

British Rowing Awards 2020

National Club Crew of the Year - Bev Goodchild and Jen Titterington from Ipswich and Sudbury

Following an amazingly successful 2017/18 season, their second together as a crew where they were winners at the Pairs Head, Wallingford Regatta and losing finalists at Henley Women's Regatta, they completed an intense winter training campaign. This included a very commendable fifth women's crew overall at the 2018 Pairs Head and eight other wins during the local winter head season in their double and single sculls.

Summer highlights included entering Henley Royal in the Stonor Challenge Trophy, an open level event for women, with, they thought, next to no chance of qualifying.

To everyone's amazement they were one of the four crews to qualify, eliminating crews that contained GB squad members and a former world lightweight champion. This is the first time in history that a women's crew from East Anglia have qualified for an open event at HRR. They were knocked out on Friday after a very spirited attempt.

To put these achievements into perspective, these two scullers both live in Ipswich and train at Ipswich RC, although Jen often races in Sudbury RC kit. Ipswich is a very small, recently formed club, operating from a Portakabin, with some weights set up in an old shipping container. It has a few boats stored on a marina pontoon and rows on a tidal estuary with a busy commercial port to negotiate.

The level of commitment and dedication shown by Bev and Jen has been exceptional, training daily at the club in less than ideal, challenging conditions. They each have demanding full-time careers but have put rowing first above everything else; fitting their training demands around their employment obligations. Neither was a long-time rower with Bev having learnt at university and with three years' experience before the crew was formed, and Jen having been sculling for only one year.

Medal of Merit – Sally Lawrence

Sally Lawrence passed away on 1 May aged 60, after being diagnosed with cancer only eight weeks earlier. In her club tribute, she was described as the heart and soul of Lea Rowing Club and, as was one of the best known of its members.

Earlier this year, Sally was to be awarded the British Rowing Medal of Merit – she knew that it was to be presented to her, but, due to the lockdown, she was unable to receive it in person.

Her connection with rowing started in 2000 when, like so many parents, she brought her young daughter and son along to the club to learn to cox and row.

Sally's support of the club started by helping to look after the juniors and then – using her accountancy skills – she looked after the club finances. As well as being club secretary for many years, she was soon looking after race entries, boat spares and repairs, membership records, new members, helping to organise the two annual club regattas and much more.

She was the epitome of inclusiveness, making sure people enjoyed their rowing above all else. She would support anyone who had specific needs, from people with physical and mental challenges to a local group of Hasidic Jewish women who just love being on the water.

In 2014 Sally became Secretary to the Eastern Region Rowing Committee getting involved in many of their plans and making sure that the club supported regional events as much as possible.

Sally touched the lives of everyone at the Lea and beyond, and rowing on the Lea will never be the same without her. It's hard to think of anyone who has contributed more. Her constant presence, enthusiasm and infectious smile will be very sorely missed by everyone who knew her.

Regional Volunteer of the Year - Ellie Darlington

Ellie volunteers as captain of the [Cantabrigian Rowing Club](#) senior women's squad – consisting of over 35 women aged from 18 to 50. Over the last seven years, Ellie has been instrumental in making Cantabrigian the top women's club in the city.

She has created a pathway from learn to row courses right up to our (now successful) senior squad. The success of this is demonstrated by the high percentage of learn to row grads that we retain – currently around 85% – and the rate at which we can develop new joiners to compete at higher levels.

Ellie is an inspirational individual who leads from the front and helps people to achieve more than they themselves thought they would be able to. She has grown our club, improved the experience of our club members, and made it more successful.

Regional Lifetime Achievement Award – Steve Brown

Steve Brown joined [Peterborough City Rowing Club](#) in 1965 at the age of 15 – having just celebrated his 70th birthday, he has also just celebrated 55 years in the sport.

He has held key positions within the club including Vice-Captain, Captain, Secretary, Junior Coordinator and Coach Coordinator. As Coach Educator and Assessor, Steve has continued to share his knowledge and expertise by regularly running the Level 2 Coaching Course and introducing new people to the sport.

Steve has many attributes, but his ability to manage and bring order where there isn't one is probably one of his greatest strengths.

In the early noughties, Steve was Club Development Officer for British Rowing's Eastern Region and brought his strengths to this role with other clubs in the region.

Regional Coach of the Year – Peter Forrest

Since joining [Peterborough City Rowing Club](#) in 2007, Peter Forrest has advanced from doing a learn to row course to being a Level 3 Coach and Coach Educator.

Chair of Rowing, Peter oversees all aspects of rowing and equipment with every sector of the membership from juniors, seniors, masters and U3A.

Peter encouraged the involvement of U3A within the club and they have become stalwart members contributing significantly to Peterborough City.

Always trying to develop the sport for the community, last year he taught Kate Lindgren to scull. Kate is blind and Peter has pioneered systems enabling him to talk directly to Kate through an earpiece.

Peter has contributed significantly at all levels within the sport and is not just coach of the year but coach of many years!

Regional Club of the Year – Milton Keynes Rowing Club

[Milton Keynes Rowing Club](#) celebrates its 25th anniversary in 2020, the year when Milton Keynes is the European City of Sport. For 24 of those years, the club's boats were stored outside. But in 2013 a project was launched to raise £90,000 for an ambitious build. In August 2019 members, family and friends celebrated the opening of a new boathouse and training area.

We are very grateful for support from Sport England, MK Council, MK Community Foundation and several local businesses – as well as to club members who organised many fundraising events.

Lou Rivett (project lead and former Chair) said: “Having the boathouse... will allow us to expand and offer more people in MK the opportunity to take part in the amazing sport of rowing.”

Regional University Crew of the Year - Newnham College BC first eight crew

[Newnham College](#) are one of the only all-female colleges in Cambridge. Last year was a momentous year for Newnham as we celebrated our 100th anniversary. We had to cope with moving out of our boathouse, but, in what was a pretty tumultuous time, our club came together to produce one of the greatest crews we'd ever created.

The Cambridge College Bumps are unique and to achieve Headship is a dream of all Cambridge rowers. We became the first crew in Newnham's history to take double headship, in both Lent and May Bumps.

We fit all our boats with rainbow shoelaces, bought from Pride, to reflect that almost 50% of Newnham rowers are LGBT. The boat club provides a safe space for everyone, regardless of sexuality.