

world rowing ™



# SEASON 2018

WORLD ROWING FOCUS



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153 Member Federations



# 2018-19 World Rowing regatta season

## 2018 Calendar

May			
13-20	Costa Brava	ESP	World Rowing Tour
26-27	Gravelines	FRA	European Rowing Junior Championships
June			
1-3	Belgrade	SRB	World Rowing Cup I
21-24	Linz-Ottensheim	AUT	World Rowing Cup II
July			
13-15	Lucerne	SUI	World Rowing Cup III
25-29	Poznan	POL	World Rowing Under 23 Championships
August			
2-5	Glasgow	GBR	European Championships – Rowing
8-12	Racice	CZE	World Rowing Junior Championships
10-12	Shanghai	CHN	FISU World University Championships - rowing
September			
1-2	Brest	BLR	European Rowing Under 23 Championships
9-16	Plovdiv	BUL	World Rowing Championships
27-30	Sarasota-Bradenton	USA	World Rowing Masters Regatta
October			
7-11	Buenos Aires	ARG	Youth Olympic Games – Rowing
11-14	Victoria	CAN	World Rowing Coastal Championships

\* - dates to be confirmed  
 For more event information: <http://www.worldrowing.com/events/>

## 2019 Calendar

February			
TBA	TBA		World Rowing Indoor Championships
March			
6-10	World-wide		World Rowing Virtual Indoor Sprints
15 - 15 April	World-wide		World Erg Challenge
May			
10-12	Plovdiv	BUL	World Rowing Cup I
18-19	Essen	GER	European Rowing Junior Championships
31 May - 2 Jun	Lucerne	SUI	European Rowing Championships
June			
21-23	Poznan	POL	World Rowing Cup II
July			
12-14	Rotterdam	NED	World Rowing Cup III
24-28	TBA	TBA	World Rowing Under 23 Championships
August			
7-11	Tokyo	JPN	World Rowing Junior Championships
25 - 1 Sep	Linz-Ottensheim	AUT	World Rowing Championships
September			
7-8	Ioannina	GRE	European Rowing Under 23 Championships
12-15	Venice	HUN	World Rowing Masters Regatta
October			
31- 3 Nov*	Hong Kong	HKG	World Rowing Coastal Championships



# The Rise of Indoor Rowing

It is difficult to find a gym that does not include at least one indoor rowing machine. In boathouses you are likely to see rows of ergometers. In peoples' homes a rowing machine may be tucked away in a side room. In CrossFit classes the rowing machine features regularly.

They are everywhere and it is estimated that around 20 million people worldwide indoor row.

Indoor rowing machines have been used as a training tool for on-water rowers ever since early inventions gave an alternative for times when on-water rowing was not possible.

The first indoor rowing machines were hand-made contraptions, consisting of bike chains, wheels, wood and various other materials. Many small producers were making machines in the 1970s and 1980s. Then in 1981, Concept2 introduced a version which became the best-selling indoor rowing machine in the world due to its accuracy and ability to best simulate the rowing stroke.

In the 37 years since, indoor rowing has taken off. It has been touted among fitness experts as the best full-body workout available and its inclusion in the CrossFit circuit has meant that fitness enthusiasts around the world have come on board. Indoor rowing machines have gone from pieced-together contraptions for on-water rowers, to sleek machines, fit for competition.

In 2016, World Rowing teamed up with Concept2 to introduce the World Rowing Virtual Indoor Sprints. The event aimed at bringing indoor rowers from any corner of the globe together to participate in one event, virtually.

At the start of this year, World Rowing launched the first World Rowing Indoor Championships. Held in Alexandria, Virginia, United States, the championships raced over the standard 2000m and also combined with a range of non-championship races including relay sprints and long-distance races. Three new world records were set.

The standard of indoor rowing continues to grow and records continue to topple around the world. Stay tuned for the 2019 World Rowing Indoor Championships.

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# Our planet depends on clean water

**One of the greatest challenges of our time is to ensure there is enough clean water to support human life, nourish vital habitats and supply industry and agriculture. World Rowing believes that we all have a responsibility to apply environmentally-sustainable practices to our use and management of water. Rowing is a clean water sport and everyone involved in rowing has reason to protect this vital resource.**

World Rowing and the Worldwide Fund for Nature (WWF) work together in a global clean water partnership. This engages all rowers, national federations and all rowing clubs to work towards safeguarding their own freshwater environment. A joint action project, the Kafue River & Rowing Centre is a manifestation of this partnership. This project was inspired by the confluence of so many pressures and problems in the Kafue River in Zambia and the need to bring all stakeholders together to discuss and help find solutions.

The development of a multi-purpose facility for water management education and research and the advancement of rowing in the region is underway. The global rowing community is at the forefront of a fundraising campaign for the Centre and a group of high-profile rowers are ambassadors for the cause. Because to help Kafue is to help the world.

Find out more: <http://www.worldrowing.com/environment/>



# 2018 Rowers to watch



© Igor Meijer

## AURIMAS ADOMAVICIUS

Lithuania  
Men's quadruple sculls



© Detlev Seyb

## JEANNINE GMELIN

Switzerland  
Women's single sculls



© Igor Meijer

## ROBBIE MANSON

New Zealand  
Men's single sculls



© Igor Meijer

## ANGEL FOURNIER RODRIGUEZ

Cuba, Men's single sculls



© Igor Meijer

## KERRI GOWLER

New Zealand  
Women's pair

At just 24 years old and over two metres tall, Aurimas Adomavicius has made quite a name in the world of rowing. He first competed internationally in 2010 in the junior men's quadruple sculls. He worked his way from a C-final finish to a gold medal in the under-23 men's double just three years later. In 2017, he found himself on the top of the podium again, winning the men's quad at the World Rowing Championships. Lithuanian men's rowing has been on the rise and Adomavicius will certainly be one to watch in this Olympic cycle.

*" Before a race, I always concentrate on the competition and do everything that I learned during season training "*

Jeannine Gmelin rowed her way through the 2017 season to a World Championship title. Standing at 1.71m, Gmelin stature is not common amongst elite rowers, but she has proven that height does not matter. Gmelin competed in her first World Rowing event in 2012 at the World Rowing Under 23 Championships. She worked her way up the ranks to her first podium finish at the 2015 European Rowing Championships, finishing second in the women's single. In 2017, Gmelin quickly separated herself from the pack, winning two world cups before securing her championship title.

*" The journey to become a better athlete and a better person by working hard every day is what keeps me going and it's what drives me forward "*

Robbie Manson had been competing for New Zealand for years before getting the chance to prove his strength in the men's single. Following the 2016 Olympics, New Zealand's top single sculler Mahe Drysdale took a step back from international competition, giving Manson the opportunity to fill the seat. Manson proved his worth by setting a new World Best Time of 6:30.74 at World Rowing Cup II in Poznan, Poland. Manson topped the podium at both the second and third World Cups, but finished a disappointing fifth at the world championships due to injury. He will look to prove himself again in 2018.

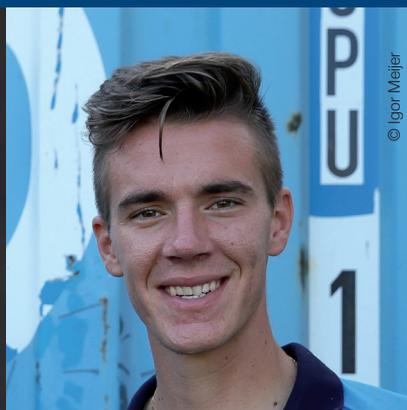
*" I like that in the single it is all on me, you always know whether you are rowing well or not and there is no one else to blame "*

Angel Fournier Rodriguez has been among the top men's single scullers for almost a decade. Starting in the men's quadruple sculls as a junior, Fournier transitioned to the single in 2009 and finished an impressive fourth in his first World Rowing Cup appearance. Since then, Fournier has been on the podium countless times including World Cups and World Championships making him one of Cuba's most successful rowers ever. But the World and Olympic titles have yet to be included in his accolades. Finishing second behind Ondrej Synek in 2017, many are asking if this is his year to finally top the podium.

*" What I admire most about my competitors is the communication we are able to have between each other and also the friendship that exists "*

In 2013, Kerri Gowler raced her first World Rowing Cup in the women's eight. She was just 19. A year later she went on to finish second in the women's pair at the World Rowing Championships behind World and Olympic Champions Helen Glover and Heather Stanning. But Gowler would not settle for silver. In 2017, she and Prendergast won the second and third World Cups, setting a new World Best Time in the process, before finishing on top of the podium at the World Championships. Gowler will definitely be one to watch for the 2018 season and beyond.

*" Rowing suits me because I find the more you put into it the more you get out of it "*



© Igor Meijer

**MATTEO LODO**Italy  
Men's pair

© Igor Meijer

**KIRSTEN MCCANN**South Africa  
Lightweight women's single sculls

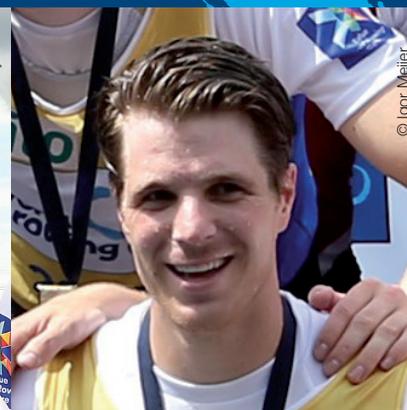
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**ANTONIA AND MELITA ABRAHAM**

Chile, Women's pair



© Detlev Seyb

**NICOLE BEUKERS**Netherlands  
Women's quadruple sculls

© Igor Meijer

**RICHARD SCHMIDT**Germany  
Men's eight

At the 2017 World Rowing Championships, the Italian men's pair pulled off an incredible sprint. Matteo Lodo crossed just 0.34 of a second ahead of the favoured Sinkovic brothers. But Lodo is not new to the top of the podium. He started his international career in the junior men's eight that won the World Rowing Junior Championships in 2008. He went on to pick up more World Championship titles in the under 23 men's pair and the men's four. Lodo has certainly become a staple to Italian men's sweep rowing and he is definitely one to watch in 2018.

**" We are not as physically strong (as other crews), so we try to get better and more efficient with technique "**

Kirsten McCann has been making waves in lightweight rowing since 2005. She raced at her first Olympic Games in 2008 and despite a disappointing C-final finish, McCann persevered. Eight years later, she finished fifth at the Rio Olympics in the lightweight women's double. In 2017, it was McCann's time to shine. McCann took her first gold at the third World Rowing Cup in Lucerne, Switzerland in the lightweight single before going on to win the World Championship title in Sarasota-Bradenton. McCann will be looking for an Olympic boat class, but wherever she is in 2018, keep an eye on her.

**" I am a racer so racing is what I love and thrive on. I train to race "**

Antonia and Melita Abraham first caught rowing's eye in 2014 when they competed at the junior championships in Hamburg. They are two of four competitive rowing quadruplets. These two have showed their talent by seamlessly switching between sweeping and sculling at the highest level. After a fourth-place finish at the World Rowing Under 23 Championships in Rotterdam, one year later they claimed the first-ever under-23 championship title for Chilean women's rowing. At just 20 years old, these two will continue to impress in 2018 and beyond.

**" Rowing is a very complete sport. It requires consistency, discipline and responsibility. Rowing makes it clear that without hard work there are no results "**

In 2007, Nicole Beukers started her rowing career at the World Rowing Junior Championships in the women's eight, but her sweep rowing career did not last long. Beukers quickly switched to sculling and began to climb the results ladder. She was first on the podium at the 2013 European Rowing Championships, winning a silver medal in the women's quadruple sculls. The Dutch women's quad went on to win many medals, including another silver at the Olympic Games. They finally claimed the top of the podium at the 2017 World Rowing Championships. Beukers has been a staple of this impressive boat and will continue to do so in 2018.

**" Never forget that hard work will pay off, eventually you will get what you deserve "**

The German men's eight has been the primary focus of German men's rowing for years. And silver is not good enough. After many successful seasons in the men's four, Richard Schmidt joined the team of eight in 2009. Schmidt picked up countless World Cup and World Championship medals, along with Olympic gold in 2012 and Olympic silver in 2016. The German men's eight was once again on top of the podium at the 2017 World Rowing Championships. Schmidt, along with coxswain Martin Sauer, is the most experienced rower in the boat. He will certainly be driving the effort in 2018 and beyond.

**" When you're more experienced, you know how things go and can be an example. But in the end, it's a team sport "**

# 2018 World Rowing Cup series

The World Rowing Cup is an annual series of three regattas that act as a lead-up to the World Rowing Championships. Each of the three World Rowing Cups includes the 14 Olympic boat classes and a selection of International boat classes. In 2018, para-rowing events will be contested at both the first and second World Rowing Cups.

The Olympic boat classes earn points based on finishing order and at the end of each stage the country with the most points is declared the winner of that World Rowing Cup regatta. At the end of the three stages, the nation with the most points is declared the overall winner of the World Rowing Cup series.

## World Rowing Cup I Belgrade, Serbia

1-3 June

The first event of the 2018 season will be on Lake Sava in central Belgrade. The course has become well-known on the rowing circuit, having hosted the 2014 European Championships and the 2017 World Rowing Cup I. The shores are lined with restaurants and outdoor activities which are especially popular in the summer. The iconic fountain across the finish line makes the images from Lake Sava easily recognisable.

## World Rowing Cup II Linz-Ottensheim, Austria

21-24 June

World Rowing returns to Linz-Ottensheim for the first time since the Under-23 Championships in 2013. The rowing course is situated in between the two Austrian cities of Linz and Ottensheim. Visitors to the city of Linz enjoy baroque stucco facades as well as modern architecture styles, while Ottensheim is located on the Danube River and offers an immersion into Upper Austrian nature. The venue has hosted many national and international events, especially after it was extended to eight lanes in 2006. This year's World Cup will also serve as a test event for the 2019 World Rowing Championships.

## World Rowing Cup III Lucerne, Switzerland

13-15 July

The central Swiss city of Lucerne has hosted rowing regattas for over 150 years and was among the founding regattas of the World Rowing Cup series in the 1990s. Surrounded by rolling green hills and part of a nature reserve, the regatta course on the naturally formed Rotsee, is known as the 'Lake of the Gods' and considered to be one of the best regatta courses in the world. The World Cup usually has one stage on the Rotsee, it is often stage three.

**world rowing cup** 

© Igor Meijer

# European Rowing Championships

## Glasgow, Great Britain

2-5 August

For the first time ever, the 2018 European Rowing Championships are taking place as part of a multi-sport event, the 2018 European Championships. Traditionally the regatta would occur in one designated city with no other sports taking place along side, however this year it is changing. The European Championships will be in both Glasgow and Berlin, Germany, with seven sports being run over ten days.

Apart from athletics, all sports, including rowing, will happen in Glasgow. Athletics will be in Berlin. The rowing regatta course is at Strathclyde Country Park and will be run over four days including two days of finals. All 43 European member national federations plus Israel are eligible to compete in the competition, where there will be an estimated 600 rowers competing across the 17 boat classes (14 Olympic and three International).



## European Rowing Junior Championships

Gravelines, France  
26-27 May

The European Rowing Junior Championships is in its eighth year. It will be held in Gravelines, which is the urban part of Dunkirk, near the French-Belgian border. The following events - women's and men's single sculls and women's and men's pair - will also serve as the European 2018 Youth Olympic Games Qualification Regatta.



## European Rowing Under 23 Championships

Brest, Belarus  
1-2 September

In its second year, the under-23s goes to Belarus. The international-standard Brest regatta course can owe a thanks to two-time Olympic Champion and six-time World Champion single sculler Ekaterina Karsten, who was the first athlete to win an Olympic medal for Belarus. The course was reconstructed in 1997 and has previously hosted the 2009 European Rowing Championships and 2010 World Rowing Under 23 Championships. Brest has a population of 300,000 and is located 350km from the capital Minsk at the confluence of the Bug and Mukhayets rivers.



© Rob Eyton-Jones



# World Rowing Under 23 Championships

**Poznan, Poland**

**25-29 July**

The 2018 World Rowing Under 23 Championships is the top event of the year to see the up-and-coming rowers ages 23 and younger. The rowers who attend this regatta are often the ones who are on the path to senior racing.

The under-23 regatta started four decades ago and then in 2005 it became a championship event. It now includes 22 boat classes. This year the regatta will be taking place on Lake Malta located in the centre of Poznan. Top rowing events regularly take place at this venue including hosting the 2007 and 2015 European Rowing Championships, 2009 World Rowing Championships, the 2016 World Rowing Cup III and the 2017 World Rowing Cup II.

© Balint Czucz

# World Rowing Junior Championships

**Racice, Czech Republic**

**8-12 August**

For many athletes, the World Rowing Junior Championships, is their debut performance on an international level, meaning the excitement and enthusiasm is immense. Additionally it is not unusual for family members to travel the distance to see their loved ones compete.

To compete at the junior championships, rowers must be 18 years of age or younger. Athletes compete in 14 boat classes, seven for men and seven for women. This year the championship will be taking place in the small Czech town of Racice.

The body of water has a length of 2,350m and a width of 130m, so it can hold a total of 8 lanes, including a 30m wide 'return lane' from start to finish. The course is surrounded by a 73 hectare arena which includes racing towers for umpires, boat house, hotel and administrative offices, a large car park, competitor changing room facilities and a capacity for 5000 spectators.



# World Rowing Championships

Plovdiv, Bulgaria

9-16 September



The World Rowing Championships is the pinnacle event of the international rowing calendar. It is held over eight days and uses a progression system from heats through to finals, ensuring that there is sufficient rest time between boat classes for the athletes. In 2018, the Championships head to Plovdiv, Bulgaria at the beginning of September.

The regatta course in Plovdiv is an artificial canal measuring 2300m in length. It was specially designed by architect Valentine Marinov, with chief consultant Svetla Otzetova (World Rowing's Events Director) to meet contemporary requirements for major water sports events.

The course was built to be surrounded by natural forests and offer fair and equal wind conditions across all lanes. It is known for fast conditions due to warm water and the prevalence of a direct tail wind. The venue has hosted many international rowing events, including the World Rowing Under 23 Championships in 2015 and 2017.

More than 1000 athletes from over 70 nations compete at the World Championships, racing in Olympic, International and para-rowing boat classes. In 2017 Italy led the overall medals table, with New Zealand and Australia just behind. Great Britain and Germany are also regularly near the top of the table.



© Detlev Seyb

# World Rowing Masters Regatta

Sarasota-Bradenton, United States

27-30 September



The World Rowing Masters Regatta is a special one-of-a-kind event that occurs yearly. What makes this event so special is that participants come from all different levels of rowing – former elite Olympic Champions compete with and against complete novices. The only requirements are that you are above the age of 27 and no longer compete at the elite level.

Around 3000 participants compete in the regatta and often one athlete will race in a number of different boat classes.

Races start every three to four minutes and go for 1000m. There are no finals, just heats, with the winning boat of each heat receiving a medal. There are 13 age categories and this year sees older age categories being added with the over 80-year-olds divided into three-yearly groups though to over 89-year-olds.

For club participation rowers compete for the World Rowing Masters Regatta Club Trophy. The two trophies, one for men's events and one for women's events, will be awarded to the club that has the most points in their respective categories at the regatta.

This year the World Rowing Masters Regatta will be taking place at the home of the 2017 World Rowing Championships in Sarasota-Bradenton, Florida. The 2180m long lake was designed to FISA racing specifications and is surrounded by a 600-acre park, which has been designed for a multi-sport purpose.

# World Rowing Coastal Championships

**Victoria, British Columbia, Canada**

**11-14 October**



Coastal rowing is referred to as the mountain biking of rowing. This extreme version of rowing incorporates the fun and excitement of riding waves, surfing and buoy turns on open bodies of water. It also allows rowing to be developed in places without access to flat water conditions as the boats are designed to handle all sorts of environments.

The absence of lanes gives free reign to creative strategies and upfront duels with boat clashes, especially around the buoys, not uncommon. The need for strategy favours experience over athletic ability which can leave even the best flat-water rowers behind. The race distance varies depending on the course, but the heats are typically raced over 4000m with four buoyed turns and the finals raced over 6000m with four to five turns.

There are six boat classes – three each for men and women: single scull (or ‘solo’), double sculls and coxed quadruple sculls. The championships regularly attract competitors from more than 20 nations with France, Italy and Great Britain among the stronger coastal rowing nations. This year’s championships will go across the Atlantic and for the first time will be in Canada. The races will be held in Bazan Bay, Sidney with 4000m heats and 6000m finals races.



© Igor Meijer

# Filippi Spirit Award

The Filippi Spirit Award encapsulates rowing's core values of fairness, teamwork, inclusiveness, timeless and environmental awareness. It recognises the achievements of the next generation of rowers.

The award is open to university rowers worldwide and is given to the rower that best demonstrates the core values of rowing in his/her social, academic and sporting life.

Filippi Boats has been involved with the award since its inception. The university rowing club of the winner receives a custom-built, top-of-the-range Filippi eight racing shell. The boat recognises the winner's involvement in the club and is designed to help the club develop young rowers.

A call for nominations for the 2018 Filippi Spirit Award will open in September 2018. To qualify, the applicants must have attended university full time in the 2018 year and row regularly for a university club.

Filippi Lido S.R.L. (also known as Filippi Boats) is a rowing racing boat manufacturer based in Donorotico, Italy. Since 1980 Filippi has produced top Olympic-class rowing boats.

#### Previous winners:

2017 Micheen Thornycroft  
Human kinetics and ergonomics student from Zimbabwe, studying at Rhodes University, South Africa and Olympic rower.

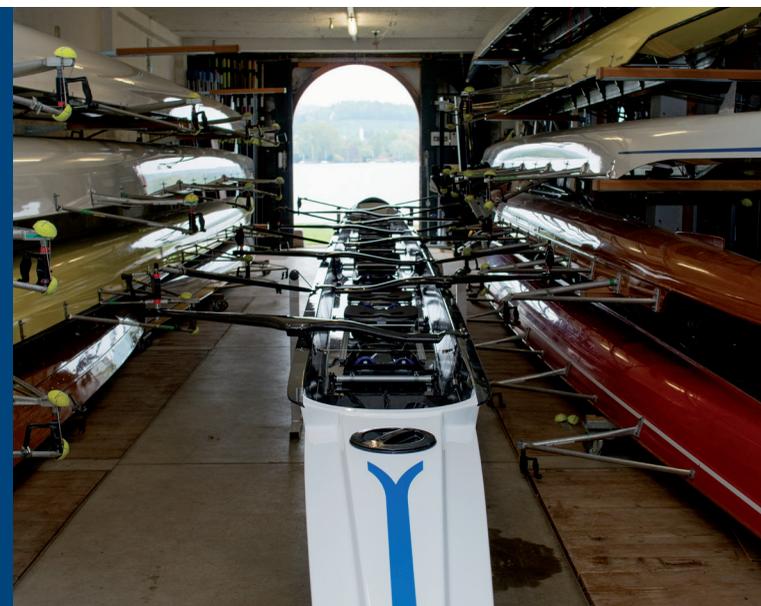
2016 Nils Jakob Hoff  
Medical student at the University of Bergen, Norway and Olympic rower.

2015 Kirsten Van Fossen  
American PhD student studying engineering at the University of Cambridge, GBR.

2014 Franz Gravenhourst  
German national team rower and PhD student at Swiss Institute of Technology in Zurich, SUI.

2013 James Cook  
British student-athlete studying mechanical engineering at the University College of London.

For more information go to [worldrowing.com/athletes/filippi-spirit-award](http://worldrowing.com/athletes/filippi-spirit-award)



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