

# ROWING - Rowing at FBYC

It has been a busy month for Cape Coastal rowing:



The recent tour to Velddrif (6–8 March) saw 18 members take on a 24km inland row, navigating shifting currents while enjoying spectacular birdlife, including flamingos. A separate route towards the river mouth and back through the marina offered beautiful views of the landscape and life along the water. We made the most of the mixed weather with great spirit and plenty of laughter.

We were also delighted to host a remarkable 50-year reunion of a 1975 Wits University crew. What began in 1974 as an ambitious challenge -to transform themselves into national champions - became a story of discipline, teamwork and lasting friendship. Within a year, the team won the 2000m at SA Champs, setting a national record and went on to compete at Henley and in Lucerne, Switzerland.



Fifty years on, all nine crew members reunited in Simon's Town with their families, sharing memories and getting back on the water. It was a special occasion, made even more meaningful by the presence of their coach, our own Derrick Read.

Finally, congratulations to our members who have been awarded SA national colours for coastal rowing. This recognition follows strong performances at the African Beach Sprint Championships (held locally in October 2025), as well as international representation at the World Beach Sprint Finals in Turkey and the Commonwealth Beach Sprints in Barbados. It is a proud moment to see so many of our rowers competing and excelling on the global stage.



George du Plooy, Alexa Kneale, Frances Hill (all CCRC), along with Mackenzie Lamond, Isabella Bruce and Edward Godfrey (from L-R).