

Nepean Rowing Club Point Score 2022.23

Jason	Waddell	74
Viti	Young	62
Emily	Boyes	52
Ezekiel	Pratt	51
Olivia	Harris	40
Luca	Bazina	34
Oscar	Parsons	30
Jessica	Harris	27
Pal	Grady	24
Edee	Brown	22
Alex	Vella	20
Giovanna	Tabanag	17
Paul	Grady	15
Dhruv	Patil	14
Sophia	Whitelaw	12
Daniel	Waddell	11
Daming	Wang	10
Miles	Harrold	9
Sienna	Grady	9
Angus	George	8
Victoria	Trevitt	7
Hugh	Harrold	6
Jacqui	Ford	6
Tanish	Patil	6
Ammon	Ferreira	5
James	Baker	5
Tallara	Tuckerman	5
Kate	Shepherd	4
Maiya	Edwards	4
Jonathan	Nguyen	2
Mitali	Garg	2
Jooya	Kalantar	1
Letisha	Hopton	1

NRC Championship Crews 2022/23

NSW Sprint Championships 2022

1st MU21 1x Miles Harrold *Coach:* Daniel Waddell

2nd MM 1x Jason Waddell *Coach:* Daniel Waddell

2nd WU16 2x Emily Boyes and Viti Young *Coach:* Daniel Waddell

3rd MU16 1x Luca Bazina *Coach:* Daniel Waddell

NSW Championships 2023

1st MU16 1x Ezekiel Pratt *Coach:* Daniel Waddell

NSW Schoolgirl Head of the River 2023

1st SGYr9 2x Emily Boyes and Viti Young *Coach:* Daniel Waddell

3rd SGYr9 2x Sophia Whitelaw and Jessica Harris *Coach:* Daniel Waddell

NSW Schoolgirl Head of the River 2023

1st SBYr10 8+ Luca Bazina

1st SBYr9 4x+ Oscar Parsons

1st SBYr9 1x Ezekiel Pratt *Coach:* Daniel Waddell

Australian Rowing Championships 2023

3rd MOL 8+ Jason Waddell

NSW Grade Championships 2023

2nd MD 1x Ezekiel Pratt *Coach:* Daniel Waddell

NSW Masters Championships 2022

1st WMG 1x Pal Grady *Coach:* Daniel Waddell

1st MMA 2x Jason Waddell

1st MMB 2- Jason Waddell

1st MixF 2x Pal Grady and Paul Grady *Coach:* Daniel Waddell

1st MMA 4x Jason Waddell

2nd MMB 4- Jason Waddell

2nd WMG 4x Jason Waddell

2nd WMG 4x Jason Waddell

3rd MMC 4x Jason Waddell and Paul Grady

Australian Masters Championships 2022

1st LWG 1x Pal Grady *Coach:* Daniel Waddell

1st LMA 1x Jason Waddell *Coach:* Daniel Waddell

1st MA 4x Jason Waddell

2nd MA 2- Jason Waddell

2nd MA 4- Jason Waddell

3rd MB 2- Jason Waddell

3rd MB 2x Jason Waddell

3rd MixF 2x Pal Grady and Paul Grady

The Fleet

Single Sculls			
Boat Name	Make	Weight Category	Condition
Livia Laborczfalvi	Empacher	HWT MEN	Good
Jeff Edwards	Sykes	HWT MEN	Excellent
Tallara Tuckerman	Sykes	MWT MEN	Excellent
Robert Watson	Fillipi	HWT MEN	Excellent
Miles Harrold	Fillipi	LWT MEN/HWT WOMEN	Excellent
John Campbell	Sykes	LWT MEN/HWT WOMEN	Excellent
Jason Waddell	Sykes	LWT MEN/HWT WOMEN	Excellent
Paul and Pal Grady	Sykes	LWT MEN/HWT WOMEN	Excellent
Mark Davies	Sykes	LWT MEN/HWT WOMEN	Excellent
N/A	Ted Hale	LWT MEN/HWT WOMEN	Good
Hawkesbury Refrigeration	Ted Hale	LWT MEN/HWT WOMEN	Good
Peter Taylor	N/A	LWT MEN/HWT WOMEN	Good
Neil Holmes	N/A	LWT MEN/HWT WOMEN	Good
Kate Murdoch	Sykes	LWT WOMEN	Excellent
Ralph Simington	Sykes	LWT WOMEN	Excellent
Daniel Waddell	Race 1	LWT WOMEN	Excellent
Lee Chamont	Hudson	LWT WOMEN	Excellent
John Baskett	Euro	HWT MEN	Good
Patrick Stollery	Euro	LWT MEN/HWT WOMEN	Good
Bob Selby & Son	Euro	LWT MEN/HWT WOMEN	Good
Bill Radburn	Sykes	HWT MEN	Good
Melinda Howlett	Sykes	LWT MEN/HWT WOMEN	Good
Natalie Long	Sykes	LWT MEN/HWT WOMEN	Good
Kristy-Lee Watson-Jones	Sykes	HWT MEN	Good
Maze Group	Sykes	LWT MEN/HWT WOMEN	Good
Mercure Penrith	Sykes	LWT MEN/HWT WOMEN	Good
Powersmart	Sykes	LWT MEN/HWT WOMEN	Good
Sydney Helicopters	Swift	LWT WOMEN	Excellent
Shipway Plumbing	Swift	LWT WOMEN	Excellent
Tubs x 10	Edon	N/A	Excellent

Double Sculls and Pairs			
Boat Name	Make	Weight Category	Condition
Brenton Long II (2x)	Sykes	HWT MEN	Excellent
Tina de Vries (2x)	Swift	HWT MEN	Good
Colin Death 2 (2x-)	Sykes	HWT MEN	Excellent
Dennis Shipway (2x-)	Sykes	HWT MEN	Excellent
Nigel Waddell (2x-)	Sykes	LWT MEN/HWT WOMEN	Excellent
Lyn Edwards (2x-)	Sykes	LWT MEN/HWT WOMEN	Excellent
Greg Hinvest 2	Sykes	LWT WOMEN	Excellent
Alison Smith	Sykes	LWT WOMEN	Excellent

Daniel Waddell 2	Swift	LWT MEN/HWT WOMEN	Excellent
N/A	Swift	HWT MEN	Excellent
Jason Waddell 2	Swift	HWT MEN	Excellent
The Rowers	N/A	LWT MEN/HWT WOMEN	Good
Quads and Fours, Coxless and Coxed			
Boat Name	Make	Weight Category	Condition
Lyn Edwards 2	Empacher	LWT MEN/HWT WOMEN	Excellent
Nepean 90 Years	Empacher	LWT MEN/HWT WOMEN	Excellent
John Campbell 2	Sykes	LWT MEN/HWT WOMEN	Excellent
Nepean Masters	Swift	HWT MEN	Excellent
Nepean 1928	Carbon Elite Sports	LWT MEN/HWT WOMEN	Good
Bob Ausburn 2 4+	Sykes	HWT MEN	Excellent
Lindsay Callaghan 2	Sykes	LWT MEN	Excellent
Daniel Robinson	Fillipi	LWT WOMEN	Excellent
Cas Cook 2 4x+	Ausrowtec	LWT WOMEN	Good
Eights			
Boat Name	Make	Weight Category	Condition
Ken Henson 2	Hudson	HWT MEN	Excellent
Dick Willis 2	Sykes	LWT MEN/HWT WOMEN	Good

Equipment

Oars

- 50 sweep
- 60 sculling (pairs)

Ergometers

- 8 Concept 2

Bikes

- Watt bike

Gym

Machines and Racks

- Leg Press machine
- Lat Machine
- 4 Power racks
- 2 Weightlifting platforms

Weights and Bars

- 10-30kg fixed barbell set and rack
- 1-10kg dumbbell set and rack
- 12.5-40kg dumbbell set and rack
- 4 sets: 4,6,16 kg kettlebells
- 210kg Olympic bumper weights
- 560kg Olympic rubber weights
- 5 Olympic bars

Other

- 3 benches
- 4 Plyo boxes
- 3 step up boxes
- Dip bars
- 12 folding stretching mats
- Boxing equipment

Other Equipment

- 4 coaching boats
- 3 15HP Mercury motors
- 1 8HP Mercury motors