

# OTRC Match Report

## Bedford Saturday 18th November 2018

### Race organiser Daisy's race preamble;

I would like to say well done to all the crews today, especially to Keely and Nick who won in their double.

Another thing would be thank you to Simon, Dick, Angela, Paul, Nick and Peter for helping me with organising the event, you were amazing help and really appreciate, with a special mention to Jenny, who helped on the day even as she wasn't racing.

WELL DONE DAISY - GREAT JOB



Mix Mas C 2x **Keely** & Nick **WINNERS!!!!**

Attempting to follow the club motto as closely as possible we decided that training as a crew was entirely optional – planned outings since Milton Keynes had not happened so we thought that we would give it a go and see what happened.

The mixed masters C double was the only mixed event throughout the whole day so we were lucky that there was some oppo. Who, interestingly were the boat directly ahead of us so we could keep an eye on them – no pressure!

Giving them plenty of space at the start after a discussion that we didn't want to overtake them before the town bridge (bow didn't think that this would happen at all), we started at brisk pace – readers who know us will not be surprised. Somehow, we kept to the line decided on in advance and we managed to overtake the opposition at the bridge going through a different arch and carried on working hard and crossed the finish line without crashing into anything!

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**Hugh** and Phil Vet E double time 08.24

Our first Double Act for several years and it felt good, lovely weather, but with a stiff breeze in the middle section of the race. Almost perfect steering by Phil who can still see into the middle distance without glasses and has enough rotational movement in his neck to spot approaching obstacles. A rating of 29/30 down the course and a check that was 1 over for the first quarter of the race and 4 under at the finish - a thoroughly enjoyable row....and we didn't even hit any swans....but a disappointing time ... Bedford Star did it in 07.53 and even Gary beat us ... so what went wrong!!?...more coaching required, I think ...we'll be back!

W.J17.2x Laura and **Erin**

Unlike the last Bedford race the sun decided to join us this time. We got our boat rigged then boated early so we had time at the start to go through our race plan again and relax with some of Laura's breathing exercises.

Soon enough we began and pushed hard, catching up with the boat in front. Just before Star boat house, we overtook them but were nearly pushed into the island and the rating dropped a bit. We kept strong and long, but after steering through the town bridge the coach of the boat chasing us started shouting at us to move out of their way, even though they were still 2 or 3 lengths away. Laura very helpfully called to keep focused and push off them. However, their many hours of training got the better of us and they caught up. Despite giving them plenty of room, both the coach and them kept very angrily shouting at us to 'MOVE!!!!!!' We kept pushing hard and eventually reached the finish.

Overall, despite the distractions of other boats, we felt we kept the rating higher than last time and were also a lot more tired. When we got the time, however, we were quite disappointed as we went nearly 20 seconds slower than last time. The boat that won got the same time we got last time, so we came to the conclusion that there was a VERY VERY strong headwind! For our next race we feel like we have a lot of work to do as last year our times were quite a lot quicker.

Well done to the winning crews and thank you so much for everyone's help, especially Daisy for organising the event :)

Womens 4X- **Emma S**, Charlotte, Chloe and Daisy

So as our last race as a crew we wanted it to be a good one. We have had some awful (and I mean AWFUL) training sessions but it felt on Saturday like it had come together. The start and the finish were great...the middle decided to be a bit wobbly and scrappy but as there was a J16 girls quad catching us we couldn't get overtaken by them could we?! We definitely (well I certainly did) put that last bit of oomph in to stop them from overtaking in the last 100m. Unfortunately our time wasn't the best and we didn't win a Christmas tree decoration this year. Hopefully the new year will bring new things!





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## J15 2x Jacob and Will

We dropped the boat into the water and began to prepare for the race we were about to do. In the nice weather, we paced up to the start planning on how we were going to row our race. We could see other racers rowing behind us and we began to get a bit nervous yet we felt a bit of confidence between us from practice. After waiting at the start for a while, we took off our jumpers and sat in the chilly wind just waiting for the call to go. Soon after, we were off! With the sun in our eyes we pushed through the course. And before we knew it, it was over and we had finished with a decent time. We got out of the boat and got back to the trailer, looking forward to the eventful journey home!!

## W.J17.1x **Erin**

Let's just say that this race didn't go too well! Within a few strokes of rowing to the start I realised that my feet were in the wrong place and with 909 having a very annoying footplate that you adjust from the outside of the boat, I had to back into the bank.

Once I had rowed down I had a very long wait at the start being the last but a few boats. Eventually I began and started pushing hard. I tried really hard to keep a higher rating than last time but every time I steered or lost the balance of the boat, it dropped, and I found it hard to get back.

After I got through the town bridge there was a very large flock of birds but I went with just keep rowing hard and they will be clever enough not to stay in the way of a moving boat- however this was not the case and I managed to hit a seagull with my oar. I felt really bad and after this it just went downhill. My rate meter then somehow fell out of the boat, so I had to stop rowing. Once I got back to firm pressure, I kept pushing as hard as I could and was very glad to finish! Somehow despite the very disastrous race, I managed not to come last!

Thank you to everyone's help and well done to the winning crews :)

## W4x+ Alice, Kat, **Liz**, Alin and Cox Daisy

Our fledgling crew, almost 'scratch', just newly amalgamated only the day before, was optimistic about the glorious sunshine forecast. We were not disappointed. Our first dry race. Hooray! Daisy kindly agreed to cox our, at times, chattersome bunch and kept us finely in order.

Within an underage category for three of us, although ambitious, we were looking forward to a good row with a boat that 'sat' well. Alice, as stroke, set a great pace and Kat, Alin and myself all endeavoured to maintain our timing. When we heard 'almost half way', I have to admit a few less lady-like words were expelled and we continued determined and as best as we could, well-encouraged and steered by our cox.

We were happy with our result, slashing the previous Bedford time by at least 45 seconds. Also officially claiming second place (OK..from 2 boats). There is hope yet for the newbies.

Thanks go to Daisy, our coaches, Simon, Nick, Angela, Paul on the many unexpected crew changes and everyone else who patiently supported and rowed with us. We had a great time and well done to the other crews.



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## Masters E Quad - Winners

Peter D, Peter C, **Nick H**, Jon H

Well the Masters E Quad 'the old fellas' have been training hard for this 'Bedford Star Head' event, keen training and eager fitness regime and suitably fired up to put on a good show, it was a cold but sunny Sunday and all is good and all are in good chatty mood.

The boat was prepared and even more talk of we're going to do well and its only the 'Star Club quad' that we have to look out for and they are going to be hard to beat. With that we marched on to our boat-ing area and got afloat quickly, well i can tell you that right from the first stroke we knew things were good, nice and level with good timing and calm motion all the way up river to the start.

It wasn't long before we turned the boat in preparation for the starting order and then made our way down stream under the railway bridges with a few more strokes towards the start then before we realised we're given the shout 'Oundle GO' we're off to a good sprite pace and all calm and working hard, I counted all the strokes and I shouted push on every 28 strokes (that's every 250 meters) and each time we surged on, we're on form and the boat is running fast and well, we came up to the Town bridge and with perfect steering by Jon we are through, now its half way, we have a further big push and the rating and pace remain good, so we all squeezed out everything we had to this last dash, under the two butterfly bridges all without any fade or shipwrecks and then with a final push, push, push it was a huge relief when we got the finishing line and that beep, its all over and we're exhausted but beaming with it all, we hoped we had done enough.

The final result came in later that evening we had in fact won with a time of 7.42 yep we beat the Star Club Masters Quad on their home river by a massive 43 seconds, well that's a result to be proud of!



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## December Newsletter

Would you like to submit an article, a story, training guidance, photo, drawing, poem, joke, advert or words of wisdom for the next newsletter?

Please submit to [zoesmeeth@hotmail.co.uk](mailto:zoesmeeth@hotmail.co.uk) by

**Friday 3rd December 2018**