

Why row at Thames?

Thames RC welcomes all rowers. We pride ourselves on being able to cater for complete newcomers to the sport right through to those who are training towards Great Britain squad selection.

Thames is the UK's leading club in both lightweight and heavyweight women's rowing: we average two wins a year at Henley Women's Regatta and won the Remenham Cup (women's eights) at Henley Royal Regatta in 2005. The men's squad is strong and increasingly competitive, with crews racing in all major events throughout the year and with wins at Henley Royal in 2003 and again in 2006, plus places in the finals of two men's events at Henley in 2005.

We have a large group of coaches involved in our rowing programme which extends from GB squad selection trials to novice rowing. The programme is overseen by our High Performance Programme (HPP) coaches – Miles Forbes-Thomas and Gary Stubbs.

If you want to progress your rowing through to the top level Thames is the place to be. We're also convinced that Thames has the best land training facilities of any rowing club in the country. So if you are in the area why not come down and have a look at our new £1.1 million gym for yourself?



2005 Remenham Cup Winners



2003 Wyfold Cup Winners

What level do I have to be to join Thames?

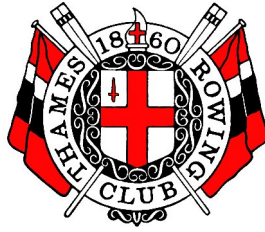
There are no prescribed levels of fitness for entry to Thames. The most important thing is a willingness to train and get on with it! Entry can be at any of the following levels:

- Novice - no experience required;
- Senior 4 - a year of rowing experience;
- Club - one or two years experience;
- Open – at least two years experience;
- Lightweight – at least two years experience;
- HPP (women) - aimed at aspiring and international athletes with a 2km ergo PB of at least 7:10 for heavyweights, 7:30 for lightweights.
- Coxes – all levels of experience welcomed.

High Performance Programme

Thames is an ARA High Performance Centre for women's rowing with seven Thames members currently in the British squad. The High Performance Programme is open to those who aspire to join the Great Britain squad and who meet the required performance standards.

For women not yet quite at HPP standard, but interested in going to GB squad trials, we can offer additional sculling coaching for those who meet a minimum ergo requirement of 7:20, or 7:35 for lightweights.



Social Scene

It's not all training! Thames famously has one of the best social scenes on the Tideway, with parties after each of the head of the river races, plus inter-squad bar quizzes, dinners, balls and other social events throughout the year. Meals are available most evenings and members can use the clubhouse bar, kitchen and function rooms. The annual dinner is a great chance for the club to get together and celebrate the past year's successes and look forward to the coming season.

Thames is also one of the seven founding clubs of the Remenham Club, which has its clubhouse at the mid-point of the Henley Royal Regatta course and is the place to socialise and watch the racing. Thames is the perfect combination of high level rowing and quality socialising.

Equipment and Facilities

Thames has one of the best fleets in the country with more than 20 club boats less than five years old, two thirds of which are Empachers.

We also have a large fleet of training singles, pairs, fours and eights. One thing you can be certain of at Thames is competitive equipment. The club also owns a towing truck and several trailers which facilitates regular training sessions at Dorney Lake and plenty of racing.

Our new building features an ergo room, heavy weights room, circuits gymnasium and physio/treatment room. An indoor rowing tank is under construction.



Interested?

If you would like more information or are interested in joining, send your contact details to:

women@thamesrc.co.uk or men@thamesrc.co.uk

New Season

Training for the 2006/7 season will begin with a meeting for all new joiners at 9am on Saturday 23rd September. Bring rowing kit.

Open Day

We are also holding an Open Day on Saturday 19th August from 10am to 1pm. Why not come down to the club, see the facilities and meet some of the coaches and rowers?

You'll find us at Thames Rowing Club, Putney Embankment, London, SW15 1LB