

ROWING – Cape Coastal Rowing Club

On Saturday 14 May, we hosted our latest coastal rowing regatta at FBYC, and it turned into a really special day for the club.

This year, we expanded the format to include schools, senior and masters crews, while deliberately keeping the regatta small as we tested ourselves in running a more formal inter-club event.



Lawhill girls being battered by a tough side swell



The juniors brought plenty of energy, with Bishops joining us for the first time to race Lawhill. There was particular excitement from a few Bishops rowers keen to try coastal rowing, with an eye on competing internationally in coastal in future. Bishops 2 took the win over a determined Lawhill crew, finishing the 1.8 km course in 7:17, the second-fastest time of the day.

The successful Bishops crew



The senior racing featured UCT, UWC, the newly formed Hout Bay Rowing Club and composite Western Province crews. Hout Bay had a standout row, holding off the WP composite crew to record the fastest time of the day in 7:14.



Everyone is a winner 😊

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In the masters racing, FBYC-based Cape Coastal Rowing Club lined up against our old friends and rivals from Alfred's Rowing Club. In a proper upset, ARC beat CCRC for the first time in years, by just 0.10 seconds.



ARC winners with their CCRC cox, Dave CCRC commodore Pete and VC, Harriet



Because the regatta coincided with the Simon's Town Festival, we had to wait for the swimmers to finish before racing could begin. We started in properly blowy conditions, but that's coastal rowing after all, and we still managed to run the whole event to schedule. By the time finals came around after lunch, Simon's Bay had settled into a glorious calm, giving us a fitting end to a great day of racing.