and physically prepared for a successful 2020/2021 season.

After a brief 2020/21 on water racing season, training returned to Saturday morning zoom sessions during the second Sydney COVID lockdown.



GYM SESSIONS

To prepare for the 2017/18 regatta season, the Programs' rowers enthusiastically embarked on a 12 week intensive group fitness sessions. The sessions were conducted by a qualified personal trainer and involved a range of strength building exercises tailored to meet the rowers individual capabilities. These sessions proved to be so successful, many rowers have continued their weekly/ bi weekly sessions showing great results in the racing results and team camaraderie.

In 2022 Parry Mouhtar, a member of the program and qualified sports and strength coach (Oceania Division Cert IV) prepared strength and care exercise programs for our rowers, providing daily feedback.



COACHING

Coaching is undertaken by four volunteer coaches all of whom have a long and successful association with the sport of rowing and teaching young people the art and skills of rowing. All have achieved Level 2 or 3 NCAS coach accreditation.

EQUIPMENT

Para-rowers require additional and different equipment to able bodied rowers to cater for their disability and meet additional safety levels. PR2 and PR1 rowers use boats with a fixed seat with balance provided by pontoons attached to the riggers that have been modified to cater for the shorter stroke length. These variations to a regular rowing scull must meet regulations set down by the International Rowing body of FISA. The seat may have a backrest attached to provide support for the rower's trunk. An experienced PR3 rower can physically row the same boat as an able-bodied rower. Initially however, they will require a wider boat with pontoon supports.





MEET OUR ROWERS AND COACHES

An insight to the courage and determination of the Program's participants, and to the gains to the individual and our wider community from expanding and developing the Program, can be gained from reading the participants' biographies below.

Over the years, the program has attracted participants from all over the country.



STEPHEN KNOTT

- PR3 Rower
- Joined 2010

In April 2006, Steve had a motor vehicle accident which left him with a Traumatic Brain Injury (TBI) and a severely damaged left arm which has a fix inflexion significantly reducing the movement range he has in that arm. He spent 6 months in hospital and rehabilitation following the accident. He was not able to return to corporate life and instead studied Companion Animal Welfare as he loves animals.

Steve discovered rowing quite by accident following a conversation with his GP who rows at the Balmain Rowing Club. He completed a Learn to Row course at the Balmain Rowing Club in 2010, and thoroughly enjoyed the experience. He received some coaching from the club during 2010 and entered his first regatta in early January 2011. From this point he has not looked back and attended his first Australian National Championships 8 weeks after entering his first regatta, bring home two silver medals.

While his TBI does not impact his classification, as a brain injury acquired after the age of 18 years is not recognised by World Rowing as part of its classification criteria, the TBI adds to the challenges of his training and how he is coached and responds. However, Steve is determined and focused on achieving results, but at the same time thoroughly enjoys his rowing.

Aside from rowing Steve remains a dedicated volunteer feeder at Doggie Rescue and gets a lot of enjoyment from the company of the dogs as well as the other volunteers. He also enjoys listening to music, making friends and coffee.

Steve was awarded the Rowing NSW Novice of the Year award in the year 2010-2011.

JEREMY McGRATH

- PR3 Rower
- Joined 2013

I was born without a tibia and with a slightly shortened fibula in my right leg. When I was very young I could get around the house, awkwardly, on my right leg but for full mobility I have always needed a prosthesis. In 2009, at aged 16, I underwent elective surgery to have my left leg removed below the knee. I made the decision because of the increasing cumbersome nature on the prosthesis I was using. As I grew, they were becoming very big and they had heavy metal braces on the sides and strapping up to my thighs. Since the amputation I have been using much more streamlined appliances fitting from just below the knee, without straps or braces. Sadly, though, I found playing soccer, which I had done since the age of 4 or 5, difficult as the prosthesis became loose if I sweated too much and could come off while running.

During the 2012 Olympics, I began to wonder whether rowing might be a good sport for me to try. I began rowing in December 2012, after my HSC, with Macquarie University Rowing Club. After attending a Paralympic Talent Search in 2013, I was put in touch with Barbara Ramjan at Balmain Rowing Club. The Club has a strong para-rowing program and I began rowing with them in May 2013. My prosthetists, Stefan Laux and Cameron Ward (ACP Prosthetics) adapted an old prosthesis for me, adding a mechanism that allows for ankle inflexion.

I first raced in June 2013 in the JB Sharp winter series of regattas, for Balmain Rowing Club in para-rowing and able-bodied men's novice events. I enjoy racing in able-bodied men's events for all categories of boats in club regattas whenever possible.

Since then I have had some terrific successes in PR3 single sculls as well as in PR3 double sculls with my rowing partner, Kate Murdoch. She and I have had a series of wins at club regattas but our greatest successes have been winning gold at the recent NSW State Championship and Australian National Championship regattas and winning silver at the World Championships in 2014.

Jeremy was awarded the Rowing NSW Novice of the Year award for the 2013-2014 year.

Jeremy was part of the LTA Mixed Four that won gold at the Final Paralympic Qualification Regatta in Italy in April 2016, to qualify the boat for the 2016 Paralympics. His crew faced strong competition in the Paralympics winning the B Final.

NIKOLAI OLDING

- PR3 Rower
- Joined 2013

I was born very early - at 24 weeks and spent six months in intensive care with several operations and chronic lung disease. I went home with supplementary oxygen (which I used for a year) and over the next 18 years of all sorts of remedial treatments, was told by several doctors and specialists that I probably would not be able to walk/talk/write/be a sportsman or hear. I'm glad to report that I have proved most of these people wrong, though I have been diagnosed with mild ataxic cerebral palsy, am certainly hearing impaired and have a learning disorder with some expressive speech problems.

However, I can walk (took me a lot of years to learn how to) though I still look a bit funny trying to run. I can talk and be understood (though sometimes it's hard to express what's in my brain). My breathing is now within normal limits (when I was little I sounded like a cappuccino machine). I can write really well after many years of practice but need to have rests as my fingers lose power when I grip a pencil too long. And yes, I have to wear hearing aids (I have pontoons on my boat so I am unlikely to fall in) but that's no big deal. My right side is weaker than my left so I have to be very careful rowing or I find myself in the next lane and both my legs are a bit weak so it is hard for me to push properly.

Mum wanted to find a sport for me - she was a good runner when she was young and dad is a black belt in aikido. I could never understand why she wanted this and why anyone would ever need to compete - in fact that is still a problem for me - I am not very competitive and like to do things just for the joy of doing it. Mum saw a learn to row ad at Leichhardt Rowing Club and thought I should try it. For the first time in my life something came easily to me. I liked the rhythm of the oar strokes and the quietness of the water.

Various clubs were asked if they could take a new adaptive rower and Balmain came straight back with a yes. So I've been very lucky to be training with Barbara and Anne since I started last year. Also fortunate to be in a double with Steve - our state and national champion. Rowing is pretty special for me as I love being out on the water even when there are people there telling me what to do. I love being able to do something well and I am especially proud of all my new muscles even though there are a few shirts I will not fit into soon.

Rowing has made such a difference to my life - it has given me focus and direction and has made me proud of my achievements. I have wonderful coaches and a great trainer - Ben Ly - who yells at me with encouragement three times a week but I am slowly seeing good results so am very happy even though my week is full and I need lots of rest. I look forward to being the best rower I can in the future.

SOPHIE DELEZIO

- PR2 Rower
- Joined in 2014

Twelve years ago, Sophie Delezio suffered third-degree burns to 85% of her body after a car smashed into her Sydney childcare centre. She lost her feet, some fingers, and her right ear. She was then involved in a second accident.

Sophie loves to swim but her skin-grafting operations often keep her out of the water. So instead of competing under water, Sophie has found a passion for powering on top having joined the Balmain Rowing Club, where she is part of a para-rowing crew. Using a prosthetic fitting attached to her right oar and prosthetic legs enables her to row in the single skulls for Balmain. Sophie believes rowing "Is a really good sport for me to build up my muscles and help my mobility."

CAITLIN LISLE

- PR1 Rower
- Joined in 2015

My names Caitlin I am a L1 paraplegic, full time vet, and part time rower. When I was 18 I was studying at Charles Sturt Uni in Wagga and had a horse riding accident which left me a paraplegic. I spent 6 months in hospital then moved back to Wagga where I finished my degree. At uni I started playing basketball first locally and then in the women's national basketball league with the Sydney uni flames. In 2010 I started studying vet science at the University of Sydney. In 2011 I represented Australian at the Under 25 women's basketball world championships in Canada, we won silver. Leading up to the London 2012 Paralympics I was named as part of the squad but unfortunately missed out on a couple of places to make the team. In 2013 I got the opportunity to play on the Australian women's senior team in two international competitions in Japan and Thailand. In 2014 I decided to take the year off Basketball so I could concentrate on the final year of my vet science degree. On graduating I wanted to focus 100% on basketball however found full time training took the love a bit out of the sport and so decided to take up rowing to diversify a bit at the beginning of 2015. From the first moment I have been absolutely hooked.

Since starting rowing I got a full time job as a vet which I thoroughly enjoy. In mid 2015 I decided I wasn't enjoying basketball as much as the other 2 things in my life and thought it was finally time to throw in the towel. I am now focusing on rowing, fitting in racing and training around my job.

RUBY SUTHERLAND

- PR3 Rower
- Joined in 2014

“No two snowflakes are alike...One completely different from the other.”
(Charles. M. Schulz.)

I was born at 23 weeks and 4 days gestation at just 620 grams in weight. As a result I spent 105 days after my birth in the Neonatal Intensive Care Unit at Royal North Shore Hospital. As a result of my extreme prematurity, I am diagnosed with retinopathy of prematurity (Legally Blind), Right side hemiplegia (Cerebral Palsy) and I have an intellectual delay.

I started rowing in 2013 when I was 14 years old and by now was fully aware that I was not particularly gifted at many sports played by able bodied young women. I hadn't tried rowing at that stage but my mother encouraged me to do something different, so she signed me up to School Rowing. I discovered that rowing was something that I enjoyed and something that I could actually successfully do! Although it is physically draining, and often challenging particularly for me in terms of visual cues, technique and stamina, rowing makes me feel energised and capable. These feelings of accomplishment and contentment only come as a result of my rowing and I see it as a very important part of my life. It's also a Team effort in most cases in order to even enter the water.

So far I am very proud of everything I have achieved in Rowing. This includes 1st place in the 500 metres women's single scull at the NSW Championships 2015 as well as having competed several times at the Head of the River, achieving a 3rd place in 2015. Along with these achievements, I have also competed in several school regattas and competitions and also trialled for a sweep four for the Head of the Charles River Boston USA in 2014 trialling to represent Balmain Rowing Club. As I've already said, I am extremely proud of my achievements thus far, however I know I can achieve more. I look forward to challenging opportunities in the near and distant future in order to accomplish this.

In the next few years, My aim is to receive a scholarship to one of Sydney's leading Universities through my rowing background. I would use this to fulfill both my rowing and academic goals. As time progresses, I aspire to win a few more state titles and gain further exposure within the rowing community in order to gain further selection in other crews that encompass para-rowing competitions and ultimately perhaps even Olympics. As well as my rowing aspirations, I also would like to become an English teacher showcasing my passion for reading.

With ongoing hard work, passion and commitment, I know that my goals can and will become a reality in my future.

In 2017, Ruby was a successful recipient of one of three inaugural grants from the Sport Access Foundation, a foundation established by Australian Paralympic Gold Medalist, Katie Kelly to assist para-athletes achieve their goals.

MATILDA SLATER-PHILLIPS

- PR3 Rower
- Joined 2014

I am a 16 year old indigenous, student at Marist Sisters College Woolwich from Gladesville, I have always been an avid sportsman and love the opportunity to play and compete in a number of sports, both able-bodied and para.

I was born with a limb deficiency. My left hand has only 2 fingers and less than a quarter of the actual palm, this also affects the strength and length of my arm.

I compete in Dragon Boat racing and Rowing. I have been competing in Dragon Boating for the past 5 years starting the sport through my high school. I have been competing with Sydney Zodiacs Dragon Boat Club for the past 4 years. I have also been a member of the NSW U18 DB team for the past 3 years. I was fortunate enough to compete and represent Australia in August of 2015 at the DB World Championships in Toronto, Canada in the U16 Dragon Boat Aurora Team. Through my continual growth and advancement in this sport my Australian coaches felt to compete to the best of my ability in this able-bodied sport I would need some type of prosthesis and this in turn lead to my involvement in Para-Rowing.

Through my prosthetic supplier, Cameron Ward at APC I was invited to attend a 'Learn to Row Day' with Balmain Para-Rowing and I haven't looked back. They were aware of my Dragon Boating history and keen to allow me the opportunity to give rowing a try. As another water sport with boats I was very eager to give it a go. Especially as I had my first prosthetic to play with.

Through Balmain I started training and within my first 3 months I was fortunate enough to be asked to attend the '2014 Head of the Charles' regatta in Boston, MA. This was an amazing experience and one I would definitely be willing to do again. My rowing has progressed at a rapid rate over the past 12 months and have been given excellent opportunities to improve myself such as a training camp at The AIS in January of 2015. I was also successful at the Australian Rowing Championships winning a silver medal in the LTA 4+. Its a sport I'm really enjoying and so excited to be part of. Being the youngest member of the squad I still have a lot to learn but am grateful for all those who support me. My sporting dream is to become a dual national athlete in 2 sports at 2 levels, able and para, with my aim to go to the Tokyo 2020 games with Rowing and China 2018 for Dragon Boating.

ZARNI TUN

- PR1 Rower
- Joined 2014

“When I was eight months old when my parents discovered that I have cerebral palsy. At the age of two my parents joined Rainbow Club which helps children with disabilities to learn to swim. When I was 7 I was swimming without the assistance of floating devices. In later years I took part in my primary school swim carnivals. When I reached high school, I represented Sydney Secondary College, Leichhardt at the NSW Combined High School Swimming Championships in my disability class and have won medals.

Sometime in October, 2014, my physiotherapist recommended me to do rowing and I was introduced to Barbara Ramjan and Anne Craig, para rowing instructors at the Balmain Rowing Club. I started rowing in mid of December, 2014. In the beginning my uncoordinated body found rowing difficult as there was no support for my back and all my focus went to keep my back steady. After a while a new seat with back rest was arranged for me and since then my body became relaxed, which allowed me to focus more on my strokes. From then on I have gained greater body strength and have become a better para rower. And I could have not done this without the dedication of my two lovely instructors. By the end of every lesson, I have learnt something new that has helped me improve and that I have carried it into my next lesson, increasing my speed, strength and endurance. The strength I gain from rowing has helped me a lot in my everyday activities. I have raced in around 4 or 5 events now and have won a medal from most of them for first place in my category. From time to time I do admit I am bit slow and struggle to keep staying in my lane. But I will strive to overcome this and become a better para-rower aiming for bigger events.

Zarni was the recipient of the Inner West Council Young Citizen of the Year in January 2019



KEVIN WALL

- PR3 rower
- Joined 2014

I have been around the rowing scene since I was twelve years old. I come from a family of rowers – two of my three siblings and I have represented Ireland in the sport. My father repairs racing boats in Clonmel, Ireland.

My first experience was as a young coxswain where I was told by stroke “if I shout A move the pointer to the left and if I say B move it to the right”. From there on I was addicted and quickly started rowing myself in whatever boat I could get into. Although born with Cerebral Palsy, I always competed as an able bodied rower till much later in my rowing career, achieving results any rower would be pleased with.

From 2006 to 2008 I spent more time coaching under 18 year old rowers than rowing myself. I was also vice-captain of Clonmel Rowing Club for the 2008 and 2009 Seasons. Having gained a coaching certificate in 2007 and an umpire’s licence in 2008, I went from driving the officials’ launches at Championship regattas as a junior to umpiring the champions.

2009/2010 I walked away from the sport until in 2011 while on a working holiday in Bunbury in WA, I considered taking up rowing again. The great weather gave me a thirst for rowing so I introduced myself to Bunbury Rowing Club. I was persuaded by my family to row in the para-rowing class. I decided I should no longer hide my disability, contacted the Irish Amateur Rowing Union and was invited to test for a place in the already assembled the Irish PR3 boat that was formed for the 2012 London Paralympic team. With the support and intense coaching for my then coach, Glenys Hough at Bunbury Rowing Club, I achieved my goal. In May 2013 I received my 1st Irish cap in Varese, Italy but missed inclusion in the London Paralympic crew by a few seconds.

Kevin is also a local hero back in his home town of Clonmel after his quick actions, while out rowing, saved a father and son who were thrown into the water of the River Suir when their boat capsized.

Now living in Sydney, Kevin is an active member of the program. I find with the sun on my back (unlike Ireland) it has given me that thirst to get involved once again.

At the end of the 2016/17 summer season, Kevin won the Balmain Rowing Club’s Col Campbell Memorial Trophy for earning the most competition points in Rowing NSW regattas and the Kevin Agnew Award for most competitive male club member in Rowing NSW events.

During a visit to Ireland in late 2017, Kevin competed in and won his event in the 2017 Irish Provinces Indoor Rowing Competition, pulling a 2 kilometer erg in a time of 6.51.9 minutes.

TAHLI HIND

- PR3 Rower
- Joined 2016

My name is Tahli Hind and I was diagnosed with cerebral palsy at 6 months of age. I'm left-side affected. I started swimming during high school and am categorised S3. I also took up golf 4 years ago and competed in the Special Olympics Golf (2nd National Championships) and got the silver medal in my category. I've worked as a kitchen hand at the Art Gallery of NSW Cafe and was also a volunteer wait staff and kitchen hand at the Woollahra Community Centre. Currently I'm attending a full-time course for Cognitive Difficulties and working part-time as an office assistant. I started rowing in Feb 2016 on a friend's recommendation and really love it.

ALEX SMILES

- PR3 Rower
- Joined 2016

My name is Alex, and I'm studying a Bachelor of Arts full time at the University of Sydney, along with completing a Certificate IV in Web-based Technologies online. When I was 7 I was diagnosed with osteo sarcoma, spent a year in hospital undergoing chemotherapy, and had my right femur and knee joint removed and replaced with a titanium prosthesis. This prosthesis had to be replaced again when I was 13 due to an accident. During high school I took up fencing at the UNSW club, and ended up teaching fencing for a short time. I tried rowing in mid 2015 and found it highly enjoyable, but wasn't able to commit to coming to training every Saturday. Now, in 2016, I've made a commitment to my own fitness, and will from this point be coming to training as frequently as possible.

STEPHANIE WALKER

- PR3 Rower
- Joined 2016

Stephanie had a brain haemorrhage at birth but went on to be a happy, healthy child. At age 6 she had her first seizure and was subsequently diagnosed with ESES, a rare form of intractable epilepsy. The prognosis was unclear but along with intellectual regression we were warned of the potential of loss of language and loss of muscle control leading to a future in a wheelchair. Fortunately Stephanie remained physically strong and is rarely lost for words. In conjunction with excellent medical care, we attribute this to her passion for sport. She has competed in Special Olympics in both swimming and tennis and is a fiery netballer.

An intellectual disability has meant that many things are difficult for Steph. However, she is physically strong and has a determination and resilience that many people do not. Good coaching, understanding and encouragement are all she requires and this is exactly what she has experienced at Balmain Para Rowing. Barbara and Anne have been incredibly supportive and flexible and the whole community is one we have been delighted to be part of.

We are looking forward to an involvement that will encompass sporting commitment, camaraderie and being part of the exciting plans and future of Balmain Para Rowing. This is an opportunity we are deeply grateful for.

DANIEL CLARKE

- PR2 Rower
- Joined 2016

My name is Daniel Clarke, I am 19 years old and live on the Northern Beaches of Sydney. I have athetoid cerebral palsy affecting my whole body so I use a manual wheelchair for mobility however, this has not stopped me pursuing my goals and achieving at a high level.

I have always had a passion for sport ever since I can remember. My first sport was horse riding which I started at the age of 4 and still continue today. I have always been willing to try other sports, no matter how difficult they are. As such, along with horse riding, I have participated in sports including cycling, tennis, rock climbing, swimming and wheelchair basketball. My drive and determination to succeed has led me to compete at the National Quarter Horse Championship in 2008. I apply the same determination in all aspects of my life and this has enabled me to achieve great things outside of sport. Since 2007, I have been saving the Orangutans of Borneo as they are critically endangered and with my brother, William Clarke, we have raised \$810,000 and we have written and self-published a book titled "Tears In The Jungle" which has become an Australian best seller.

I first heard about Balmain Rowing Club through my personal trainer at the Cerebral Palsy Alliance who suggested I should give rowing a try. I never considered rowing as a potential sport however I saw the opportunity to give it a go and I grasped it with both hands. I contacted the coaches, Barbara and Anne expressing my interest in rowing and they welcomed me with open arms. From the first session in the boat I was hooked! It was incredible being on the water under the guidance of Barbara and Anne. Any problems we have encountered whilst on the boat, all 3 of us have collaborated to work out a solution to overcome the problem. It is fantastic to have the support from Barbara and Anne who are so dedicated, I know they are right behind me.

My goal in rowing is to represent Australia at the 2020 Tokyo Paralympic Games. I know with Barbara and Anne coaching and pushing me to be the best of my ability and with the support of Balmain Rowing Club, I will get there and bring home the gold medal.

SAM SHAHOUB

- PR3 Rower
- Joined 2017

I am vision impaired. I have a progressive disease in my retina called Cone Rod Dystrophy.

I first heard about rowing while treating a patient of mine with a remedial massage, following an injury sustained while rowing. I always wanted to get involved in a sport that was competitive but my lack of vision had stopped me from doing so. I thought rowing could be my sport.

I find rowing mentally fulfilling. I go into my own zone while I am rowing. I want to race. My goal is to compete in the Paralympics in Tokyo in 2020.

JAMES TALBOT

- PR3 rower
- Joined 2016

I first took up rowing when I was 13 after one of the school coaches came up to me and my friends in the playground and invited us to come try it out. Looking back, I never could have imagined what a large impact the sport would have on my life.

I rowed through all my years of high school in addition to playing rugby and athletics and was elected School Rowing Captain in my final year. After spending a year working and travelling around Europe I came back to Sydney to start university and was offered a job as a rowing coach at my old school, SCECGS Redlands. After a season of coaching I got the itch to get back into the sport but before I got the chance I had a serious motorbike accident while I was travelling around Vietnam with some friends. It wasn't until I flew home that I realised the full extent of my injury which included multiple fractures, dislocations, ligament damage and significant loss of cartilage in my hand.

After multiple surgeries I was left with permanent damage, losing a significant amount of strength and almost all movement in my wrist. I was forced to give up all contact sport after the accident which was devastating as I played American Football for Sydney University and club rugby at the time. I continued coaching rowing however and after a few years I managed to get a reasonable amount of function back in my hand/wrist. I had never contemplated doing para rowing until someone I coached with asked if I'd thought about it, so I started to ask around and was put in contact with Balmain Rowing Club. Since then I've jumped back in the boat and have been rowing competitively for about a year now. In that time I've had some great results, including winning the silver medal in the LTA single scull at the 2017 Australian Rowing Championships.

Outside of rowing I work in financial markets for ANZ and also tutor at university part time, so finding time for training can be a bit of a challenge but I've loved getting back into the sport and can't wait to see what the future holds. Although it's still a few years away, I've set my sights on qualifying for the 2020 Tokyo Paralympic rowing team and would love the opportunity to represent my country.

In 2017 James was selected for the Rowing Australia Train4Tokyo week camp in Canberra and as a crew member in the Rowing Australia 8+ for the Head of the Yarra 2017.

In 2018 James was selected to represent NSW in the Men's Interstate Para 1x at the Australian Nationals Championship Regatta and then represented Australia at the 2018 World Rowing Championship in Bulgaria in the Mixed Coxed Four and Men's Pair events. He won silver in the Men's Pair event.

RACHEL JOHNSON

- PR3 Rower
- Joined 2018

For the past 6 years I have been a keen spectator of my son's rowing prowess. Those school boys made it look so effortless and they were enjoying themselves too! I wanted to join in!!

Reality took hold, I left school 33 years ago and I had suffered a brain aneurism 5 years ago. During the 15 hour brain operation I suffered a stroke.

After months in rehab, I learnt to walk again. My brain has rewired and now I'm a proud leftie.

It's incredible what your body can do when you really want it to perform,

SIMONE COTTOM

- PR3 Rower
- Joined 2018

My name is Simone Cottom and I went blind 10 years ago after suffering Meningitis and then a stroke. Since then I have been skiing regularly in both Japan and Canada until I broke my second leg in the trials for the Paralympics. Since then I have given up on the snow and started rowing again which is something I tried back at University in Canberra. I love it and have been training hard to see where it takes me. I also work at Westpac and I speak fluent Japanese. I love to travel and still do as much of that as I can. I also have a guide dog named Gidget and she has been with me for the past 5 years. She is great fun and loves to meet people. If you ever are passing by - stop and say hello!

WILL CLIFTON

- PR3 rower
- Joined 2017

Will started rowing in 2017 at 13 years of age.

Will is diagnosed with Autism spectrum Disorder and a moderate intellectual delay.

Will has a terrific amount of stamina and loves to try hard and excel in sport. Rowing allows him to really push himself, to feel strong and powerful on the water. Will started off training with two coaches and after a couple of months working on his technique he is now rowing with 3 others. Will also plays soccer and is a cross country runner. Watch this space as Will hopes to compete in regattas in the near future!

BRONTE MARSHALL

- PR3 rower
- Joined 2018

I'm Bronte Marshall 18 years old. I first started rowing at PLC Sydney in Year 7 in their para rowing program. I saw learning to row as doing something different, improving my fitness and making new friends. I really like being on the water and participating.

I won Head of the River in 2013, 2015, 2016 and 2017 in single sculls over 1000m. In 2017, PLC Sydney entered a Para Quad in a race at Head of the River. I was part of the squad that was the first School Girl Para Quad to place 3rd in a mainstream regatta. I had the most fun when I was a member of a double and a quad boat.

I can be very competitive. In November 2017 I represented Australia in Swimming at the INAS Swimming Championships in Mexico. I won a gold, silver and bronze medal in relay events.

Now that I have graduated from school I would like to continue rowing. I look forward to competing and making new friends at Balmain Rowing Club.

STEPHEN LAWLER

- PR3
- Joined 2018

I lost my leg (below knee right leg) as a result of a motor vehicle accident whilst on the way home from work and now walk with a prosthetic. After the accident I suffered quite severe PTSD and depression and, at the suggestion of my psychologist, I rediscovered sport and working out. I discovered rowing through a mentoring program facilitated through my insurance company and I instantly loved it. Rowing and setting goals within that has made a great difference in my recovery and I appreciate every moment. I want to row competitively and am motivated to push my limits to see how far I can go.

Outside of rowing I enjoy film making and music production & am currently studying youth services with a desire to go into youth crisis care. It is a change in direction in respect to career having previously been a design engineer but I have a strong desire to contribute to societal change for the betterment of those less fortunate.

LAUREN WEBBER

- PR3
- Joined 2018

Lauren has grown up in the Upper Hunter region, both in Muswellbrook and Denman. Following her primary school years at Scone Grammar School, Lauren started attending Presbyterian Ladies College in Croydon, Sydney at the age of 12 and quickly started rowing for the school in October 2013. Through 5 years of competitive competition at PLC Lauren was taught the craft of rowing and by 2017 won silver at the Sydney International Rowing Regatta in the mixed coxed four.

Whilst still attending PLC, Lauren made the transition to Sydney's Balmain Rowing Club to row for the Balmain Para Rowing program. It was with Balmain that she trained and competed at various Rowing NSW regattas at the Sydney International Regatta Centre, club regattas on Parramatta river and Indoor Rowing Series events to refine and develop her technical rowing skills in order to gain selection for the INAS Global Games.

"I am thrilled and excited about being selected to represent Australia at the INAS Global Games in Brisbane. It is a huge honour", said Lauren.

In May 2019 Lauren's hard work was recognised and rewarded after receiving a 2019 NSW Union of Rowers Award scholarship. The scholarship rewards young rowers who display potential with some financial assistance to help achieve their goals in rowing. This recognition came off the back of being named in the Australian Rowing Team to compete in the 2019 INAS Global Games.

Lauren will continue her training with Balmain Rowing Club alongside four other athletes from the Balmain Para Rowing program who will also be making the journey north and competing at the Games.

Lauren was awarded the Rowing NSW President's Cup for Para Rowing for 2019/20. This is awarded to an individual athlete who has in the opinion of the Board, made an outstanding and inspirational contribution to the sport of para rowing in NSW.

JACK CALDERON

- PR3
- Joined 2018

My name is Jack Calderan, and am a member of the Balmain Para-Rowing Squad. At age 2, I was diagnosed with Cerebral Palsy on the right side of my body. From such a young age I have always been such an avid energetic sportsman. I've participated in a wide range of sports including, Basketball, Cycling, Football, Swimming and Rowing, those been both in able-bodied and para competitions.

Whilst attending St Ignatius College Riverview, I was given the opportunity to try rowing in year 8. At first I was a bit apprehensive of starting a new sport, that was quite different from what I was used to, but from the persistence of my parents and the rowing coaches I gave it a shot. I'm very grateful to all the people that gave me this opportunity because I've never looked back, it is a big part of me now!

I am now in my 6 year of rowing, currently an active member of the Balmain Para Squad, rowing out of Balmain Rowing Club in White St, Balmain. Throughout my time rowing, I have made many new connections, both within the schoolboy program, but also within the Club Program. Rowing has not only improved my fitness, it's also aided my mental strength, routine, organisation and leadership skills, due to the nature and dedication of the sport.

Some of my most memorable moments of my rowing experience to date, include being able to cox a number of boats with my best mates during the younger years, then onward to being a stroke side rower of an 8, racing at the AAGPS Head of River 3 times. It wasn't until the Sydney Rowing Regatta in 2016, that I had a Sydney Rowing Club coach approach me and be inspired by my ability to row in a main stream crew. That Saturday was the day I realised that I wanted to pursue a dream of rowing at the 2020 Paralympics. It wasn't till months later that I was introduced to the amazing coaches of the Balmain Para Program. Since that time I have also attended a number of Rowing Australia Para Training Camps.

As I look into the next few years, I aim to be racing in a pair and four, with the aspiration of making the National Paralympic Team, representing Internationally and for Balmain. I also aim to be a dominate driver in building up the Balmain Para-Rowing Program through leadership and aiding with getting more specialised equipment and facilities. I owe the sport, coaches and family a lot for what its done for me in all aspects of my life.

PHILIP NWOSU

- PR3
- Joined 2018

After spending the first 14 years of my life in Nigeria, I re-located to Sydney, Australia in November 2008 with my family. Overcoming the struggles of adapting to a new country, I finally found my passion in Joinery and Personal Training.

On October 31st, 2016 I was involved in a horrific car accident on a Sydney motorway; as a result of the accident, my left leg was amputated. This would be the beginning of a new life. I spent five weeks in hospital and had six month wait on my first prosthetic leg. Throughout this time I had no choice but to persevere and develop tremendous mental strength to push through the physical battles I had awaiting me.

The amputation of my leg could have pushed me down a path of pity and self-doubt; however, I chose to embrace the situation and make the most of the life I was still left with.

Since the accident, I stepped away from my secure employment to open my own joinery business. This allowed me to continue my love for the trade, whilst providing me with the ability to pursue my personal training and inspirational speaking career.

October 31st, 2016 was the night my life changed forever. Instead of letting my leg amputation define me, I chose to defy all odds and rise above to make a triumph from a tragedy.

I am on a mission to use my story to impact and inspire all ages and abilities to overcome the struggles and adversity in their life to become the best version on themselves. Whilst my injury is visible, I have learnt that the hardest battles are the ones in your mind. I am living, breathing proof that any obstacle can be overcome, and that anything is possible if you stay focused and determined. The amputation of my leg has been the biggest blessing in disguise.

JAMES JOHNSON

- PR3
- Joined 2020

In his late twenties James had a serious accident, requiring a below knee amputation 4 years later.

James was always been a keen athlete who played sport in one form or another all his life. While he was at school his two main loves were rugby and rowing, (winning the GPS Head of the River 2nd V111 in 1976).

James continued with rugby into his late twenties until he had his accident. For many years James found it extremely difficult to compete in any sport due to his injury. It wasn't until more recently, nearly thirty years later, that he rediscovered rowing. James had been using the erg in the gym when he realised that he was highly competitive for his age and disability on this machine.

From the erg in the gym to rowing on the river was a very easy step. After doing some research James came to understand that Balmain Para Rowing was the place for him to try out. He couldn't have been more right. James went along to a coaching session and has never looked back. James has had many needed coaching sessions from the club as he soon realised that being capable on an erg didn't necessarily translate immediately to being skilled on the water.

James has competed in many regattas over his first season, in a range of distances and a variety of crews.

Some results were: 7 Gold Medals, 1 Bronze Medal and 1 Sixth Place.

James has rediscovered the determination, effort and flexibility required to work as a team to achieve a common goal. This plus a sense of comradery and fun have helped to make James' first season a successful and enjoyable one.

James' success in his first season must be greatly attributed to the dedicated coaches at Balmain Para Rowing who were able to take him from the sport in a land-based form to his true home on the water.

PARRY MOUHTARIS

- PR3
- Joined 2020

My name is Parry Mouhtaris and I am 47 years old.

From childhood I was encouraged and supported to play sports. My three brothers and I competed in multiple sports. Our backyard cricket and football games were fiercely competitive contests.

I stumbled into boxing in my early teens and went on to become a junior state and National amateur boxer champion, multiple times. I represented Australia on seventeen occasions successfully and qualified for the 1992 Barcelona Olympic Games.

My Olympic games dream ended in 1991 when I had a horse riding accident. My left foot and ankle had been completely torn off from my leg. I was 18 years old.

Fortunately for me my foot and ankle was reattached. Over the next 5 years, after multiple complicated surgeries, I was able to walk again without the use of crutches.

I was left with a left foot and ankle that did not function properly causing me an extreme amount of pain.

At this point I accepted that my competitive sporting life was over having a big impact on my life.

Several years later my prognosis was for a below knee amputation, which did not appeal to me. I would rather live with pain than amputate my leg.

In my search to improve my quality of life I found Neuromuscular orthotics where Darren Pierra worked with me to create an external prosthetic brace that substantially reduced my pain level. Darren was also affiliated with para sports and he recommended that joining a para sports team could be something of great benefit for me.

After discussing this with family and close friends they agreed as they understood the importance sports and competition had on my physical and mental wellbeing.

I decided to try para powerlifting and managed to win state and National championships. Competing again was like the sports man in me was reborn.

At the 2017 commonwealth games para powerlifting tryouts, it was suggested to me that rowing may be another sport that I could participate and potentially succeed in.

I joined Balmain rowing club in 2020.

Anne Craig and Barbara Ramjan welcomed me in and started teaching me how to row, which is not as easy as you may think. I attended rowing every Thursday morning under the careful eye of these two wonderful coaches.

A little time later I was asked to attend the Saturday morning group training sessions. This is when I realised the incredible comradery and team environment that Anne and Barbara have created at Balmain para rowing club.

I am proud to say that training under Anne Craig and Barbara Ramjan along with the help and support of my para rowing teammates I was able to win the 500 meter NSW club championship event, and with my talented doubles partner Eleanor Taylor we managed 3rd place in our 1km doubles event.

Balmain para rowing club has shown me how truly inspirational being part of a team can be.

The para sporting program has allowed me to continue in my sporting ways and opened different sporting opportunities and pathways.

JAMES HUNT

- PR3
- Joined 2021

My name is James Hunt and I was born with cerebral palsy on the right side of my body.

I enjoy staying active and fit and have always competed in both able bodied and Paralympic sports, mainly focusing on football.

I first heard about the para rowing program a couple of months ago through a friend of mine and have relished the opportunity to challenge myself and learn a new skill.

The coaches and fellow rowers have been very welcoming and I'm excited to see how far this new chapter in my life can take me.

ELLIE TAYLOR

- PR3
- Joined 2019

My name is Ellie Taylor. I started rowing in year 9 at PLC Sydney in 2014 aged 14

I have an intellectual disability. I rowed in singles doubles and fours and quads. I competed in several school regattas.

In year 11 I joined the para rowing squad at Balmain Rowing Club.

In 2019 I competed in the INAS World Rowing Championships Global Games, in Brisbane, representing Australia. We competed against 7 other countries in both on water and indoor regattas. I won silver in the mixed double and coxed 4 on water events and set a world record for both the Indoor Rowing 500m and 1000m events in the Under 19 age category.

Rowing has helped me become very organised and improved my fitness levels.

I enjoy racing with the other squad members and hope to continue to improve my racing times.

MICAH KELLY

- PR/VI
- Joined 2021

Born in 1960 with a birth defect in a small community that struggled to deal with disabilities. I had less than 10% un-correctable sight in my right eye but enough sight in my left eye to be correctable. I wore, from aged 2, glasses with lenses that looked like the bottom of coke bottles and suffered years and years of bullying and torments from my peers all throughout my schooling.

In the 60's it was considered that as I was visually impaired, I would have also had an intellectual disability and was educated in a slow learning program. My parents' attitude was, if we ignored it, it might just go away. There was little to no support for my family in how to deal with a child with a significant visual disability. I left school in Year 9 with little to no education. High School was nearly 4 years of absolute misery as I had no basic education from primary school and I suffered ridicule from teachers. After leaving school, I worked in Woollies' as a checkout and I did other part-time jobs.

However, I married at aged 18 and then my life changed. In my early 20's, I lost all of the sight and my left eye. My mother-in-law was an incredibly supporting woman who could not accept I was incapable of anything I turned my mind to, in fact her son, my husband, was a type 1 diabetic from age 3 and she had overcome so many obstacles with him that she thought that being visually impaired and only having less than 10% un-correctable sight in one eye, was of no consequence. Thanks to my amazing mother-in-law, I went to university. I have two degrees and I have a Masters. I have a Bachelor of Business with a major in accounting and I have a Bachelor of Laws as well as I have Masters of Commercial Law. I have been a practicing solicitor for the last 25 years and I specialise in property law.

My husband and I had two amazing children and I would say that they are my greatest achievements of my life. I also enjoy having three grandchildren as well.

I found sport in my 40's. I took up long distance white line running. I have run over 60 marathons and half marathons all over the world and my greatest achievements in running so far was the Sydney marathon where I was second in the women, and I think that was in 2008. I also took on the 7-summit challenge that is climbing the 7 highest mountains on each continent. I achieved 5 out of 7 mountains as I ran out of money to do the last 2. My husband died in 2014 and at that point, I was left without transport, but never say die I found Dragon Boating, it is a fabulous team sport and again, sport is a great moderator between those who have and those who have not in respect of physical abilities. I represented Australia in Dragon Boating on a couple of occasions and Vision Australia talked me into taking up rowing. They said, "have a go, if you can compete for Australia in Dragon Boating then there is no reason why you cannot compete for Australia

in rowing.” I did point out that one goes forward, and one goes backwards, and I am of an age that it is highly unlikely, and I am a grandmother. However, never say never is my motto, so I did a learn to row course with Glebe Rowing Club. They are not really set up for persons with disabilities and rowing and competing for Glebe, I came across and I raced against the Balmain Para-Squad. I realised that was probably the place that I should develop and try and improve my rowing. I was correct, that was definitely the place to row as I believe my rowing, for my age, has improved significantly and that is due to the fact that you have got people/coaches who are committed to supporting those with disabilities and understand that no two persons with a disability have the same needs. There are others in Balmain with visual impairments and each of us approach rowing in a completely different way. However, I suspect we each get the same out of rowing particularly a single scull. It is a freedom from your disability for that moment you are on the water rowing. It is as if you are like everyone else.

Sport stimulates the mind and the body and proves that you are never too old or physically challenged to learn and to compete in any sport. Where there is a will, there is a way. My personal vision is to compete at a level where I feel I am giving everything I have got to give but it is also to lead by example. If I show other women and men with disabilities, that you can overcome the challenges those disabilities face every day, that the rewards on the otherside are immense.

I actually feel sorry in some respects for those able-bodied athletes as they will never ever feel the sense of achievement that those with a disability achieve when competing.

REBECCA JONES

- PR3
- Joined 2021

Always being an active kid who loved any and all sports I jumped at the opportunity to get into the boat with my school squad when I was 13. I had always been surrounded by stories of regattas as my dad was an elite rower and coach and I had to see what all the fuss was about.

I was instantly hooked! The school rowing squad became like family and with their support and that of my coaches and family I was fortunate enough to make it into the 1st VIII for my final year at school in 2019.

After graduating I continued rowing with Sydney Uni before moving to Canberra to study Medical Sciences at ANU, where I continued rowing up until COVID shut the campus down. In June 2020, at 19, I then became very unwell. After spending months in hospital and receiving numerous misdiagnoses and endless ineffective treatments I was officially diagnosed with a rare brain disease; Autoimmune encephalitis in June 2021. Effectively my immune system is attacking the healthy cells in my brain. I was started on intense immunotherapy. Unfortunately, complications during treatment led to numerous strokes affecting both sides of my brain and cerebellum leaving me unable to feel or move my left leg, weakness in my left arm, balance and coordination difficulties, and numerous other challenges.

Thankfully, however, the immunotherapy treatment caused significant improvements in my overall health and I was able to get out of hospital and begin intense rehab. Through this I have regained my fine motor skills, the strength in my arm and some ability to use my leg, however, lack the control, coordination and strength I previously had.

After almost 2 years without having been in a boat I was desperately missing everything about the sport and was fortunate enough to stumble across the Balmain para-rowing website. After getting in touch, I was instantly welcomed with open arms, set up in a boat to meet my disability requirements, and have loved every minute since.

Being a part of the Balmain para-squad has dramatically helped both my physical and mental health through my recovery. It provides an environment in which people of all abilities, experiences and backgrounds can come together under the incredible guidance of dedicated coaches to achieve our own unique goals; whether that be enjoying social rowing or elite competition, everyone is encouraged and supported.

NELL DULY

- Coxswain
- Joined 2012

I first started coxing in 2001 on my high school's rowing team. My formative years in the sport were hard, but they taught me a lot about what had to be done to cox the winning boat. I coxed through my university and college years and in 2012 became a member of Balmain Rowing Club. I was honoured when asked to join the growing para-rowing program of the club, and even more so when asked if I would be the coxswain for the maiden journey to Boston. Head of the Charles is one of the great races for coxswains. Unlike regular racing, this regatta requires the coxswain to understand precise angles of turns, tides and how to keep a crew going well past the 2 kilometre mark. In day to day racing coxswains can lose a race for their crew but almost never win it. At the Head of the Charles a few millimetres in a turn can be enough for a crew to gain victory over another, and it is the coxswain who determines those turns. That thrill of being able to win the race is what makes the Head of the Charles so special for coxswains. I was delighted to be part of the squad for the 2013 and 2014 trips.



NATHAN DIAB

- PR3
- Joined 2018

LOUISE KILBY

- PR2
- Joined 2018

SASHA THOMAS

- PR3
- Joined 2019

OLIBERTH REYES

- PR3
- Joined 2019

GRACE MACCORMIK

- PR3
- Joined 2018

MICAH KELLY

- PR3
- Joined 2021

LAURIE LAWIRA

- PR2
- Joined 2018

EMILY MACDONALD

- PR3
- Joined 2021

SAM ELKO

- PR2
- Joined 2019

FRED ZHAO

- PR3
- Joined 2020

NIKLAS LEEDHAM

- PR3
- Joined 2018

KARLA KOLOTAS

- PR3
- Joined 2021



LIAM JAMES

- Level 2 NCAS coach

I started coaching 11 years ago after rowing for 6 years with Balmain Rowing Club in the men's squad and at my school, Sydney Grammar. While rowing, I placed third at the AAGPS head of the river in my 2nd 4+, and in my year in the school's first VIII, we were Australian River Course Champions at the Australian Henley regatta in Melbourne. At BRC I had numerous highlights including winning the Walker and Hall Handicap sculls series, being the JB Sharp top point scorer a few times, winning a State Sprints championship in the Men's open single, and racing at Australian National Championship regatta 3 times.

I learned a huge amount from Keith Swanson, the Men's coach, while I was rowing. So after doing the level 1 course back in 2004, I established the Balmain junior program, coaching both junior boys and girls, from novice rowers to those selected in state youth teams.

As a coach, I have managed trips to the Head of the Yarra, where we have had success with men's, women's and mixed crews, and I have also managed athletes at both ends of the club, from rowers who have won state championships and been selected for representative crews to brand new novices just learning to row.

I have learned from some of the best coaches today, such as Ron Beattie, Lyall McCarthy, Nick Garrett, Tim McLaren, Michael Smith, Alan Bennett, Drew Ginn and others, through various courses and catch ups. I have also completed mentor and assessor accreditation (to assess and sign off on more junior level 1 and 2 coaches) and am completing my level 3 (performance) coaching accreditation. The knowledge I've gained from these courses and people has been invaluable, and really highlights the need for coaches to continually share and refine their technique.

In 2014 I was named coach of the year by Sports NSW, predominantly for my work with the BRC men's and adaptive squad.

Achievements and experience

Ran BRC club Learn to Row programs	Coach for The Head of the Charles Regatta, USA tour in 2014
BRC Management Committee member 2004/5 to 2014/15	Coach of the Year, 2014 Sport NSW Volunteer Awards
Vice-Captain BRC 2007/08 to 2008/09	2019 Nominee for Amy Large Volunteer of the Year Award
Captain BRC 2009/10 to 2011/12	2019/20 Rowing NSW Governor's Cup recipient
Current director of the Board of Rowing NSW	
Current convener of J B Sharp Regatta Series	
Member of the NSW Union of Rowers Inc	

BARBARA RAMJAN

- Australian Boat Race Umpire
- Level 2 NCAS coach
- Level 2 NSW Boat Race Official Umpire

Barbara has been a volunteer coach of junior girls and Para-Rowers at Balmain Rowing Club since 2010. As a Boat Race Official she has also officiated at numerous regattas over the past 12 years. She has undertaken a TAFE course in boat maintenance. Barbara has a strong knowledge of all State, National and International rowing issues and regulations keeping the team abreast of all current FISA regulations and requirements.

Barbara has a background of working with young adults, adults and the elderly with disabilities. Barbara was honoured in 2019, being included on the Inner West International Women's Day Honour roll.

Achievements and experience

Ran BRC club Learn to Row programs
BRC Management Committee member
2006/7

Secretary BRC 2012/13

BRC club camp organizer 2001 to 2016

J B Sharp Regatta Series club delegate
for BRC

President NSW Union of Rowers Inc.
2012-13 and member, Member Union
of Oarswomen

Rowing NSW club delegate for BRC
2013/13

Coach for The Head of the Charles
Regatta, USA tour in 2013 and tour
manager in 2014

Competed in 2009 World Masters
Regatta

2015 Sport NSW Volunteer Awards
finalist – Community Sport
Administrator of the Year

2016/17 Rowing NSW Governor's Cup
recipient – awarded to an individual
who has made a significant and
sustained contribution to the sport
of para rowing in NSW

ANNE CRAIG

- Level 2 NCAS coach

Anne has been a volunteer coach of junior girls and Para-Rowers at Balmain Rowing Club since 2010. She has run several Learn to Row programs for juniors and adult rowers at the Club and was its Honorary Treasurer for 5 years. Anne is also a member of the executive of the NSW Union of Rowers Inc. and is its current Hon. Treasurer.

She also has a background of working with children with learning disabilities.

Achievements and experience

Ran BRC club Learn to Row programs	Competed in 2009 World Masters Regatta
Treasurer BRC 2008/9 to 2012/13	
Treasurer NSW Union of Rowers Inc. since 2009 and member	2018/19 Rowing NSW Governor's Cup recipient
Coach for The Head of the Charles Regatta, USA tour in 2013 and tour manager in 2014	

ANDREW DICK

- PR3
- Joined 2017
- Level 1 NCAS coach

I was diagnosed with mild Cerebral Palsy (Left Hemiplegia) due to being born 12 weeks premature.

I came across Para Rowing at a Paralympic Talent Search event in early 2017 and saw an opportunity to increase all round fitness in a social and fun environment.

The added benefit of the BRC Para Rowing program is that it offers a chance for those of us who are older to mentor the younger members with a disability and provide "tips & tricks" on other facets of life with a disability. In addition, it allows for cross pollination of ideas with regards to NDIS access.

I hope to progress to compete at a State and National level over time. I aim to give back to the program through using skills learnt in the NSW State Emergency Service and Australian Army Cadets.

Outside of Rowing, I'm studying towards a Bachelor of Public Safety and Security through Charles Sturt University whilst working as an Airfield Works Safety Officer at Sydney Airport. I have a 2.5-year-old daughter and live on the leafy North Shore.

Andrew completed the Level 1 Coaches Course in 2020 and is now an NSW Accredited Coach and runs the indoor rowing program for the Program.

ALEXANDER NIKOLAIDIS

- Coach

I took up the sport of rowing in 1998 at Sydney Grammar School following a line of family members who had thoroughly enjoyed the sport. During my time in the school rowing program I was introduced to and coached by very talented and credentialed coaches, who imparted not only great insight into the sport, but also the enjoyment that comes from this great sport.

The highlights of school rowing where; winning the Riverview Regatta in quads, placing 2nd at the AAGPS Head of the River in Y10 VIII's, winning the Australian Rover Course Regatta, and winning the inaugural Tri-Grammar Regatta series.

I moved on to compete for Sydney Rowing Club post school and developed a far greater appreciation for the sport and its history. Training was heavily intensified and I was able to learn from the great Phil Cayzer among many others. Club rowing enabled me to experience the many possibilities that are unique to rowing; camps at Taree, Canberra, Nagambie, and weekly sojourns to Penrith.

The highlights of Club Rowing where; 3rd place Fawley Cup at the Henley Royal Regatta, National Selection Regatta, Youth Olympic Squad for NSW – 3rd in men's IV, Men's Youth Eight 3rd National Championships





Balmain Para-Rowing Program Incorporated
Trading as Community Rowing Club
ABN 52 169 864 322

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