



THE NATIONALS @ CHAMPION LAKES - A PICTORIAL REVIEW



M2X David Crawshay (Gold)



OML2- Tommy Bertrand, (Gold)



U23ML2- Dave Delang, Sean Lake (Gold)



U23ML2X Tim and Will Day Silver,
Red Matthews (Gold)

MESSAGE FROM THE PRESIDENT



Welcome to the new-look 2012 Autumn Edition of The Mercantilian.

As the newly minted President, I have plenty of things to comment

on in relation to what we are doing at MERCS. I have been away from the active goings on at the club for some time, and only now do I fully realise just how much work is provided by our coaches and all the volunteer club members. When I was rowing I assumed the club magically functioned on its own and delivered the boats to regattas. Turns out it is all done by a wonderfully generous and dedicated team of non-competing members!

Our new Head Coach, Mark Fangen-Hall, has settled into club and Melbourne life very well. Mark instantly impressed me and the coaching team with his eye for the movement of the boat and the "elements" that sit in it. He has also impressed us all with his physiological program for the athletes, which is combined with a strong vision to improve Mercantile at all levels of rowing: junior, youth, U23, senior and masters.

Our competing teams recently returned from the Nationals held in Perth. We had a very successful regatta, with 7 gold; 6

silver and 2 bronze medals being won. Of particular note was the Queens Cup victory, with the bulk of the crew proud Mercantillians. The athletes and coaches now set their sights at gaining National selection for the Olympics, World Championships, U23 and junior regattas. We wish all our crews and coaches the best of success as they compete in the "Green and Gold".

Over the last six months we have held several successful club lunches including the Christmas Puddings VIII's and recent unveiling of the Life Members' plaque. The support and atmosphere at these events has been fantastic, with past, present and future members all enjoying the camaraderie.

Finally, I invite all current and past crews, members and their families or friends, to again visit the club, come out for a row and stay on for a BBQ at FTOM (First Thursday of the Month) and generally engage in club life once more. Like a good racing VIII, if we all put in that little extra, the collective results are enormous.

Mal Batten

CLUB DATES FOR YOUR DIARY

Trivia Night - Wednesday 9th May @ 6.00pm. Fun, relaxed night for Season start.

First Thursday Of the Month Big Boat Row and BBQ Thursday 3rd May, 7th Jun, 5th July 6pm row for 7.00pm BBQ.

Friends and family welcome for BBQ, RSVP on the invite link so we can buy the right amount of food!

Olympic Action - Wed 01 Aug to Sat 04 Aug inclusive (More info next edition)

Annual General Meeting - Saturday, 15th September 2012 at 6.30pm

Christmas Lunch and Pudding VIII's - Sunday 16th December 2012

LONDON HERE WE COME!!

How exciting that Mercantile has such a visible presence in the Rowing Squad for the London Olympics. Congratulations on their mighty efforts and achievements for selection to date.

M2X	David Crawshay
M4-	Drew Ginn and Josh Dunkley-Smith,
M8+	Tom Swann
W4X	Pauline Frasca
W2-	Kate Hornsey and Sarah Tait
W8+	Robyn Selby Smith
Coaches	Noel Donaldson and Bill Tait

COACH'S CORNER



It is with great pleasure that I sit down and write my first Coaches' Corner piece for the Mercantilian. Having arrived just before Christmas with my wife Vic, son Luc, and Oscar our dog – (who comes to work with me each day), - I now feel settled. My main task has been to observe and appreciate where our club is up

to, and what is then the best approach to move us forward in this Olympic year and beyond.

I have not yet been in a club that isn't faced with difficult decisions, a mountain of work, and shortage of resources to draw on. Mercantile is no different, but I am fortunate to have a President who has a club vision that I have been longing for since I retired from active rowing myself. Together we are committed to making Mercantile an open and inclusive rowing Club and I will be opening up our doors to one and all, tasking individuals to promote and run club events. Our new club members, both young and older, will play a very important role showing the rowing community that we are open for business.

Mercantile is renowned for its Olympic pedigree, and naturally we are all very proud of its history. I have arranged my coaching team to best suit what I believe will produce winning crews in all our squads. There will be one program that everyone will work to, and depending on what squad you are in, it will be tailored to suit the level of commitment required.

Rowing is a tough sport and indeed the training is relentless. But my programme has been born out of my successful international experience and is proven. We will not be reinventing the wheel but our attention to detail will result in free flowing and, I hope, exquisite rowing that we can all be proud of. Some will win and some will not, but in giving 100% effort we will do our club proud.

It is with great honour that I take on the role of Head Coach of Mercantile, one of the truly great clubs of world rowing. Help us to re-engage older members, encourage new members, and together we can say that Mercantile is the Mecca of all rowing.

Mark Fangen-Hall



**Interstate
Women's 8 –
Queens Cup
(Gold)**

**From Left:
A. Orr (cox),
R. Selby Smith(6),
K. Bateman(5),
R Daniher(2).
Coached by
T. Abramowski**

CAPTAIN'S CHOICE



How exciting has this season been for the Red and Whites?

We have been blessed with our new head coach, Mark Fangen-

Hall, who stepped off the plane in mid December and has already found his feet faster than had he lived here for years.

Mark has already co-coached the Victorian Kings Cup crew, converted from tea to Carlton Draught, and introduced to Mercs an advanced bio-medical fitness testing with blood-lactate measuring, the sort of thing that most athletes would only see in elite sports institutes. With pre-season training for those athletes not going for Australian Team selection beginning soon, I'm very excited to see what Mark and his staff have in store.

With such a big medal tally at the Nationals, I would like to especially thank all the coaches for the work they've done getting our athletes to such a high standard. Similarly, I want

to congratulate all the athletes for an outstanding effort, particularly in the Perth heat. We've certainly let everyone know just where Australia's gold medal factory is.

Some of you around the club may have noticed the new layout of the gym (or as it has unofficially come to be known: the Mercantile Centre for Muscular Hypertrophy). The club now has double the number of ergos, so everyone should be getting into the gym to sculpt their quads or punch a lazy 16km.

There is going to be a number of events coming up over the winter months and I encourage everyone, whether you're rowing every day, once a month, or have your photo on a wall, to come down and get amongst it.

Good luck to all of those going for Australian Selection. I hope to see everyone down at the club soon.

Your Captain
Nick Baker
GO MERCS.

DID YOU KNOW?



The Club's equipment fund is named in honour of our esteemed past Vice-President and brilliant coach, the Late Hubert Frederico. The Frederico Fund guarantees to the Club a CPI adjusted amount annually for equipment. The other aim of the Fund is to build it to be self sustaining with income from investments well into the future.

Your support for this essential cause is needed and an Australian Sports Foundation donation form is enclosed. All donations to it are tax deductible and remember, the Club cannot operate without good equipment and your generosity.

MASTERS' AND SOCIAL ROWING

Two major changes have occurred on the Masters scene with a new females' masters group having started in March and the steady growth of numbers in the relatively new 'younger social rowers' group. Regular rows are now happening in the evening on Monday, Wednesday, Thursday and on a Sunday morning - usually followed by a coffee at Southbank.

Also seen on the water at the monthly *FTOM - First Thursday of the Month* has been our own Mercs' champs' VIII ably led by Mal Batten and James Tomkins - old habits never die!

Rumour is also rife that following her recent row in the Men's Champs VII, Emily Martin is working hard to harness some girl power, and lead a Women's Champs VIII.

Masters competition has included the *Head of the Barwon, Melbourne Head, Rutherglen Regatta and Henley on Yarra*.

Unfortunately we were frustrated by floodwaters in not getting a start in the *Head of the Yarra* but were glad nonetheless to host visiting Masters from UNSW and show them some Mercantilian hospitality - which is still talked about in Sydney today!

The Masters Regatta season has kicked off with the Banks Masters Regatta on March 31st and will run through to the Australian Masters Championships at Ballarat from May 24 to May 27. Good luck to all those competing!

LIGHT AND BRIGHT

Sarah Tait Christening

Sarah whacked the bubbly bottle so hard at her boat christening that she shattered the pantyhose! That's a first for Mercs and the end of the \$2-shop pantyhose purchasing expedition.

Masters Interstate

Masters recently visiting Perth for the Nationals were treated to fine hospitality by Fremantle Rowing Club and Old Scotch, enjoying several rows on the Swan River at 5.30am. In Freshwater Bay, dolphins were seen to play around the VIII on one occasion - or were they bull sharks?



Back: D. Boykett, J. Lawrence, A. Guerin, P. Ainsworth
Front: W. Webster, D. Colvin, T. Sorani, A. Cooper

Life Members Board

Olympian Bob Lachal made our new Life Members board which is proudly displayed in our entrance. It was unveiled at the recent President's Lunch and we invite you to come and have a look soon. It is fabulous, and we give a big thank you to Bob

Congrats to McGann

A fabulous effort by Paul McGann for coaching St Kevin's to their best ever Head of The River result, coming second to Scotch. Meggs is back in town with a black hat on!

Henry el Bin Liner

Henry and his bride are honeymooning in Jordan and can be seen here in the latest Saville Row attire. Mrs Edgar looks very fetching and Henry was offered 153 camels in exchange for her. They offered 154 camels for Henry!



MEMBERSHIP NEWS

Mercantile extends a warm welcome to all new Members who have joined this financial year, and look forward to a long and happy association with the Club.

Senior Active - Will Day / Tim Day / Roman Schmid / Adriana Marulli / Addy Dunkley-Smith / Sarah Banting / Scott Gigante / Elizabeth Carty / Medeleine Farrar / Michelle Yann / Michael Kaczmarek / Jordan O'Keefe / Jennifer Cleary

Junior - Geoffrey Creber / Alexander Karkline

Masters - Jackie Petley / Joanna Mardjetko / Jennifer Williams / Clara Walton / Deb Stephenson / Susie Phillips

Social Rowing - Sarah-Jane Beddington / Allegra Blain / Minty (Melissa) Beal / Georgia Janssen / Tara Winney / Kate McArthur / Andrew de Morton / Katrina Werry / Fiona Lang / Samantha Champion De Crespigny

Associate - Irene Digenis / Martin Hunt / Andrew Withers

KAYAK UPDATE

At the 2011 world marathon championships in Singapore last October, Angus and James Campbell represented Australia. Angus finished 9th in the men's K2 event, whilst James and his racing partner unluckily broke their rudder in the first kilometre of the race and were unable to continue.

On the wild-water front, Mathew French dominated Victorian racing before going on to win the national rapid sprint title, the teams racing title and placing 3rd in the classic race by a very small margin. Glenn Singleton also made a successful return to wild water, achieving top ten results in all events. Congratulations to Mathew who has been selected in the Australian world championships team to compete in France at the end of June.

The junior and U23 men had a successful Victorian sprint season with good results at the national titles. This was an excellent year for them, learning how to work throughout the winter to mix it with interstate paddlers on the national stage.

VENUE NEWS



Rental of the clubhouse helps lubricate the expensive process of running an elite program for the world class rowers that grace our gym. We appreciate that these events will impact on the athletes at times, and ask for your understanding and consideration when an outside organisation rents the space.

The venue is very flexible and has accommodated events from 60 for intimate cocktails in the bar room, to a full blown black tie dinner dance, weddings, a trade show and even a funeral. The room can accommodate a maximum of 160 people seated for dinner, or 250 for a stand-up function

A revised list of caterers for all budgets (from elegant and classy to price-sensitive and cheerful) has just been finalised. Members get reduced rates on the hire of the clubhouse, and they get even better rates during the winter months! For further information please contact Susie Phillips on mercs.events@gmail.com

VALE

BARRY GROSS

We were deeply saddened to hear of the loss of Barry Gross who passed away January 10th, 2012. A memorial service was held at the boathouse to celebrate his life.

HOUSE MATTERS

A Note from the Treasurer

Mercantile has recently spent \$25,000 on the Nationals, which includes accommodation, boat transportation and coaches expenses. He would very much appreciate all outstanding monies to be sent to him ASAP so he can balance the books. He also doesn't want to play the name and shame game, so please cough up what you owe.

The NeatNik Gremlin is going to Strike!

Calling all users of the change rooms - both male and female. The NeatNik Gremlin will be inspecting the change rooms each Sunday, and anything that's left there will be sent to the recycle bin. So treasures need to be removed and put in their owners' home.

Future Mercantilian Editions

Have you been overseas or interstate and visited or rowed with any rowing clubs? Write and let us know about your adventures and include photos. We'd love to hear from you. Please send any articles and high resolution photos to mercs.editor@gmail.com

Winter Issue deadline for any articles to be submitted is Friday 22nd June

SOCIAL ROUND UP

All enjoyed the get together at the Mercantile dinner which has become an annual event on each Friday of the National Rowing Championships. This year the function was held at a venue with a difference; Coranda Lodge, an agistment property close to Champion Lakes Regatta Centre. Although the temperatures were high, the evening was spent enjoying a spit roast, and taking time to walk through the stables to say hello to some of the horses. On the eve of the of the weekend finals, it is always great to see families and friends of our past and present athletes, and in particular catch up with our AIS athletes and their families.

On the 18 March, we celebrated the posting of the life members' board, christened our new quad the Sarah Tait and welcomed our coaches and athletes back from Nationals. A good turn out from our octogenarian members through to our young up and coming athletes gave the afternoon a real sense of club camaraderie. A big thank you to Jenny Fraumano and Dee Bosler for the arrangements.



OML2- Eddie Inostroza , James Wilson (Bronze)



U23W1X Katrina Bateman (Silver)

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