



ROYAL HENLEY REGATTA



The Mercantile Men's VIII at Henley with team manager Jenny Fraumano and our much-loved clubmember, Trader Al (in the stripes).



Henley racing!



Henley racing!

The Brotherhood

Coming from different backgrounds – including some former National representatives; a young Irishman; two Youthies; a clubman and Brother Belle – a Brotherhood was formed. We identified early that as a crew we weren't necessarily fast learners, but the endeavor and the desire to improve was never questioned. The campaign could be best summarised as a learning journey. The crew progressed steadily throughout the campaign while being challenged physically to their limits. Each time they dug deeper into "the hole," they developed new skills and capabilities.

By the time it came to departure, we had reached our internal benchmark of a Henley Royal Regatta course (2,112m) rate 28 in a time of 6:40. With some assistance from Mal, Mark and Swanny, the rhythm had developed into a free rhythm in which our rowers were floating like butterflies and stinging like bees.

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MESSAGE FROM THE PRESIDENT



We have several wonderful items of news that once more confirms Mercantile and our members are worthy of the highest accolades.

David Boykett OAM has received OAM Queens Birthday award for a lifetime of service to Rowing. David is a current trustee of the club and has been past President and Captain. David excelled in all aspects of the sport of rowing, as a competitor, coach, team manager, boat race official and administrator. Most of all, David Boykett is an eternal clubman with a kind heart and the best interests of sportsmanship at all times.

Drew Ginn OAM received the highest honour a past athlete can aspire to, the Thomas Keller Medal. In typical Drew fashion, he thanked those that have gone before him as key contributors to his own amazing success. Congratulations to Drew - the most decorated Australian Olympic rower for receiving the award and for his ongoing contribution to Australian Rowing as head coach.

Congratulations also to current member Stuart McArthur AM for receiving his award for services to the community via a long and distinguished political career.

Well done to our Henley VIII for the win in Dorney and for reaching the semi-finals at Henley, to go down by six feet surely demonstrates they put up a great battle. We now look forward to the world championship results in the coming few weeks, good luck and speed to all our representative team members. Go Mercs!

Please note the invitation enclosed with the newsletter for the coming black tie fundraising event. Drew Ginn will be our guest speaker fresh from his Keller Medal presentation and the World Champs. Please come and stand for Mercantile as we try to reduce the loan we have for the renovation works, the longer we stand the faster we will pay off the debt.

Mal Batten

DATES FOR YOUR DIARY

Stand Up for Mercantile – Saturday 13th September - black tie dinner and fundraiser, details included in this newsletter

Annual General Meeting – Saturday 25th October - all members and their guests invited to the clubhouse – details to follow via email



I can't get enough of photos where Mercs are winning, so please send them in to info@mercantile.org.au. Here's our lovely ladies winning the Under 21 Youth Women's IV at Nationals earlier this year.

COACH'S CORNER



The season drew to a close at Nationals as per usual and for some, the trials were still on the program. This season, though, we also have the Henley Royal crew to prepare. It is our intention to use something like Henley Royal as an ongoing alternative for those who are not going to trials. It gives them a great

incentive to press on through the so called "off-season" (is there actually such a thing?) and then compete not only overseas but at an event that has events of different levels thereby has something for everyone. Again by going to Henley, we are allowing Mercantile to be a club first and foremost and in the coming years, we would like to prepare other crews including female crews to race at this world-renown regatta.

This year, though, the crew will race in the Thames Challenge Cup and have already arrived at the time of writing. The crew is (from cox): Annabelle Orr, Tim Cleary, Harry Bongiorno, Angus Widdicombe, Patrick Boomer, Shane Jackson, Liam Donald, Darcy Frawley and Salvador Henricus. They landed two days before the Marlow Regatta, which is held, like most regattas in the Thames Valley, on the Olympic Dorney Lake. Unfortunately for Darcy Frawley he picked up a throat infection on the flight over so their coach Dave 'Fradge' Fraumano called up a super-sub, Josh Hooper, who had recently raced in the Oxford and Cambridge Boat Race - so was semi-fit! They exceeded expectation and won their event, the Senior VIII.

I am sure I can speak on their behalf to thank those that have helped get them there and in particular I would like to single out Jenny Fraumano who is the team manager over there.

Meanwhile back at the clubhouse, our members have started their winter training with enthusiasm and high expectation. This is the first season the new facilities will be put through the winter program and already it is obvious to all how good the facilities are now. Without doubt, this is the best club training venue in Victoria and I am not aware of another that is of equal. Once again our thanks go to the committee and all members who set up the funding and had the vision to get the refurbishment project completed on time and within budget.

Mark Fangen-Hall

MESSAGE FROM YOUR TREASURER

Competitive members are reminded that they need to:

- (a) have their accounts up-to-date; and
- (b) have a valid credit card authority lodged, BEFORE they can race this season.

LONGBUDDYRUN.ORG

(As always, your editor loves a good yarn from our members, so I asked former Secretary "Magic" to share his latest adventures)



When I stopped rowing

competitively after the '07 Nationals I struggled to find the right kind of physical pursuit to throw myself at. I spent the first few years cycling, including trips to Tibet and Italy. When my partner (Lyn) was in a serious accident in 2011, I turned to running to stay fit and help cope with the stressors that life was throwing up.

In January 2012 I met Thomas, who was running a personal training business... with a difference. Clients had to pass an interview before he would agree to work with them. After a couple of years of training and friendship we are now teaming up to compete in a series of ultra-marathons over the next three years. These self-supported events are operated by 4Deserts (www.4deserts.com) and require competitors to cover 250km across 7 days, carrying their own food!

We have decided to combine this physical challenge with some complementary community goals. Whilst we plan, train and prepare we are also working to raise awareness of The Alannah and Madeline Foundation (AMF) and promote the amazing work the foundation does to keep children safe from violence (www.amf.org.au). A recurring theme in AMF's programs is the need join forces, or 'buddy up', to overcome the problem of bullying and violence affecting children. As part of our journey we will be visiting schools to talk to students and teach them about resilience and how to be a better buddy.

We kick off with the 10th anniversary Atacama Crossing in October 2014. Our planned timeline is as follows:

- October 2014 Atacama Crossing, Chile
- June 2015 Gobi March, China
- March 2016 Sahara Race, Jordan
- November 2016 The Last Desert, Antarctica

If you'd like to know more about what we are doing you can follow our journey at, please visit our website at www.longbuddyrun.org

From everyone at Mercs, good luck, Magic!

KAYAK REPORT

The kayak area is beginning to bustle as people return to training after their post-season breaks. Marlena Ahrens is hard at training beginning her preparations for the world marathon titles in Oklahoma City, USA in early October. Members of the Under 23 sprint squad have been sighted on the water, however they seem to be avoiding early starts! Tom Hedditch was recently in Western Australia, whilst he was there he raced in the first WA sprint regatta of the season taking out the open K1 1000m.

Older members are out and about too with varying degrees of commitment from the once-a-weekend easing their way into things, to Mathew French who has been rumoured to be doing 3-4 hour paddles in preparation for the Avon descent in early August, a 2 day 124km white water marathon. The winter wild water racing season has begun, with a Mercantile domination occurring in the early season open men's races with Mathew French beating all comers and Glenn Singleton showing why he was once a force on the national scene picking up some strong 2nd place finishes.

A busy winter of paddling lies ahead for Mercantilians as they prepare for the coming sprint, marathon and wild water racing seasons.

See you all on the water soon, Foo

CAPTAIN'S REPORT

Winter in Melbourne has come and the racing in Europe is hotting up. For the true Australian rowing fan there is even more Australian international racing to watch. I'm sure all the Mercantile athletes overseas and all other Australian rowers (potential future Mercantile members and even sworn domestic adversaries) would love to know you are watching and willing them on. There are some fantastic crews to follow at all levels and the World Rowing website can direct you to all your world rowing desires.

For those of us bearing the full length of the Melbourne winter, it is nice to know at least that the shortest day of the year is behind us and the snow is falling in the hills. As Captain, it was especially encouraging to be at the club on the last Saturday before our Henley Men's VIII left. For me, it is difficult for anything to top the very cheap, exceptional quality and impressive volume of the Saturday breakfast (thanks always to the volunteers who put it on). On Saturday 14 June, even with bacon and eggs added to the already impressive array of food on offer, it was not the food I was most happy about. The best thing was the number of athletes at breakfast, refuelling and chatting between training sessions.

As many of you would know, Mercantile has a code of conduct (which is available on our website), which sets out how Mercantile members behave. It is very important to the executive committee that all members understand that a high standard of behaviour is expected in and around the club. The executive has a responsibility to deal with inappropriate member behaviour. We take this responsibility seriously and look to all members to assist us in this task. There is nothing in our code of conduct that should surprise anyone. It simply sets out that we should all act in a way that any Mercantile member would be proud of.

In this modern age, of particular importance is our electronic and internet behaviour. If you put any information onto the internet or even into an electronic device, it may end up anywhere, at any time, reviewed by any person, in any set of circumstances. We are equally responsible for all our actions, but our digital actions are a little more equal than others. They are irreversible, permanent and easily spreadable.

Thank you to all members for what is generally a high standard of behaviour in and around the club. Let us all remember do our bit to set good examples and, where we can, help others to do the same.



The Brotherhood continued

Dressed by Oscar Hunt with thanks to Lachie MacKinnon, we departed Melbourne with a sense of the unknown about the challenges we were to face. However, straight off the plane, the Brotherhood introduced themselves to the UK rowing scene by winning the Senior Vllls at Marlow Regatta.

We received assistance from many sources including Eton School, Leander Club, Tim the boatman and Rob Edmondson – plus a special thanks to team manager, Jenny Fraumano!

From Marlow, the final step in the journey was learning how to compete. We trained against Brown Uni, Michigan State Uni, Leander Club, the Aussie Women's

VIII, Canford School and Reading Bluecoat School – some where good and some were bad, adding to the myth around our crew and confusing our opposition. However, our development was never in doubt.

Through the regatta, we progressed with strong racing performances. The complete racing performance was demonstrated in the semi-final unfortunately being a few feet short of a win (from the eventual winners). Despite early sadness about the end of our journey, all celebrated in good spirit and upheld the reputation of Mercantile at Henley. Thank you Brotherhood.

David (Fradge) Fraumano, Senior Men's Coach.

MEMBERSHIP NEWS

NEW MEMBERS

Senior:

Jonathan Furlong, James Meadows, Emma R Webley, Wayne H Viner, Simon Schoner

Junior:

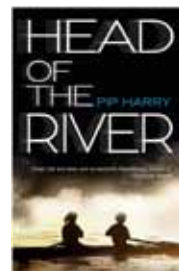
Julia E D Bowes, Alexander Clarke, Luke M Coburn, Richard A N Dunlop, Jessica F Evans, Caitlin M Fleming, Nicholas L Foster, Thomas P Herbert, Hunter Hilditch, Georgia Johnson-King, Hunter H M Keeble, Olivia A Keppell, Adela Michelson, Dimitri Osianlis, Emilie R A Page, Jack A Petsinis, Fraser Ponsford, Jack D Robertson, Georgia Simm, Abbey Snell, Benjamin Tunbridge, Clare M Ward, Oscar J Williams, Charlotte Lawrence, Roy Zhang

HEAD OF THE RIVER BY PIP HARRY

A new Young Adult fiction book is out – written by Pip Harry, daughter of longstanding Mercantile member, John Harry.

Pip's inspiration for Head of the River came from having a father who was a national and world champion oarsman, and growing up around rowing boats and rowers. When she was sixteen, Pip filled in for a sick rower at the last minute and ended up falling hopelessly in love with the sport. She says, 'I wanted to write a novel for young adults about competition, legacy, desire and winning/losing, so rowing was a natural choice for me. I know first-hand how consuming and exhausting training and competing can be, and how huge the build-up and expectation is for Head of the River results, both from parents, schools and the young athletes themselves.'

Pip Harry is a freelance journalist who now lives in Sydney with her partner and their daughter. Visit her website for more information at www.pipharry.com



TROPHY FOR ANDY

The winner of the 2013 Julius L Patching Sports Official of the Year Award was none other than our very own and much loved, Andrew Guerin. This award recognises the outstanding contribution that officials make to the fabric of the Olympic sporting community in Victoria. Congratulations Andy!

Mercantile Masters tackle the autumn competition

The pre-winter racing season saw Mercantile launch a number of successful forays into the busy masters calendar.

The Mercantile Men's VIII won gold at Albert Park in May, and in combination with rowers from Caulfield Grammarians, scored a second Men's VIII victory as well as gold for Colin Kimpton and Mike Dakic in their well-drilled pair. Indeed, Colin and Mike continued on their medal-winning way with strong performances at both the State and Australian Masters championships, events made sorely challenging by the wild and windy conditions at Ballarat and Adelaide respectively. Our Mercantile/Caulfield Women's IV also found itself rewarded for all its hard training with a gold medal at Lake Wendouree. Let's just hope that Ballarat's weather is kinder in October!

In April, an exciting new departure presented itself when a group of our men and women tried their hands at

"Coastal Rowing" at Port Melbourne's Sandridge Beach. By all accounts this maiden venture was a success (waves crossed, flotation maintained, no one lost at sea) and our people are keen to get in on the ground floor of this style of rowing, especially if it becomes competitive.

As alluded to, a major feature of this year's campaigning has been our close affiliation with Caulfield Grammarians. Whether joining forces in combined boats, loading trailers or sharing regatta facilities, a generous and cooperative spirit has benefitted all involved and enhanced everyone's engagement with the sport. Richmond and Latrobe University have also contributed to this logistical cooperation, and while the former undergoes its renovation, we welcome its members to our facilities in reciprocation of their kind hospitality of Mercantilians during 2013.

Andrew Phillips

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