



Walford successful rowers (front row) Sophie, Tessa and Ella, all 17, (middle) Rosie, 15, Sophie, 16, Ruby, 16, (back) Hannah, 17, Fleur, 16, and Lucy, 16.

Picture: SIMON CROSS

## An oarsome feeling

WINNING at Adelaide's biggest school rowing competition has become a habit for two eastern schools.

For the fifth consecutive time, the Walford Anglican School for Girls team claimed the Florence Eaton trophy at the annual Head of the River rowing regatta.

Rowing captain Matilda Nugent says the team is "on a massive high" after the race, but celebrated quietly.

"We are trained to keep our thoughts very focused and in the moment," Matilda, 17, says.

"We try not to focus on winning, or the competition and just visualise the process of what it takes to row a

good race and then apply it."

Rowing co-ordinator Julie Munt says the school encourages humility.

Prince Alfred boys won their third consecutive regatta to take home the Gosse Shield. Rowing coach Andrew Randell says the team was relieved to win after some students fell ill leading up to the event.

The St Peter's Girls Year 9 team won the second division race in only its second Head of the River.

Other local schools to take part were Loreto College, Norwood Morialta High School, Seymour College, St Peter's College, Unley High School and Pembroke.