



FOR IMMEDIATE RELEASE

Canadian Masters Championship 2016: WINNIPEG ROWERS BRING HOME THE GOLD

Winnipeg MB (July 26, 2016) -- Despite extremely windy conditions on Regina's Wascana Lake, Winnipeg Rowing Club athletes pulled together at the 2016 Canadian Masters Championship to capture 14 first place finishes. The annual regatta drew competitors from Canadian and US rowing clubs, with close to 100 events taking place over two days of racing. Winnipeg sent 21 athletes, and the following crews brought home gold medals:

Womens Single – Sheila Wilson-Kowal
Mens Single – Andrew Lamont
Womens Pair – Kaelyn Gauthier, Casie Gauthier
Womens Double – Kaelyn Gauthier, Casie Gauthier
Womens Double – Friederike von Aweyden, Sheila Wilson-Kowal
Mens Double – Andrew Lamont, Jeffrey Reitberger
Mixed Double – Emily Erickson, Ryan Desilets
Womens Quad – Janine Stephens, Friederike von Aweyden, Sandra Kirby, Sheila Wilson-Kowal
Womens Quad – Janine Stephens, Kaelyn Gauthier, Casie Gauthier, Emily Erickson
Womens Four – Christina Blouw, Emily Erickson, Janine Stephens, Kaelyn Gauthier
Mens Quad – Andrew Lamont, Tom Pundyk, Satoru Nakagawa, Jeffrey Reitberger
Mixed Quad – Tom Pundyk, Elliot Garfinkle, Janine Stephens, Judy Baker (from Maple RC)
Mixed Quad – Christina Blouw, Eric Johnstone, Janine Stephens, Ryan Desilets
Mixed Quad – Friederike von Aweyden, Tracy Kowal, Satoru Nakagawa, Sheila Wilson-Kowal

*At **135 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 North-West 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 in age from early teens right up to the 80's, and the club offers programs for all skill levels. www.winnipegrowingclub.ca*

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CONTACT FOR MEDIA:

RoseAnna Schick, RAS Creative
Publicist for the Winnipeg Rowing Club
204-783-7600 / rascreative@yahoo.ca

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