

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

Captain's Report by Angela Hook

What's happened at the club in the last 3 months? Lots of everyday, seasonal things:

- Evening rowing sessions have started again for the senior rowers (excellent for reducing work stress)
- More knobbly knees and lily-white arms are being shown during sessions and not so many layers of clothing are required
- There's more goose poo on the jetty every Saturday morning

On a grander scale, the juniors had an excellent day at the Ball Cup on the Eton Dorney rowing lake. They were fabulous in both a rowing and a non-rowing sense and there's a match report on the website that you can read to find out all about it.

Last weekend we went on our annual pilgrimage to Peterborough. We had a good day; the weather was sunny and calm, the atmosphere was good, the company was excellent ... but we weren't winning any pots. Until Daisy and Becky took part in the very last race of the day at 18:52 precisely, that is! There was still plenty of support from Oundle members who had stayed until the bitter end. We are really are the best (loudest) supporters. It was close call, but the girls pulled it off and came home with first place. They could hardly walk and couldn't talk afterwards, but they won! It was a great effort. As I write this, Zoe is collating the match report.

Learn to Row sessions are taking place again thanks to Simon and lots of volunteers. New members are joining the club as a result and we welcome you.

June 2018 Edition

We now look forward to the Club Regatta on the 30th June. I really hope you can all come along. Sign up at the club or email me. After that, it will be St Neots on the weekend of the 28th/29th July.

Many thanks, to those of you who took the time to participate in the Club Survey. The results were as we hoped, with most respondents being satisfied or better with the opportunities we offer. The key issue raised and the biggest discussion at last night's committee meeting was around coaching and ideas for maintaining and improving the offering. We will be putting our thoughts together on this in a separate communication. The report on the Survey can be found on the Members' Area of the website. Suggestions are welcome at all times, so don't wait for the next survey. Talk to us at any time.

Thank you also, if you have helped with the running of the club, in whatever way. We couldn't do it without you. Please keep contributing.

See you at the Club Regatta.

<http://oundletownrowing.co.uk/otrc-survey-analysis>

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Chairman's update

Firstly my thanks to all of you who completed our survey. At a recent committee meeting we were heartened by the fact that an overwhelming proportion of respondents felt that our intention to 'foster enjoyment and talent in sculling and rowing' was both appropriate and being relatively well met. A key 'pinch point' in terms of our resources was confirmed as the availability of coaches. We are looking at way to recruit more coaches and / or safety launch drivers you don't need to be highly qualified or an experienced rower and training is available. It would also be good to see experienced crew members guesting as coaches at some of the other sessions in order to spread the expertise.

We have always organised our crews around an equality of aspiration. There are other rowing clubs where members can compete [usually on a Concept 2 rowing machine !] for places but we have always felt that a critical part of the OTRC spirit is in the crew organisation. Open honest conversations about availability, commitment and aspiration are therefore fundamental as the coaches and Captain will seek to settle on like minded crews.

We also recognise that if we are to continue to improve then we might well need , at our AGM in November, to recruit a Junior Coordinator again, in order to oversee the excellent work of the junior section and those members who join from the Learn to Row programme. At the AGM there will also be a vacancy for Vice Chairman. The idea behind this is that someone can work alongside me for a year or two and then take on the marvellously rewarding role of Chairman in due course. These posts will be by open nomination and voting where necessary to maintain transparency.

Finally, in pursuit of transparency we agreed to take to the AGM a proposal adopt the standard British Rowing constitution, Code of Conduct and Grievance / Complaint policies. They can be found at <https://www.britishrowing.org/knowledge/club-support/managing-your-club/governance/>

In fact there is very little difference between these documents and our 'old' Amateur Rowing Association documents. I would particularly draw your attention to the fact that any complaint or grievance, if it can't be sorted out between the individuals concerned should come in writing [e mail is fine] to me as Chairman. It is a great testament to our club that I have had only 2 of these in 18 years !

Wishing you a great summer on and off the water
Alan



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Sailing Boat Invades Rowing Club



There's a sailing boat in the car park. We think it's been abandoned. It needs to go. It's in the way and it's starting to rot. If it belongs to you come and claim it. If it's not claimed by the end of June, the committee will get rid of it, as it sees fit.



Hi folks, don't forget.....

OTRC Regatta Saturday 30th June 2018 from
2pm

OTRC Social Saturday 30th June 2018 from 5pm



Wanted

Mechanically minded person or persons to look after the club's indoor rowing machines

No specific experience necessary
No references required

Excellent facilities available (use of club machines)
Very rewarding role (club members' gratitude & job satisfaction)

If you're interested please contact Philip in the first instance: philipchandler@ymail.com

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Peterborough Regatta - one more match report **Jon** and Nick Masters E2X.

The Masters E 2X was a popular event with two full heats, the first two from each heat through to the final. It appeared to be a strong field, with 3 crews from Peterborough and a very fast crew from Star who we had seen before. So we would have to row twice if we wanted to trouble the engravers.

We arrived early so that we could get a nice long warm up paddle on the river, to blow away the cobwebs and give ourselves the best chance of a good race.

Peterborough being Nick's old club, the main priority was to beat his old friends who were in our half of the draw, along with Maidstone Invicta and Sudbury.

We lined up on the stake boats in lane 1 with Nick's old club mates over in lane 4. Sudbury in lane 2 had been talking themselves down as we waited, telling us this was their first race together. No doubt they were playing the psychological card, as at go they produced a blistering start and pulled out into an early lead.

It has to be said that we did not have the cleanest of starts, but we pulled through and settled into a good rhythm. It soon became apparent that it was going to be a three horse race as we left Maidstone Invicta behind, with us just in third to Peterborough by about half a length.

But Nick had a plan, at the drain which I'm informed is about 10 strokes before the 750m mark we began our push for the finish. Slowly but surely we pulled through Peterborough and were closing down Sudbury, then we were neck a neck and we crossed the line. As I had my head in the boat I didn't know we had squeezed in front to win the heat by 0.4 sec until we got to the landing stage. We had made the final.

So to the final, as expected Star had won their heat easily with Champions of the Thames coming in second, to join Sudbury and us in the final.

Hence we were not expecting to trouble the engravers as we had to be realistic, we were not going to beat Star.

In fact the final was a little disappointing, as we did not row as well as we had done in the heat, producing a slower time, which meant we came in fourth, or is that last! whereas Star took 12seconds off their time from the heat to win in an impressive 3:44mins.

Though our row in the final was disappointing, we were still pleased with our days efforts as we had won the local Derby, Nick had bragging rights over his old friends from Peterborough!! and there is always next time.

LEARN TO ROW COURSE

We are running a further learn to row course for a group of adults and would be grateful if anyone can give up a Saturday afternoon (2.30-4.30pm) to help.

Ideally we'd like 4 people to help each week, for launch driving, rope holding, 2nd seat in explore double, coxing etc.

Actual dates are:- June 6th, 23rd & July 7th, 14th, 21st

Please let Simon know if you can help - simonmurray36@gmail.com

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Distance - By Claire Izod

How many times have you planned to practice a 500 / 1000 metre piece and got the distance wrong?

Well no more, thanks to Joe Pendred who had the solution and made the new [easy to read!] distance markers!

The plan was to install these about 9 months ago but first, there was too much holiday and not enough time, then permission and advice from other members was sought, then too much rain, too much snow, too much cold, too much river, too much 'fast stream', too much wind and then.....one day about a month ago, Joe, Conor, Claire, Fiona and Hugh spent a happy four hours distributing kit, digging, placing posts and fixing the signs on a lovely, lovely sunny day....dare I mention though, it was actually too hot!! [27 degrees C]

The best part was that Hugh and Fiona paddled up and down the river in their Kayak supplying the team with [sun tan lotion] chocolate cake and lashings of [chilled] Ginger Beer! A sort of meals on wheel of the river kind! They also did their fair share of digging too.

Thanks go to all the people who had previously volunteered to put the posts in on the days it was postponed, Jo M for gaining permission from the land owners to dig holes in their land, John M for provided advice on the placement, Philip with advice on who we needed to get involved, Dick, for the 'how to do it safely' instruction, but mainly to Donna Pickles for kindly providing some very sturdy posts, Claire's father for painting them, Joe for making and supplying the signs, and of course the 'Famous Five' for their work on the day.

For those of you with a GPS, the markers are almost accurate, we used Joe's GPS, but we decided we were not too keen to alight on a sheer bank face, or work in a bed of nettles and thistles with shorts on!....so a couple will be a metre or two out...but at last you will be timing yourselves again a constant point of reference!

Happy rowing!



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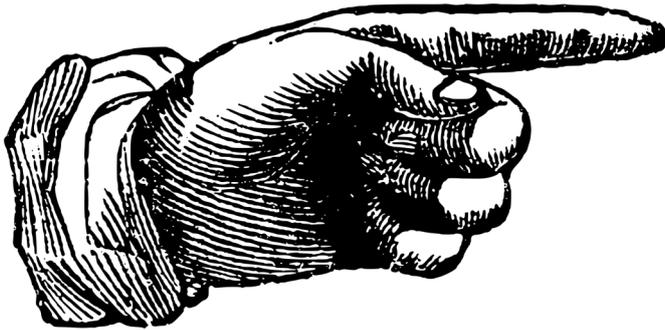
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Please Notice This



Find us on
Facebook

OTRC now has a new facebook page - get involved and share the love

www.facebook.com/OundleTownRowing



Instagram

On Instagram?

Join the banter at
[@oundletownrowingclub](https://www.instagram.com/oundletownrowingclub) tag
your posts with
[@oundletownrowingclub](https://www.instagram.com/oundletownrowingclub)

Goodbye to Jonny
Sampson who's
moving back to
Manchester - best of
luck Jonny

Goodbye to Becky Smith (Junior) who leaves for an exciting year in Australia on July 14th.

Becky has been a stalwart member of the club for years, as a junior and now as a senior rower. We wish Becky all the best for her year down under.

Becky, you'll be missed by us all. Thank you for being a fantastic OTRC member.

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Inter-Club Bowls Match – 20th May 2018 - By Paul Pearson

I was approached by Angela about leading the OTRC in the inaugural Inter-Club Bowls match. Her rationale was that I have already been playing bowls since August last year, so by default the job was mine! I sent an email to various members I thought might be interested, and spoke to a few people on Saturday morning: yes, we could get a team of four together - actually, we could get two teams of four together. So we went for it!

The first problem to address was whether any of us could actually launch a bowl and get it anywhere in the vague direction of the jack. Quite tricky, actually! So I arranged a sneaky practice down at the Club on the Wednesday evening of the week before and got most of the team members to attend. It proceeded well, and I was all prepared to pack up after four ends, the basics being in hand. However, I was surprised by the enthusiasm of the team member's who wanted to stop and practise, so overall we completed eight ends.

The day itself arrived. We turned up and eyed the competition: various teams from Oundle Bowling Club, two teams from the Football Club, and one team each from the Tennis, Cricket and Triathlon Clubs. We played four ends in Round 1, swapped teams, and eventually played five rounds. The weather was hot, but there was plenty of sun cream provided! The Oundle Bowls Club teams had a suitable handicap applied to them, which meant they could not win – just being polite to the visitors!

Congratulations to all team members for participating in the event. Everyone got even better as the day wore on, and we got more used to the bowls. In the end, the pre-match practice paid off, and Debbie, Dick, Simon and myself emerged victorious, so the honour of the Rowing Club was upheld!



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Sir David Attenborough's Blue Planet II series was the catalyst for the surge of interest in plastic and its impact on the environment.

Sarahjane Widdowson explains more

As rowers, we use plastics in a variety of ways from the water bottle tucked into the back of our lycra, to the packs of pasta we hungrily consume after a long outing. Unfortunately, if not managed carefully, these materials can harm the environment.

What's the issue?

Plastic is a wonder material that has completely revolutionised the way we buy and consume food and drinks, in particular. It has many environmental benefits including keeping food fresher for longer. However, the rate at which we consume single-use plastic items such as bottles, food packaging, carrier bags, plastic straws and our lack of management means that these are causing significant harm to our environment.

More than 90% of marine-based plastics come from land sources. Every day, approximately eight million pieces of plastic pollution find their way into the ocean. When your plastic bottle accidentally falls into the water it's contributing to this pollution.

Every little helps – don't underestimate the impact of your actions, however small.

What can we do?

- Use a refillable bottle instead of buying single-use plastic bottles.
 - Try to cut down on the amount of single-use plastic you buy for your post-outing refuel. Bring food from home and cook together as a squad or club.
- Smelly kit? Invest in a dry bag instead of using multiple single-use plastic bags.

What can our rowing clubs do?

- Think about what you buy for use in the club. Can you use metal cutlery instead of plastic? Make sure you have recycling facilities on site and have a regular litter pick.

Races and regattas

- Provide recycling facilities on site that are clearly signed and access to water for participants to refill their bottles.
- Why not include a pledge as part of the entry form? Request that visiting crews recycle and don't leave any litter.

Sarahjane Widdowson is a member of [Putney Town Rowing Club](#), a trustee for [WasteAid UK](#) and an environmental consultant for [Ricardo Energy & Environment](#).

WasteAid UK is organising a sponsored walk on Saturday 23 June from Putney Bridge to Tower Bridge to help raise money to prevent plastic pollution.

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OTRC does Henley ... By Alan McMurdo

OTRC at Henley Royal ?...Well....not quite....May 18th...a few weeks early but tucked in there at 3 amongst a bunch of very old folk is your intrepid Chairman....at a 40 year anniversary celebration to mark Bangor University's short lived appearance in the Ladies' Plate at Henley.

Despite appearances and an attendance rate to the contrary your beloved chairman was amongst the fittest there and could only boast man-flu up against the likes of angina [acute], fused vertebrae, kidney transplants and half lung stuff....Apparently there's nothing like the world of elite sports to put you in touch with your own mortality !!

So let that be a lesson...clean living won't necessarily make you live longer...it will just feel that way...



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Leicester Regatta 22nd April - Masters E/F 2x Nick & **Bish**

It's many years since I have attended this event and the environment has changed for the better.

In my days attending Leicester Polytechnic this once run down almost derelict area has been rejuvenated by the now Demontford University and is almost pleasant.

We knew that there were two top quality crews who had entered this event, but we had a good quality race and performed well against a strong Newark/Hollingworth Lake crew.

Following our long layoff due to weather condition this was one of our better races but was beaten by a well-practiced top-notch crew. They were, we understand beaten by a crew from Star Club in the final. We lost by 2 to 3 lengths so were beaten and not thrashed!!

