

## BEST OF 2016 – WORLD ROWING AWARD WINNERS NAMED



For immediate release - Lausanne, 2 December 2016

Rio 2016 Olympic Champions featured strongly amongst the winners of the 2016 World Rowing Awards as the World Rowing Federation, FISA, recognises the outstanding performances of the past year.

Brotherly familiarity paid off for Martin and Valent Sinkovic of Croatia who were named the Male Crew of the Year. Poland scored their first-ever World Rowing Award for women with Magdalena Fularczyk-Kozłowska and Natalia Madaj becoming the Female Crew of the Year. Para Crew of the Year went to single sculler, Rachel Morris of Great Britain. World Rowing Coach of the Year went to South Africa's Roger Barrow. Australia's Reinhold Batschi was honoured with the Distinguished Services to International Rowing.

2016 World Rowing Female Crew of the Year:

**Magdalena Fularczyk-Kozłowska and Natalia Madaj, women's double sculls (POL)**

Fularczyk-Kozłowska and Madaj have been leading the way for rowing in Poland, especially for women's rowing. The 2016 season was their fourth season together and after finishing fourth at the 2015 World Rowing Championships, they pulled through to become the Rio 2016 Olympic Champions. This was the first Olympic gold medal for Poland in women's rowing and it built on two European Rowing Championship titles as well as World Rowing Cup wins.

2016 World Rowing Male Crew of the Year:

**Martin Sinkovic and Valent Sinkovic, men's double sculls (CRO)**

When the Sinkovic brothers moved out of their nation's winning men's quadruple sculls and into the double, they experienced instant success. In 2014 Martin and Valent began an unbroken winning streak that saw them become the first double ever to finish in under six minutes. They won back-to-back World Championship titles and then capped it off in 2016 with gold at the Rio 2016 Olympic Games. The duo is admired throughout the rowing world for their synchronous technique.

### 2016 Para Crew of the Year:

Rachel Morris, para AS women's single sculls (GBR)

Rachel Morris made the successful transition from para-cycling to para-rowing bringing her to Rio 2016 Paralympic gold after just three years in the sport. This path to success saw Morris take silver at last year's World Rowing Championships as well as become the World Best Time holder in the single. Known for her strength of will and dedication, Morris inspires both para and able-bodied athletes.

### 2016 World Rowing Coach of the Year:

Roger Barrow (RSA)

Roger Barrow has spearheaded the development of elite rowing in South Africa which culminated in the first-ever Olympic gold medal in rowing for not just South Africa, but the whole of Africa. This gold in the lightweight men's four at the London Olympics was achieved using a small pool of athletes. Barrow has since grown the squad relying on the enthusiasm and dedication of athletes in the face of funding limitations. Instilling a winning credence, he took a squad of five boats to Rio – the biggest squad South Africa has ever fielded at an Olympic Games. All crews made the A-final with the men's pair winning silver.

### 2016 Distinguished Service to International Rowing:

Reinhold Batschi (AUS)

Reinhold Batschi began as a rower representing his country, Romania, at the 1968 Mexico Olympics. He subsequently moved to Europe, coaching initially in Germany, then to Australia where he was the head coach of every Australian Olympic rowing team from 1984 to 2000. In this period, Australia won 16 Olympic rowing medals. Batschi designed an innovative coaching education system and he helped standardise rowing technique throughout the country. Batschi has also used his position to help developing rowing nations in Oceania and throughout the world.

The award winners will be honoured on 28 January 2017 at a gala dinner during the 2016 World Rowing Coaches Conference in Vancouver, Canada.

## News reviews

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### 2016 World Rowing Award finalists announced



#### How to be part of indoor rowing at 2017 World Games

The qualification process for indoor rowing at the 2017 World Games is underway and this could see you heading to in Wroclaw, Poland for next year's Games.



#### From boat to bike - **Bond's** post-Olympic ride

The online rowing world was all abuzz on Thursday 17 November when New Zealand's Eric Murray, went live on Facebook to announce that the Kiwi Pair of Murray and Hamish Bond would not compete in 2017.



## Rowers behaviour and the tolerance to pain

Anyone who has raced in a rowing shell or pulled a 2000m test on the ergo understands that, at its most fundamental level, the sport of rowing can feel like an intimate relationship with pain. Although there are some fortunate – or crazy enough - to enjoy the discomfort, most don't particularly like it, everyone, however, respects it.



## And the winner is ... Kafue photo competition

The allure of two fours cutting through a sunrise caught the judges imagination in the Kafue River & Rowing Centre photo competition.

# Athletes

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## Rising Star

Sarah DOUGHERTY

USA



## Athlete of the month

Rebecca SCOWN

NZL

# Videos

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The rowing athlete - explained



Rowing - 2000 metres of pure pain

# Events

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[2017 World Rowing Coaches Conference](#)

26 - 28 Jan 2017 / Vancouver

[2017 European Rowing Indoor Championships](#)

4 - 4 Feb 2017 / Paris

# 2016 WORLD ROWING AWARD FINALISTS ANNOUNCED

For immediate release  
Lausanne, 8 November 2016

The finalists for the 2016 World Rowing Awards read like a who's who in the sport of rowing.

The high calibre list has been narrowed down following a public nomination process which closed on 9 October 2016. The public nominations then went to the World Rowing Federation, FISA Council who selected the finalists.

## Finalists for the 2016 World Rowing Female Crew of the Year

- Heather Stanning, Helen Glover, Great Britain, women's pair
- Emily Regan, Kerry Simmonds, Amanda Polk, Lauren Schmetterling, Tessa Gobbo, Meghan Musnicki, Eleanor Logan, Amanda Elmore, Katelin Snyder (coxswain), United States, women's eight
- Kimberley Brennan, Australia, women's single sculls
- Magdalena Fularczyk-Kozłowska, Natalia Madaj, Poland, women's double sculls
- Annekatrin Thiele, Carina Baer, Julia Lier, Lisa Schmidla, Germany, women's quadruple sculls

## Finalists for the 2016 World Rowing Male Crew of the Year

- Pierre Houin, Jeremie Azou, France, lightweight men's double sculls
- Eric Murray, Hamish Bond, New Zealand, men's pair
- Lucas Tramer, Simon Schuerch, Simon Niepmann, Mario Gyr, Switzerland, lightweight men's four
- Mahe Drysdale, New Zealand, men's single sculls
- Martin Sinkovic, Valent Sinkovic, Croatia, men's double sculls

## Finalists for the 2016 World Rowing Para Crew of the Year

- Birgit Skarstein, Norway, para women's single sculls
- Rachel Morris, Great Britain, para women's single sculls
- Grace Clough, Daniel Brown, Pamela Relph, James C. Fox, James Oliver (coxswain), Great Britain, para mixed coxed four
- Roman Polianskyi, Ukraine, para men's single sculls
- Lauren Rowles, Laurence Whiteley, Great Britain, para mixed double sculls

## Finalists for the 2016 Coach of the Year

- Alexis Besancon, France
- Domenic Casey, Ireland
- Noel Donaldson, New Zealand
- Juergen Grobler, Great Britain
- Roger Barrow, South Africa
- Nikola Bralic, Croatia

## Finalists for the 2016 World Rowing Distinguished Services to International Rowing

- Ron Needs, Great Britain
- Magdalena Sarbochova, Czech Republic
- Mike Spracklen, Great Britain
- John Boulton, Australia
- Reinhold Batschi, Australia
- Annamarie Phelps, Great Britain

The award winners will be announced on 2 December 2016. The winners will then be honoured on 28 January 2017 at a gala dinner during the 2017 World Rowing Coaches Conference in Vancouver, Canada.

## News reviews

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Take pride in your water – enter the Kafue photo competition

We are rowers. Water is our life. We row on it. We often splash it. We sometimes fall in it. We obsess over its state – flat, calm, wavy, rough. We sweat it. We shower in it. We drink it. We take pride in water, especially our own water. Send us a photo showing how water is part of your life, donate to the Kafue River and Rowing Centre and you will be in to win 500CHF.

### Mediterranean success in finals of coastal championships

Saturday was full of finals at the 2016 World Rowing Coastal Championships in Monaco. The wind died down over night leaving a flatter race course for the Saturday finalists. The day began with the B-finals which were raced over the same 4km course as the heats. This was followed by the six A-finals raced over a 6km course that added two more important turns.



Spain had an outstanding performance and won the overall trophy with a total of 58 points, Italy took second place and France third. At their first-ever coastal championships, Tunisia took home one medal, a bronze in the women's double.

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## How do rowing coaches stay at the cutting edge?

I love talking with Gianni Postiglione. The wise and weather-beaten Italian who has helped rejuvenate both Greek and Lithuanian rowing has been at the cutting edge of rowing coaching for many years.



## Five-time Olympian Marcel Hacker retires

One of the outstanding scullers in the world, German rower and five-time Olympian Marcel Hacker has called time on his international rowing career.



## Post-Olympic coaching merry-go-round

The Rio 2016 Olympic and Paralympic Games are finished and the international coaching carousel wasted no time whirring into motion already a few days post the conclusion of the Olympic Games.

# Athletes

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Rising Star

Michal PLOCEK

CZE



Athlete of the month

Lisa SCHMIDLA

GER

# Videos

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Take a water photo for Kafue



The rowing coxswain - explained

# Events

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2017 World Rowing Coaches Conference

26 - 28 Jan 2017 / Vancouver

2017 European Rowing Indoor Championships

4 - 4 Feb 2017 / Paris

## News reviews

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### Fast finals for para-rowers at the Rio Paralympics

Narrowed down to the final six, para-rowers raced for Paralympic medals at the Rio 2016 Paralympic Games in Rio de Janeiro, Brazil. With full grandstands to cheer them on the para-rowing finals on the Rodrigo de Freitas Lagoon enjoyed mirror-like conditions for this warm, overcast day.

The racing began with Rachel Morris setting a new Paralympic Best Time in the para women's single sculls when she flew past her competition in the final sprint to take the Best Time and the gold medal.



### Olympians race at the 2016 World Rowing Masters Regatta

The 2016 World Rowing Masters Regatta came to a close on Sunday 11 September in Copenhagen, Denmark, after four days of racing. The regatta was staged on Lake Bagsvaerd, situated only 13km from the city centre.



2016 World Rowing Awards public nominations now open



Murray again at the top of top 10 list

Olympic gold medallists dominate the list of World Rowing's top athletes for 2016 as the most important rowing regatta every four years leads the way.



Nominations open for 2016 Filippi Spirit Award

## Athletes

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Rising Star

Zoe MCBRIDE

NZL



Athlete of the month

Tonu ENDREKSON

EST

# Videos

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2016 World Rowing Championships in Rotterdam

2016 World Rowing Championships in Rotterdam

# Events

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2016 World Rowing Coastal Championships

21 - 23 Oct 2016 / Monaco

2017 European Rowing Indoor Championships

4 - 4 Feb 2017 / Paris

## News reviews

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### Rowing's World Junior Championships complete huge eight-day Championship regatta



From Olympic silver to World Championship gold at Rotterdam World Rowing Championships



How do we try and beat the pain barrier to achieve better performance?

In June 2014, with just 200m left of her World Rowing Cup women's eight final, the camera zoomed in on the face of American Caroline Lind.



## Drysdale and Martin in photo finish for phenomenal finals day

The climax of the Rio 2016 Olympic Rowing Regatta in Rio de Janeiro, Brazil was nothing short of stunning. It began with Mahe Drysdale of New Zealand winning in a photo finish against Croatia's Damir Martin and ended with Great Britain being the most successful nation in Olympic rowing.

In regatta that has had a real mixture of weather conditions, the final day of racing saw bobbly water and a small tail cross wind on the Rodrigo de Freitas Lagoon.



## Olympic Rowing: Gold for Dutch, British and French at Rio Olympic Rowing Regatta

# Athletes

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## Rising Star

[Tone WIETEN](#)

NED



## Athlete of the month

[Elisabeta LIPA-OLENIUC](#)

ROU

# Videos

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Our World of Rowing



The rowing race - explained

# Events

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2016 World Rowing Masters Regatta

8 - 11 Sep 2016 / Copenhagen



2016 Paralympic Games Regatta

9 - 12 Sep 2016 / Rio de Janeiro

## News reviews

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### Meet seven rowers making their Olympic debut in Rio

In the lead-up to Rio 2016, much of the focus has been on the age-defying performances of a small but growing number of elite athletes with several Olympics under their belts. Yet, for a significant number of Olympians, this will be their first time at the Games.

World Rowing takes a look at just a few of these athletes worth watching out for in their Olympic debut.

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## FISA Determines Six Russian Rowers meet conditions for participation in Rio 2016



## World Rowing announces Rio Olympic rowing entries by name



## Pumping iron – anaemia in rowing explained

Iron-deficiency anaemia, or a decrease in number of red blood cells due to a lack of iron, is a common cause of fatigue in athletes. However, it can be tricky to identify anaemia as the culprit of fatigue without proper investigation.



## Success for Obreno over Drysdale at Henley Royal Regatta

In a surprising turn of events at the Henley Royal Regatta in Great Britain, Olympic Champion Mahe Drysdale of New Zealand was knocked off the top of the men's single sculls by Belgium's Hannes Obreno.

# Olympic Countdown

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Eric Murray - Road to Rio

It's always a surreal feeling after the World Cups are finished. There is always that uncertainty and intrigue as to how the results panned out. Who was training hard up and through the regatta? Who was taking it a little easier to get the good result? These questions I'm sure are asked by everyone competing and not only about other crews, but about themselves. Were you happy with the outcome? Are you heading in the right direction, or do you need to go to plan B, C, D or into damage control!

Now that all the pre-Rio regattas are over, it's all about the fine tuning. We've been in this position on many occasions and it's always the same. No complacency, hard work, doing things the right way in order to be "ready" for the big event. I still

truly believe that the work has already been done. There isn't much more physically you can add in this short period of time. There is a lot that can be gained technically and the speed work can help with the top end speed, but everything that's been done, not only since the end of the 2015 World Champs, but even the years before, have put you into this position you are in right now.



After leaving NZ in May, were lucky we can stay in the European summer and train before these events. Its always hard being away from family, but this is the choice that we all make. Everyone is trying to be the best, and this just has to be done in order to match the status quo of training.

With the countdown getting closer to Rio, the next time we lay eyes on our competitors, rivals and friends, will be on the biggest rowing stage that we have. Respect will be given. Medals will be earned.

Eric.

## Athletes

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Rising Star

[Dovydas NEMERAVICIUS](#)

LTU



## Athlete of the month

Mitchel STEENMAN

NED

## Videos

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How to watch a rowing race



The Olympic rowing boat classes - explained

## Events

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2016 Olympic Games Regatta

6 - 14 Aug 2016 / Rio de Janeiro



2016 World Rowing Junior Championships

21 - 28 Aug 2016 / Rotterdam

## News reviews



### New Zealand wins overall trophy at World Rowing Cup III in Poznan

#### Community is important for young rowers

Sport is celebrated for its ability to bring balance to busy lives and provide a valuable space in which young adults can challenge themselves, thrive and grow. In some cases, however, it can become yet another high-pressure activity that brings less and less enjoyment the longer they do it. The result: disenchantment, disengagement and finally dropping out completely from sport. This can happen in any sport; rowing is certainly not immune, but what causes young people to stop rowing is not always obvious.



## How one African para-rowing team found their way to the Paralympics



Zimbabwe has become a regular on the entry lists for World Rowing events. With a women's single sculler, Micheen Thornycroft, who made the B-final at the 2015 World Rowing Championships, rowing fans have started to take note of this emerging rowing nation. But Zimbabwe had never fielded a para-rowing boat. That was at least not until Rachel Davis, a rowing coach in Zimbabwe, went on a mission.

## Rowing completes successful Olympic and Paralympic Qualification process

The World Rowing Federation, FISA, is pleased to report records in participation for its 2016 Olympic and Paralympic qualification process.

## Van Fossen in a university class of her own



If there are two things that Kirsten Van Fossen has mastered, it is rowing and university. An incredible example of achieving balance between sport and studies, Van Fossen is about to complete her PhD from Cambridge University in Great Britain and she is the most recent recipient of the Parmigiani Spirit Award.

# Athletes

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## Rising Star

[Kerri GOWLER](#)

NZL



## Athlete of the month

[Kirsten MCCANN](#)

RSA



# Videos

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The technology behind rowing boats



The IOC Athlete Career Programme for Rowers

## News reviews

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### Rio Olympic test for World Rowing Cup finals at Lucerne

The Olympics were amongst the thoughts of everyone at the World Rowing Cup II in Lucerne, Switzerland as the day of finals got underway. This would be the last major race for some of these athletes before the Rio Olympics and racing was intense with World Champions often being pushed out of the top spot. Still consistency reigned for some - the New Zealand men's pair and the Croatian men's double sculls.

The weather changed throughout the day of racing, with rain pouring down at some points and the slight wind shifting from head to tail and back again.



## Highs of triumph, depths of despair at Final Olympic Qualification Regatta

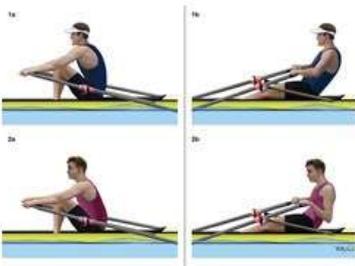
The 2016 FISA European Continental and Final Olympic Qualification Regatta in Lucerne, Switzerland was tense and intense. These athletes were racing to keep their Olympic dreams alive. At the Rotsee regatta course in Lucerne, the weather supplied cool temperatures and slight tail wind conditions.



## New Zealand's rowing twins win 2016 Thomas Keller Medal



## Strong performances, challenging conditions at 2016 European Rowing Championships



## Back pain in rowing – update on current understanding

Dr Fiona Wilson knows what is going on with the backs of rowers. The focus of her research is back pain in athletes and as an ex-rower and lead physiotherapist with Rowing Ireland rowing is her pet topic. Wilson tells of her latest findings.

# Olympic Countdown

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## Emotional rollercoaster Following Lithuania's Donata Vistartaite's Road to Rio

Time until the Rio Olympics is melting away incredibly quickly.

When I calculate the days 'til the Games, it brings up many emotions. I will not hide that even though Rio will not be my first Olympics, I feel very uplifted, excited and of course feel the desire to perform the best we can. Thoughts about the Olympics visit me very often, time is ticking and the tension grows.

For my partner Milda (Valciukaite), Rio will be her first Olympics. She is a very confident and calm person and she says that she does not feel any exceptional psychological pressure before the Olympic Games. It is great to have such partner which motivates and brings such confidence and trust to the team.

During every practice, especially when I'm getting exhausted, I try to remind myself of the goal; the Olympics - the dream of most athletes. While waiting for Rio, I prefer counting the days 'til the Olympic regatta instead of the remaining training sessions. The current training period is really important and at the same time very exciting.

Racing season is here. Even though we have already raced this spring in the Piedilluco regatta in Italy, our first big international test is the European Championships. The main preparation for the European Championships was completed in Athens, Greece. It is the second home for us during the spring season. It has an amazing environment for spring training as the weather is perfect and to have the opportunity to practice together with a very capable Greek women's doubles team of Aikaterini Nikolaidou and Sofia Asoumanaki is extremely beneficial. It is very inspiring to train with this group of athletes from Greece and Lithuania.

The upcoming training period after the European Championships will be very important, since it will be the final preparation stage before the Olympics and I am really looking forward to it.

## Athletes

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### Rising Star

**Tim Ole NASKE**

GER



### Athlete of the month

**Nenad BEDIK**

SRB

# Videos

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**Welcome to Brandenburg! 2016 European Rowing Championships**



**The Kafue River & Rowing Centre - a deeper look**

# Events

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**2016 World Rowing Cup III**

17 - 19 Jun 2016 / Poznan



**2016 World Rowing Tour**

25 Jun - 3 Jul 2016 / Salzkammergut



## NEWSLETTER

# News reviews

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## 2016 European Rowing Championships will be a key Olympic test



## China dominates at Final Paralympic Qualification Regatta

China won big at the Final Paralympic Qualification Regatta in Gavirate, Italy qualifying four out of four crews. This tally accounts for half of the eight Paralympic births up for grabs at this event which saw the top two in each of the four boat

classes earning a place at the Rio 2016 Paralympic Games.

China's dominant performance came as no surprise as the nation is hoping to build on the results from the London 2012 Paralympic Games where Chinese crews captured gold in both the AS men's single sculls (Cheng Huang) and the AT mixed double sculls (Xiaoxian Lou and Tianming Fei).



### Seventh in the single golden at Asian Oceania Olympic qualification regatta

Finals day at the Asian Oceania Olympic Qualification Regatta in Chungju, Korea had athletes focusing on getting into a top seven position in the men's and women's single sculls as this would qualify them for the Rio 2016 Olympic Games.



### World Rowing reveals 2016 Thomas Keller Medal finalists



### Dutch Success at World Rowing Cup I in Varese, Italy

## Olympic Countdown

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100 days to go

### Eric Murray's Road to Rio

Olympic selection number 3 and 4 have been formalised for Hamish and I. Since then it's been nothing out of the ordinary. Training continues, the body starts to feel its gradual decline with fatigue and the intensity from day to day becomes greater as we continue to push ourselves and keep trying to hit or exceed the numbers we know we're capable of.



Trials for Olympic selection was an emotional time, more-so for a few people that missed selection. Most of which was due to the simple fact that they weren't fast enough, but a couple of other decisions you could argue were a bit controversial. It was nice to see the enthusiasm from the team at the huge number of new Olympians selected. The only option for them now is to grab the "bull by the horns" and do their journey some justice in the way that they prepare for the big occasion. You can either go to make up numbers, or you can go and fight for a piece of history.

It has been great to watch all the squads among the New Zealand team still at it, training and working alongside teammates to enhance the value of effort that is being put in on a daily basis. There is no hiding when you're "under the pump" trying to pace off another crew sitting beside you. There is some impressive data coming out of some really good combinations and the anticipation of getting to Europe and seeing how everyone stacks up is really exciting.

With the compressed season, we are literally a few weeks away from leaving the NZ shores. And then returning with either; elation, content, experience or disappointment. Time from now until the Olympics is important. The work that has been ongoing is what has built the base for the finishing touches to really play their part in the final outcomes. If you haven't woken up to where you are headed and what is at stake, then you might have to get on the train and ready yourself for Tokyo2020.

Eric

## Athletes

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**Rising Star**

**Pierre HOUIN**

**FRA**



## **Athlete of the month**

**Constantine LOULLOUDIS**

**GBR**

## **Videos**

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**Share your World of Rowing**



**2015 Parmigiani Spirit Award presented to  
Kirsten van Fossen**

## **Events**

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**2016 European Rowing Championships**

**6 - 8 May 2016 / Brandenburg**



**2016 FISA European and Final Olympic  
Qualification Regatta**

**22 - 24 May 2016 / Lucerne**



NEWSLETTER

## News reviews

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### **Passion, dedication and the 2016 Americas Olympic qualification**

Latin American passion, great racing and high stakes were the stand out features of the 2016 Americas Olympic Qualification Regatta held at Carauma in Valpariso, Chile (22-24 March 2016).

### **Indoor rowing sprints a global hit**

From Tanzania to Guatemala. From Malaysia to the United States. Individuals from 52 countries sat on indoor rowing

machines in their home, their local gym, their rowing club, or even in the street to race in the inaugural World Rowing Indoor Sprints.



## Rowing's member National Federation leaders discuss future of the sport



## The individualisation game – building boats for women

After decades of training and racing in equipment built for male athletes, female rowers now sit in boats designed uniquely for them. The trend towards greater individualisation in equipment design has been happening across all sports, and now many in the boat-building business are taking a high tech approach to addressing some of the fundamental differences between women and men.



## 35 years of indoor rowing at CRASH-Bs

It is the 2000m test of speed on the indoor rowing machine. The 35th annual CRASH-B Indoor Rowing Championships in Boston, USA continues to attract large numbers of participants with nearly 2,300 participants from about 30 countries competing.



# Olympic Countdown

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## Six months to go

### Following Lithuania's World Champion, Donata Vistartaite's Road to Rio

I am writing to you from the Olympic regatta course in Marathon, Greece. We come here each spring to practice with the Greek team. We've come here since 2013 when we started to work with coach Gianni Postiglione. As we didn't row because of winter, our goals are now to get back our technique and fitness in the boat. Over the winter we do a lot of erging, weightlifting, running and skiing instead of rowing.



Donata Vistartaite ©FISA Igor Meijer

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Our hardest training this week was a day of testing. Three tests in a day. The tests included running and erging. I'm afraid I can't give you more details :)

To relax I do a lot of reading. It keeps me from thinking about rowing. Lately I love to read self-education and psychology books like, 'The Little Prince' or Charles Duhigg, 'The Power of Habit'.

Best  
Donata



Donata Vistartaite and Milda Valcuikaite in the women's double sculls. ©Balint Czucz

## Athletes

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### Rising Star

Marieke KEIJSER

NED



### Athlete of the month

Genevra STONE

USA

# Videos

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## World Rowing Celebrates International Women's Day



## World Rowing & Olympic Solidarity working to develop rowing in the Americas

# Events

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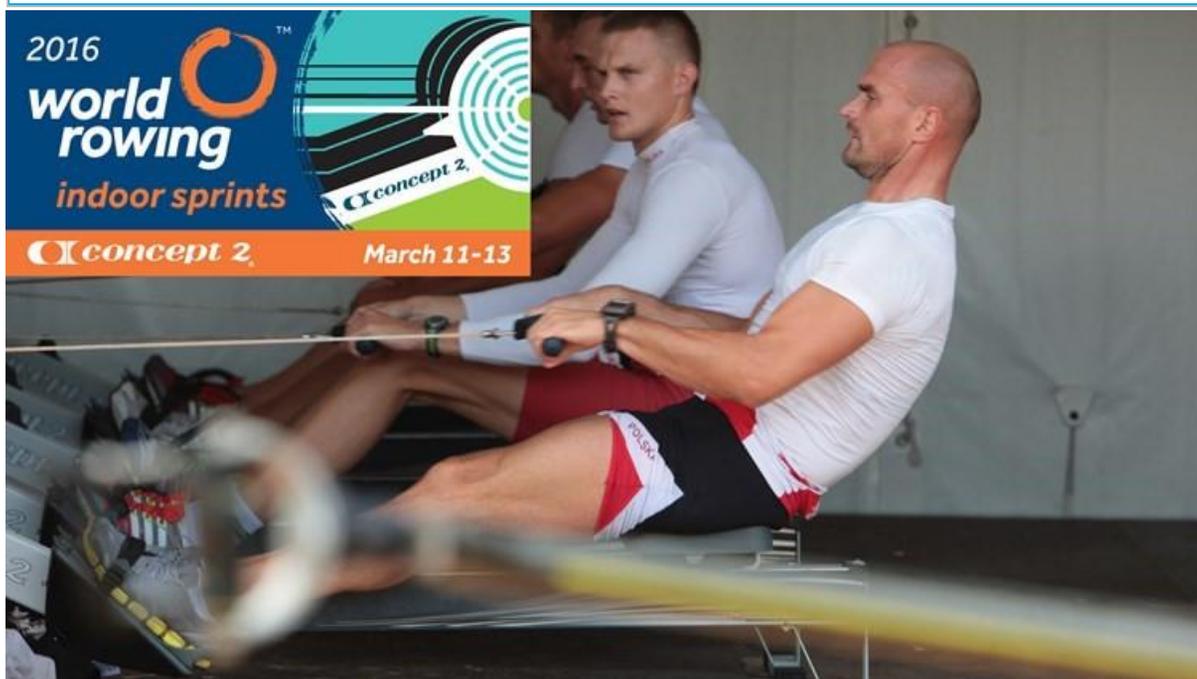


## 2016 World Rowing Cup I

15 - 17 Apr 2016 / Varese

## News reviews

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### Five weeks to train for the Indoor Sprints

Welcome to the five week training programme in preparation for the World Rowing Indoor Sprints. Here we outline a programme that can be varied to accommodate everyone – from beginner to advanced indoor rowers. If you are well versed with the Concept2 Indoor Rowing machine – skip down to the workouts and good luck! If you are new to rowing – please review our [introduction to training on the indoor rowing machine by Thor S. Nilsen](#).



#### Eric Murray talks technical on indoor rowing

Eric Murray, New Zealand's World and Olympic Champion rower and indoor rowing specialist exposes some of the secrets that have brought him success - not just on the ergometer - but also on the water.

Martin Cross talked to Murray just before he was about to undergo a 2000m ergo test.



## How lack of quality sleep is affecting your training

A good night's sleep is something we instinctively know makes us more effective in all aspects of life, including training. Yet most of us have trouble meeting the nightly minimum recommendations – especially when training sessions begin well before the crack of dawn.



## Twigg and Drysdale on track at NZ championships

The New Zealand Rowing Championships, held last week on Lake Karapiro was critical for athletes on the road to Olympic selection.



## Calling all Octogenarian masters rowers

Humans are living for longer. Rowers are rowing for longer. And people from all sorts of backgrounds are picking up the sport of rowing later in life. This has seen a growth in masters rowing. But not only that, it has seen a growth in the older age groups and the phenomenon of a growing octogenarian class.

# Olympic Countdown

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## Six months to go

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Best  
Donata



Donata Vistartaite and Milda Valcuikaite in the women's double sculls. ©Balint Czucz

## Athletes

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Rising Star

Gokhan GUVEN

TUR

Athlete of the month

Mindaugas GRISKONIS

LTU

## Videos

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2016 World Rowing Indoor Sprints - are you in?



The coxswain – the jockey of rowing

## Events

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2016 NF Conference

6 - 6 Mar 2016 / London

### For more information:

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World Rowing Strategic Alliance



Kafue River & Rowing Centre

World Rowing Broadcasting Partners



CBC



skysport



World Rowing Licensing Partners



Sports Marketing Agency

World Rowing Service Providers



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