



Beccles Rowing Club – Norwich Head

Beccles Rowing Club sent three competitive crews to compete over the gruelling 4400m course that constitutes the traditional Norwich Head course. Crews were met with excellent conditions, with smooth water, little wind and a sense of optimism at the dawn of a new competitive rowing season.

The flagship men's quad, consisting of Captain Phil Marler, John Cowan, Mark Adcock and Mark Taylor, raced across both divisions and performed in typically solid fashion, with a good time of 15:32 in the morning Division, having been bumped up to Senior 2 status to match up with crews from Peterborough and Norwich. The Beccles quad finished well over a minute ahead of their Norwich Rowing Club rivals, who recorded a time of 16:48, but had no answer to the superb Peterborough Quad who posted the day's fastest time of any boat with a superb run of 14:11.

In the afternoon division, raced over the same course, the quad was joined on the starting line by the women's four of Liz Beedham, Laura Cowan, Lorna Collins and Rebecca Haste who were looking to create some momentum for a boat that has had potential for some time and was looking for success. The four were superbly coxed and marshalled by Stuart Lamb, whose calm and controlled determination rubbed off on the senior ladies who put in a good performance with a clean run and more than a hint of welcome grit and desire. Their time of 19:34 is one that they will expect to improve on as they race and train more together.

The men's Novice Double of James Gilbert and Alan Bliss were also in action and they performed with impressive commitment and passion and showed great progress with a time of 18:34. They received welcome vocal support from the bank, with fans recognising and appreciating their drive. They look to have a nice balance in the boat and are definitely a crew to watch.

The men's quad raced at Senior 3 status in the afternoon and surged home in 15:58, 16 seconds ahead of the only boat in their class from Norwich Rowing Club. The Boat, which has been provided via a generous grant from the Broads Authority, flows beautifully through the water and is a super sight when flat out.

Captain Phil Marler commented "It's important to see the Club competing positively at local events and those further afield. We of course want to bring home pots, but the experience of competition is invaluable to crews of all levels. With the increased availability of quality coaching at the club we hope to provide ever-more competitive boats at Heads and Regattas, and of course ultimately we want to achieve event wins and sustained success for Beccles."

Those interested in coming to one of the Beccles Rowing Club Induction Programmes or who are keen to help the club in any way, are encouraged to contact Captain Phil Marler via www.becclesrowingclub.co.uk