

# Nepean Rowers News

24<sup>th</sup> April 2026  
Vol. 8, Issue 1



## Welcome

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It has been a busy period for the rowing program with plenty of regattas, camps and training taking place. It has been great to see the hard work in the preseason pay off throughout the season. There are so many highlights from personal bests to medals, all the way through to rowers just enjoying being on the river. With the season mostly completed (we do have the NSW Masters to come), we will now enjoy a short break before training resumes in early May. Members are reminded to complete their renewals before the end of the month. We will celebrate this season on the 14<sup>th</sup> of June at the presentation lunch, and we will send out an invitation shortly.

## Notices

### Nepean

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#### Off-season

The off-season has begun, and there will be no club sessions between 12th April and 3rd May. We hope rowers enjoy this break, and we look forward to resuming training in May.

We will only run sessions on Wednesday afternoon and Sunday morning in May. We will increase the number of sessions in June based on demand.

A reminder that rowers over 18 can go out in their own time. If you are under 18 and wish to go out by yourself, please let me know so that your request can be considered.

#### Renewals

Renewals are due on the 4<sup>th</sup> May. Members have been sent the handbook and manual, which contain all the necessary information regarding the program and renewals, including the membership form. If your details have not changed, please let me know and send me the payment receipt. Please do not leave it to the last day to renew.

#### Free Oars

There are various old oars on the oval opposite the club. Members are welcome to take as many oars as they would like. The remainder will be donated to clubs next month.

#### Beach Sprints: 3-6<sup>th</sup> September

We are seeking expressions of interest to compete in the Australian Beach Sprint Championships in Queensland in September. Please let Daniel know as soon as possible if you are interested.

## Upcoming Events/Regattas

### Events

#### NRC Presentation Lunch

The Nepean Rowing Club presentation lunch will take place on the 14<sup>th</sup> of June. We will send out invites shortly.

We are after nominations for the club person recipient. If you have a recommendation, please send it to me by the end of the month.

#### Off-season events

We are planning on running off-season events again. If you have any new ideas or liked any of last year's events, please let us know so that we can plan accordingly.

### Regattas

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#### NSW Masters Championships 16-17<sup>th</sup> May

This will mark the final event for our club members. Four members will take part in the Championships, and we wish them luck at the event.

## Events/Regattas

### Regattas

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Results for the regattas below are highlighted in our socials and on the Rowing NSW website.

#### NSW HP TT #3. 5<sup>th</sup> December

#### RNSW Reindeer Regatta. 6<sup>th</sup> December

#### NSW CHS Championships. 11-12<sup>th</sup> December

#### Taree Summer Regatta. 9-11<sup>th</sup> January

#### RNSW Small Boats regatta 31<sup>st</sup> January

#### PLC/Kings/RNSW regatta 7<sup>th</sup> February

#### NSW Championships 20-22<sup>nd</sup> February

#### Leichardt Rowing Club Regatta 1<sup>st</sup> March

#### Sydney Rowing Club Regatta 7<sup>th</sup> March

#### NSW Schoolgirl Head of the River 14<sup>th</sup> March

#### NSW Schoolboy Head of the River 15<sup>th</sup> March

#### Australian Rowing Championships, 23-29<sup>th</sup> march

#### Edward Trickett NSW Grade Championships 11<sup>th</sup> April

## Rowers in Focus



Captains Choice Podcast March 2026

Hi All,

This month's podcast is about heart rate zones:

[https://open.spotify.com/episode/4KWf2o6gq1bxNPTJ3KliA8?si=LvBuSC\\_sQhmO1CWu0HFh0Q&t=0&pi=rSZzx9tLRp6bA](https://open.spotify.com/episode/4KWf2o6gq1bxNPTJ3KliA8?si=LvBuSC_sQhmO1CWu0HFh0Q&t=0&pi=rSZzx9tLRp6bA)

Thanks,

Jason

★ HAPPY ★  
BIRTHDAY!

### Rowers' Birthdays of the Month

#### April

James Hunter 5<sup>th</sup>

William Kirkham 15<sup>th</sup>

Kevin Middlebrook 21<sup>st</sup>

Simeon Radmanovic 23<sup>rd</sup>

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