FROM THE ROWING CO-ORDINATOR

Last weekend it was exactly six weeks until the climax of the School rowing calendar, the Schools’ Head of the River Regatta. Results from the weekend ‘Super Series’ Regatta show that crews are on the right track but that there is still much work to do if we are to produce our best effort on the day.

Big Sam Hore has certainly taken up the challenge, again breaking the boys 2000m record on the ergo posting 6:18 earlier in the week setting the standard for his team mates! With the HoR finish line in sight now is the time to get to every training, seek treatment of any niggling injuries, redouble every effort and get everything ready for the final push.

Off the water the Boat Club Committee is pulling out all stops too, turning in another strong performance on Bacchus the barbecue last weekend. In addition to turning out delicious fare, the committee is working on the next Boat Club function, the aptly named ‘Back to the Boatshed 3’ event on Friday 24 February at our boatshed on the Torrens. This is an opportunity for past and present rowers, parents, coaches, spectators and friends to come together to celebrate Pulteney Rowing. Every year the network grows so if you are in touch with old rowing mates invite them along too!! Details are at the end of the newsletter – hope to see you there!

A special part of the School rowing season is the annual Head of the River dinner which this year promises to be bigger and better than ever. All rowers are expected to attend this event which is at School on the evening of 25 March, 2017. This is an opportunity to hear from the rowers themselves about their season and to hear coaches speak of their crews. It is always a great night and a fitting end to the season. Please plan to be there!

Regattas are at West Lakes every week from now on and we hope to be bringing more crews along to compete for the first time – your loud support would be appreciated.

See you at West Lakes

GO PULTENEY!!

Richard Sexton
Head of Rowing
DIARY DATES – 2016–2017

2017
18 March  West Lakes Regatta - hosted by Pulteney
25 March  Schools’ Head of the River Regatta
25 March  Head of the River Dinner - Wyatt Hall - ALL TO ATTEND

REGATTA ENTRIES

West Lakes Regatta – hosted by Loreto
PLEASE REPORT AT LEAST 90MINS PRIOR TO YOUR FIRST RACE!

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athletes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SB Yr8/9 4x+</td>
<td>8:30am</td>
<td>Liam Denton, Henri Pardoe, Luka Kilgariff, Johnson, Caleb Dickinson, Angus Brown (c)</td>
</tr>
<tr>
<td>SB Yr8/9 4x+</td>
<td>8:35am</td>
<td>James Burgess, Jesse Coombs, Tane Pardo, William Rooke, Akash Thomas (c)</td>
</tr>
<tr>
<td>SG Yr8/9 4x+</td>
<td>9:04am</td>
<td>Jessie Aldridge, Kate Muller, Charlotte Casey, Millie Bennett, Indy Tucker (c)</td>
</tr>
<tr>
<td>SG Yr8/9 4x+</td>
<td>9:09am</td>
<td>Sophie Penberthy, Anna Champion, Liza Molony, Abby Elgar, Amelia Nikoloff (c)</td>
</tr>
<tr>
<td>U19M2x</td>
<td>9:30am</td>
<td>Finn Brunning, Sabohan Jerkic</td>
</tr>
<tr>
<td>U19W1x</td>
<td>9:45am</td>
<td>Sophie Radford</td>
</tr>
<tr>
<td>SB Yr8/9 4x+</td>
<td>10:24am</td>
<td>Final C</td>
</tr>
<tr>
<td>SB Yr8/9 4x+</td>
<td>10:29am</td>
<td>Final B</td>
</tr>
<tr>
<td>SB Yr8/9 4x+</td>
<td>10:34am</td>
<td>Final A</td>
</tr>
<tr>
<td>SG Yr8/9 4x+</td>
<td>10:44am</td>
<td>Final C</td>
</tr>
<tr>
<td>SG Yr8/9 4x+</td>
<td>10:49am</td>
<td>Final B</td>
</tr>
<tr>
<td>SG Yr8/9 4x+</td>
<td>10:54am</td>
<td>Final A</td>
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<tr>
<td>U19M1x</td>
<td>11:07am</td>
<td>Sabohan Jerkic</td>
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<tr>
<td>U19M1x</td>
<td>11:07am</td>
<td>Sam Hore</td>
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<tr>
<td>U19M1x</td>
<td>11:07am</td>
<td>William Cockburn</td>
</tr>
<tr>
<td>U19M1x</td>
<td>11:12am</td>
<td>Cameron Horsell</td>
</tr>
<tr>
<td>U19M1x</td>
<td>11:12am</td>
<td>Ethan Patrick</td>
</tr>
<tr>
<td>U19M1x</td>
<td>11:12am</td>
<td>Edward DeLuca</td>
</tr>
<tr>
<td>U19M1x</td>
<td>11:17am</td>
<td>Anthony Lucas</td>
</tr>
<tr>
<td>U19M1x</td>
<td>11:17am</td>
<td>Finn Brunning</td>
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<tr>
<td>U21M1x</td>
<td>11:22am</td>
<td>Lachlan Rawson</td>
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<tr>
<td>U19W2x</td>
<td>11:37am</td>
<td>Telopia Kailis-Phillips, Nour Mol</td>
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<tr>
<td>SB Yr9/10 4x+</td>
<td>11:47am</td>
<td>Hugh Brunning, Lachlan Casey, Tom O’Dea, Terry Koumi, Benjamin Woolley (c)</td>
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<tr>
<td>SB Yr9/10 4x+</td>
<td>11:51am</td>
<td>Nick Hassan, Sam Button, James Mellor, Oliver Wilson, Josh Pledge (c)</td>
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<tr>
<td>SG Yr9/10 4x+</td>
<td>11:59am</td>
<td>Maddi Woolley, Nadia Luksich, Anna Molony, Lexi Tubb, Natasha Perrott (c)</td>
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<tr>
<td>U19W4+</td>
<td>12:22pm</td>
<td>Stephanie Beer, Kate Chapman, Claire Churchill, Lucy Turczynowicz, Madeline Dieperink (c)</td>
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<tr>
<td>SB 8+</td>
<td>2:19pm</td>
<td>Anthony Lucas, Lachlan Rawson, Cameron Horsell, Edward DeLuca, Sam Hore, William Cockburn, Hugh Brunning, Sabohan Jerkic, Myah Attanasio (c)</td>
</tr>
<tr>
<td>SG 8+</td>
<td>2:24pm</td>
<td>Isla Walker, Ella Mitchell, Stephanie Beer, Kate Chapman, Telopia Kailis-Phillips, Lucy Turczynowicz, Sophie Radford, Nour Mol, Madeline Dieperink (c)</td>
</tr>
<tr>
<td>U17M1x</td>
<td>3:17pm</td>
<td>Oliver Wilson</td>
</tr>
<tr>
<td>U17M1x</td>
<td>3:17pm</td>
<td>Lachlan Casey</td>
</tr>
<tr>
<td>U17M1x</td>
<td>3:17pm</td>
<td>Sam Button</td>
</tr>
<tr>
<td>U17M1x</td>
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<td>Hugh Brunning</td>
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<tr>
<td>U17M1x</td>
<td>3:17pm</td>
<td>Josh Pledge</td>
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</tbody>
</table>

Rowing Coordinator:
Richard Sexton
richard.sexton@pulteney.sa.edu.au
0408 677 862

Coaches:

Boys’ Senior Coaches
Fearnley Szuster  0439 036 343
Ed Mader  048619888

Girls’ Senior and Intermediate Coaches
Phil Blesing  0428 819 051
Maddy Sexton  0447 883 316
Dimity Dutch  0478 183 654

Boys Intermediate Coaches:
Andrew Swift  0438682202
James Kieu  0449950298

Juniors’ & Development Squad Coaches
(Boys and Girls)
Ben Drogemuller  0406440522
Jess Carlson-J  0432914579
William Foster-Hall  0414144001
Alex Anthony  0433048577

INSOMNIA?
Check the Rowing page of the School website – positive results guaranteed!

<table>
<thead>
<tr>
<th>U17M1x</th>
<th>3:23pm</th>
<th>James Mellor</th>
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</thead>
<tbody>
<tr>
<td>U17M1x</td>
<td>3:23pm</td>
<td>Nick Hassan</td>
</tr>
<tr>
<td>U17M1x</td>
<td>3:23pm</td>
<td>Terry Koumi</td>
</tr>
<tr>
<td>U17M1x</td>
<td>3:23pm</td>
<td>Tom O'Dea</td>
</tr>
<tr>
<td>U19W8+</td>
<td>3:39pm</td>
<td>Isla Walker, Ella Mitchell, Claire Churchill, Kate Chapman, Telapia Kallis-Phillips, Lucy Turczynowicz, Sophie Radford, Nour Mol, Madeline Dieperink(c)</td>
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<table>
<thead>
<tr>
<th>Site</th>
<th>Trailer</th>
<th>Setup 0630</th>
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<tbody>
<tr>
<td>Alison Perrott</td>
<td>Biji Thomas</td>
<td>Martin Rooke, Biji Thomas, Juniors families</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>0830-1030</th>
<th>1030-1230</th>
<th>1230-1430</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ</td>
<td>Jason Denton, Brett Johnson</td>
<td>Richard O’Dea, Damian De Luca</td>
<td>Darren Molony, Andrew Beer</td>
</tr>
<tr>
<td>BBQ assist</td>
<td>Natalie Tucker</td>
<td>Tracey Radford</td>
<td>Julie Halbert</td>
</tr>
<tr>
<td>Servers</td>
<td>Amy Elgar, Liz Bennett</td>
<td>Helen Greatbatch, Megan De Luca</td>
<td>Ying, Sandy Verschoor</td>
</tr>
<tr>
<td>Clean up and return Trailer</td>
<td>Ben Pledger</td>
<td>Senior Girls families</td>
<td>Martin Rooke to pick up Tues return Thurs</td>
</tr>
</tbody>
</table>

If you have any queries with regard to the roster, please contact Martin Rooke at martin.rooke@santos.com or 0407 607 299
Back to the Boatshed 3

This social event is a chance for current and former rowing families, coaches, rowers and supporters to support the sport and rowers at Pulteney Grammar School.

Torrens Boat Shed
Friday 24 February 2017
6 pm to 8 pm

Guest speaker Dr Greg Keene
Chairman Board of Governors, Head of the River winning Coach!

$25 per person including finger food
$5 drinks (drinks free for 100 Club members)
Click http://www.trybooking.com/KEAV to book!

We thank our Platinum Season Sponsor The University of Adelaide for their continued support of Rowing at Pulteney
The Boat Club thanks all of our generous sponsors for their support this season.
BOAT SHED FUNDRAISER

VISIT OUR 123 PIRIE ST STORE AND SPEND OVER $100 ON SHOES. JOGGERS WORLD WILL DONATE $5 FOR THE PULTENEY BOAT SHED

1. VISIT 123 PIRIE ST
2. MAKE A SHOE PURCHASE OVER $100
3. WE DONATE $5!

SHOP ALL THESE BRANDS

SHOP ONLINE: JOGGERSWORLD.COM.AU - 3 HOUR DELIVERY ADELAIDE CBD
WRITE PULTENEY BOAT SHED FUNDRAISER IN DELIVERY COMMENTS

E: SALES@JOGGERSWORLD.COM.AU PH: (08) 8223 6744

$5 Donation is only valid for shoe purchases over $100. Pulteney Boat Shed must be mentioned at point of sale.