

## AWAY RACES - CPGA/WPGA 2023

(please check the CPGA website for any updates)

CPGA V5 from 13/12/22

18 March	Caradon 3 Rivers
8 April	Dart IO
<b>28 April</b>	<b>WORLD CHAMPS IOS</b>
<b>29 April</b>	<b>WORLD CHAMPS IOS</b>
<b>30 April</b>	<b>WORLD CHAMPS IOS</b>
20 May	Zennor
27 May	Weymouth/Boscastle
3 June	Falmouth/London Cornish
10 June	Swanage/St Goran/Mounts Bay/ Burnham-on-Sea
11 June	Rock/Salcombe IO/Appledore
17 June	Looe/Langstone
24 June	Mevagissey/River Teign
25 June	Exmouth IO
1 July	Ilfracombe/Cattewater
2 July	Devoran IO
<b>8 July</b>	<b>VETERANS CHAMPS - BRIXHAM</b>
9 July	Brixham
<b>15 July</b>	<b>NEWQUAY U16 CHAMPIONSHIPS</b>
22 July	Coverack/Rame
<b>29 July</b>	<b>MIXED CHAMPS - CARADON</b>
5 August	Poole/Barnstaple/Roseland
6 August	<b>U14 CHAMPIONSHIPS - HAYLE</b>
12 August	Porthleven/Lyme Regis/Torrige
19 August	Fowey IO/Paignton
26 August	Clovelly
27 August	Sidmouth
<b>9-10 Sept</b>	<b>NEWQUAY LADIES CHAMPIONSHIPS</b>
<b>16-17 Sept</b>	<b>NQY LADIES Weekend to Isles of Scilly</b>
<b>23-24 Sept</b>	<b>NEWQUAY MENS CHAMPIONSHIPS</b>
<b>30 Sept</b>	<b>NQY MENS 60<sup>th</sup> Anniversary Weekend to IOS</b>
<b>7 Oct</b>	<b>RESERVE NEWQUAY CHAMPIONSHIPS</b>
<b>21-22 Oct</b>	<b>NATIONAL COUNTY CHAMPIONSHIPS</b>
28 Oct	Cotehele Quay

IO - only LN - limited number

## 2023

### Dates for your diary

Saturday 29<sup>th</sup> July - Lifeboat Day  
Sunday 30<sup>th</sup> July - Harbour Sports Day  
Sunday 17<sup>th</sup> December - Carol Singing 8/8.30pm  
Monday 1<sup>st</sup> January - Lunchtime Charity Singing

Tuesday 9<sup>th</sup> January 2024 - AGM

### PLEASE NOTE

Rowing & Social Membership Fees are due  
by 1st March each year

**Rowing Memberships which  
includes social are re-newable  
online only**

**please see our Facebook pages for link  
IF NOT A RE-JOINING FEE IS APPLICABLE**

## NEWQUAY ROWING CLUB

The Harbour, South Quay Hill,  
Newquay TR7 1HR  
Telephone (01637) 876810  
[www.newquayrowingclub.com](http://www.newquayrowingclub.com)

## FIXTURE LIST 2023 NEWQUAY ROWING CLUB

Founded 1921

[www.newquayrowingclub.com](http://www.newquayrowingclub.com)

**Committee enquiries:**

[committee@newquayrowingclub.com](mailto:committee@newquayrowingclub.com)

**Rowing enquiries:**

[rowing@newquayrowingclub.com](mailto:rowing@newquayrowingclub.com)

**Bar/Function enquiries:**

[bar@newquayrowingclub.com](mailto:bar@newquayrowingclub.com)



### Officers of the Club:

President	John Bawden
Commodore	Mark Morris
Chairman	Colin Paull
Secretary	Philip Trebilcock
Treasurer	Caroline Morcom
Rowing Secretary	Natalie Trebilcock
Press Officer	Annie-Marie Dale
Race Starter	Wayne Morris

### Committee:

K Morris, A. Trebilcock, R. Galloway, D. Ellis

### Vice Presidents:

R. A. Adams, Julie Adams

# NEWQUAY ROWING CLUB – LOCAL/CUP RACES 2023

## APRIL

28, 29 & 30 April – IOS WORLD CHAMPS

## MAY

Wed 17	Ladies - MICK CHEGWIDDEN	7pm
Thurs 18	Men's - DAVEY CUP	7pm

## JUNE

Thur 1	Men's - WHITEHOUSE Straight	7pm
Wed 7	Ladies - WHITE ROSE	7pm
Thurs 8	Men's - GARDENER POWELL	7pm
Mon 19	Mixed KENNEDY MEMORIAL	7.30pm
Wed 21	Ladies - GEOFF PEARCE (Newquay, Padstow & Port Isaac)	7:30pm
Thur 22	Men's - MORELAND TROPHY	7pm
Fri 30	Men's - INSTITUTE SHIELD	7pm

## JULY

Sun 2	CHILDRENS HOSPICE SW (Mixed)	2pm
Wed 5	Ladies - EGLINTON ROSE BOWL	7pm
Sat 15	NEWQUAY U16 CHAMPIONSHIPS	
Wed 19	Ladies - HEADLAND CUP	7pm
Thur 20	Men's - FC WEST	7pm
Sat 29	LIFEBOAT DAY	
Sat 29	Men's - WALKER CUP	2.30pm
Sun 30	HARBOUR SPORTS DAY	

## AUGUST

Wed 2	Ladies - KAREN ELIZABETH	7pm
Thur 3	Men's ATKINSON TROPHY Men's	7.30pm
Fri 4	Reserve Men's - ATKINSON TROPHY	8.15pm
Sat 5	<i>Silver Crews published</i>	
Sun 6	U14 Championships Hayle	
Sat 19	Juniors – SILVER PADDLE	5pm
Sat 19	Ladies - SILVER SALVER	6pm
Sat 19	Men's - SILVER GIG	7pm
Sun 20	Mixed VETS - ST GEORGE'S CUP	7pm
Tues 22	Juniors - TIM PASCOE MEMORIAL	6.30pm
Tues 29	Juniors - HARBOUR RATS	6:30pm

## SEPTEMBER

Sun 3	Men's – NEIL MOFFAT	7pm
Mon 4	Ladies - GABRIELLE FLASK (Novice)	6:30pm
Mon 4	Men's - PETE JULIAN (Novice)	7pm
<i>Novices will be mixed if not enough for 2 races</i>		
Tues 5	Juniors - BASS SHIELD	6.30pm
9 & 10	LADIES COUNTY CHAMPIONSHIPS	
Fri 15	Men's - BULLER	7.30pm
16 & 17	LADIES VISIT to SCILLIES	
16 & 17	FISH FESTIVAL	
23 & 24	MEN'S COUNTY CHAMPIONSHIPS	
Tues 26	Juniors End of Season Party	6pm
Sat 30	MEN'S VISIT to SCILLIES - 60 <sup>th</sup> ANNIVERSARY	

## OCTOBER

Sun 1	MEN'S VISIT to SCILLIES - 60 <sup>th</sup> ANNIVERSARY	
7 & 8	<i>Reserve County Championships</i>	

**Mondays:** Novice Rowing 5.30pm to 7.30pm  
**£5 a session for non-members**  
**Mixed Local Race 7.30pm**

**Tuesdays:** Junior Rowing (Mixed) 5:45pm to 7:15pm  
**£10 Annual Junior Membership**

**Wednesdays:** Intermediate Rowing 5.30pm to 7pm  
**Ladies Local Race 7pm**

**Thursdays:** Intermediate Rowing 5.30pm to 7pm  
**Mens Local Race 7pm**

Local & Cup Races are open to rowing members (see FB for start dates). Novices can have one trial race before paying full membership (**£90 & £30 students U21 both include social membership**). Please sign your name up in the gig shed no later than 15 minutes before the race. *Please note that some cup races are picked in advance please see noticeboard.*

**See Newquay Rowing Club website or 'like' our Facebook page for news & updates.**

## Care and use of the Gigs

1. Gigs should be lifted by the gunnels & not dragged down the beach.
2. You should never step into a gig unless it is properly afloat as this can damage it.
3. Please approach the beach slowly because hitting the beach at speed can damage the gigs.
4. Pins should be removed on the beach & when pulling the gigs up the beach, you should hold onto the gunnels & never push on a pin.
5. Remove the bung coming up the beach, drain & sponge out before putting away.
6. When putting the gigs away, the boat should be lifted onto the ground, supports should be slid in under the bow & midships & 2 trigs should be slid under each side so that the gig is even keel.
7. Please check seat pillars are in place before sitting down & these should not be removed to fit stretchers.