



FOR IMMEDIATE RELEASE

## **TWO HENLEY GOLDS FOR WRC!**

*Winnipeg MB (August 11, 2009)* -- The Winnipeg Rowing Club brought home two gold medals from the 127<sup>th</sup> Royal Canadian Henley Regatta in St. Catharines, Ontario.

- **Claudia Blandford** won gold in the Under 23 Women's Single, marking the second Henley win for Claudia in her single after winning the same category last year.
- **Kevin Kowalyk** captured gold in the Senior Men's Dash, also the second Henley win for Kevin in his single, who won the Senior Men's category in 2007.

### **ABOUT THE HENLEY REGATTA**

The 127<sup>th</sup> Royal Canadian Henley Regatta took place this year from August 2-9. Since the "Henley" settled in St. Catharines in 1903, it has grown to become the largest sporting event of its kind in North America, representing the best in North American rowing. Each year, thousands of men and women from over 150 rowing clubs compete for coveted Henley Gold. More information is available about Henley at [www.henleyregatta.ca](http://www.henleyregatta.ca)

### **UPCOMING COMPETITIONS**

Next up for WRC athletes:

- Canada Games in Prince Edward Island (August 15-29)
- 106<sup>th</sup> NWIRA Championship Regatta in Lake Elmo, Minnesota (August 21-22)
- Two Rivers Regatta in Winnipeg (September 26)
- 2009 World Masters Games in Sydney, Australia (October 10-18)

-----

*At 128 years old, the Winnipeg Rowing Club is one of the oldest sporting organizations in Western Canada. It has been in operation since 1881, stopping only twice – during WWI and WWII. A long-time tenant of the banks of the Red River in downtown Winnipeg, the WRC survived the Northwest Rebellion of 1885, the General Strike of 1919, the Great Depression of the 1930's, the Great Flood of 1950, and the Flood of the Century in 1997. Over the years the clubhouse has been destroyed by fire, wind, and water, but has always managed to maintain its long and proud tradition. Today, the WRC is a non-profit organization with a rich and successful sporting history, fostering generations of camaraderie and friendships. Members range from 13 to 85, and the club offers programs for all skill levels.*

[www.winnipegrowingclub.ca](http://www.winnipegrowingclub.ca)