

# ROWING - Rowing at FBYC

As the summer holiday season draws to a close, coastal rowing at False Bay Yacht Club shifts gear from sunlit summer sessions to an event-filled year ahead.

Summer delivered some memorable rowing. Stiff winds, big swells and a few character-building sessions were balanced by moments of pure exhilaration. One standout day saw intrepid rowers scullers powering boats into the south-easter before surfing the swells home from Ark Rock. We also welcomed a steady stream of visitors, with familiar faces returning and new friends from the US and Australia discovering False Bay rowing for the first time.

Training now begins in earnest for the 27km Freedom Paddle around Robben Island on Freedom Day, setting the tone for a busy calendar of tours and regattas. The Lawhill rowing programme also kicks off soon, and we look forward to introducing a new group of Grade 10s to the sport.

Gig rowing remains a much-loved part of club life, with a strong and growing crew heading out every Friday evening. Rowing our historic gigs offers a distinctive mix of fitness, teamwork and a deep connection to maritime tradition.

The group brings together people from all walks of life — from sea rescue volunteers and those working at SAMTRA to sailors and members who simply enjoy being on the water — creating a friendly, supportive atmosphere.

Friday night races against other crews add an easygoing competitive edge, followed by drinks at the yacht club on members' night — a fine way to end the week.

New members are always welcome, with no prior rowing experience needed. To get involved, contact Pete (FBYC rowing/kayaking rep) on 083 281 8768, Sasha (CCRC Captain) on 083 266 5882, or PC (Pieter), gig rowing captain, on 083 780 6704.

