

Golden girls loving new home

Danielle Jarvis

296 words

2 November 2017

Penrith Press

Australia's top female rowers celebrate official opening of their new training centre

It was a star-studded crowd at the official unveiling of the new Hancock Prospecting National Women's Training Centre in Jamisontown on Saturday.

Australian rowing's biggest names - including champion athletes, politicians and Rowing Australia patron Gina Rinehart - stood on the banks of the Nepean River to witness the opening of the \$2m facility.

The state-of-the-art centre boasts a boat shed, a full rowing fleet and strength and conditioning facilities. It is designed to house up to 25 of Australia's best rowers.

Women's Four World champion Lucy Stephan said her team enjoyed training on the Nepean.

"It's awesome to be moving into our own dedicated facility here in Penrith," Ms Stephan said. "We really enjoy training on the Nepean River, it provides us with some of the best long distance training water in the country and we're so excited to now be training out at the centre full-time." Senior women's coach Tom Westgarth said the teams training on the Nepean had already proven beneficial.

"We have trained here for a complete season ... getting all our best athletes together and training in a competitive environment day-to-day and pushing each other to be as good as they can possibly be," Westgarth said.

"(It) has fantastic water quality, a really good training environment." Rowing Australia president Rob Scott thanked Ms Rinehart for her ongoing financial support and the Nepean Rowing Club for accommodating the athletes while the facility was built. Sports Minister Stuart Ayres said: "This new purpose-built high performance facility means gold medal success at the Tokyo 2020 Olympic Games is within our grasp."