



Members of Port Isaac Rowing Club were asked why they row ... here are some of their replies?

Gig rowing is a fantastic sport combining exercise, exhilaration and excitement. Rowing with Port Isaac combines the best of fun and friendship with fantastic folk. One of my highlights was competing in the 21 mile river marathon, the Great London River Race. We took 3 crews all dressed as Cornish Choughs and had a fantastic time. We raise money for lovely charities and are grateful for the long-term support of Sharps Brewery. Sue Hanford

People row for a variety of reasons but the common thread that binds us all is friendship and camaraderie. It's a tough, hard sport which pits your wits and skill against the sea which is rough and unpredictable. However when you know that you have five other women rowing their guts out in your team and a cox who has faith in you as a crew you feel like you could conquer the world!!! Caroline Cleave

It started on a charity row for Homeless International and I got hooked! Rowing takes away the stresses and strains of the day and is such a good physical workout as well. Pip Mayland

Fitness, friends, freedom, fresh air and fun are the reasons why I row. Shell Pavey

I joined the rowing club in after witnessing Port Isaac's first ever regatta, from the cliffs 25yrs ago. Saying 'I would like to give that a go', I joined the next year in 1992 and I am still rowing today. Rowing keeps me fit, while enjoying the most beautiful views of Cornish coastline. I never tire from ever changing colours of the sea against the landscape. The sunsets and the sunrises. We also get close to the wildlife, so many different birds, seals, dolphins, sunfish, and I have seen a basking shark swim underneath us, it was almost as long as the gigs 32ft length.

Rowing uses all the muscles in the body and focus the mind on just the rowing, especially in more challenging sea which we love. Rowing is never boring. No matter how many years experience I have, there are always things to improve on. Different styles of rowing have been introduced over the years, which we try to perfect and strive to get the gig to run faster and faster. Racing is thrilling, it is one of the best team sports I have ever done.

I have visited loads of places in Cornwall and beyond, some of which, I would have never seen if had not joined the rowing club. Plus I have made so many awesome friends with whom I have had some amazing experiences. Rowing in the Scillies is always one of the highlights but we do other things together too. I have done the London river race many times and the trip to France was also a great experience. We also go on picnic rows and swim, kayak trips, cycle rides and hiking trips and go apple picking within a 10 mile radius of the village. We then take them to Haywood cider farm for pressing producing a batch of cider we named the 'Giggler'.

We row hard and play hard. All in all we all just have such a good time. I just love it. Sheelagh Driscoll

"I row because it's good for the soul!" Emma Miller

I row to keep fit and I love being out on the sea. I love to race and enjoy the buzz of a competition but best of all nothing beats rowing out of Port Isaac in the company of my friends. Gail Morwood

PoemWhy I row

Salty breeze coats my lips
And crispy seaweed air enters deep into
my lungs. Chatter and laughter,
carefree
We pull and tug, and launch Her out to
sea.

Rythmically we glide through the water
And human voices are replaced by
nature's, Glass green water laps against
and caresses Her. Absolute freedom.
Absolute peace.

The stroke increases, my heart's stroke
follows
And I feel strong. I have purpose.
We are a team, together working as one
Slipping through the water to our finish.

Task completed. We exchange glances
Of exhaustion, fulfilment, happiness,
Absorbing the achievement and sharing
the moment with friends. Good friends.

Jo Harris