

# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

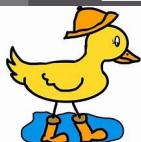


# OTRC Newsletter Spring Edition 2019

The OTRC Spirit - April 2019



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## Captains Report By Angela Hook

The worst of the dark nights and cold days are hopefully now over, as the clocks have gone forward and we move towards summer. Hurray! The adults in the club are already enjoying a release from the agony of the ergo and making the most of pleasant evenings on the River Nene (as long as they turn up on time!) and juniors have been offered a second row at the weekend.

Since the last (Christmas) newsletter, we have:

- Competed at Northampton with one crew returning as winners (WMas E 4x-)
- Not competed at Doncaster, as planned, as many people abandoned rowing for the ski slopes and other more exotic pastimes. And then it was cancelled after all – one of the bad weather weekends!
- Partaken of new, muddy experiences at Hollowell in their invitation event on the reservoir. It was great fun. Erin & Kaura were prize-winning, fastest ladies crew of the day.
- Competed in our own Club Head, which was a very pleasant and sociable day. Thanks to everyone who helped with the organisation.
- Prepared for the Women's Head of the River Race. Sadly, our young ladies' Eight practised for months only for the race to be cancelled with days to go due to bad weather. They looked pretty good though.

So a combination of familiar and new experiences has kept us busy and we are off to Abingdon, where we haven't competed for quite a few years, as I write this. You'll have to read the match report on that one!

Elsewhere in the club, the committee and the building subcommittee have met several times to discuss the next steps for clubhouse development, as we find ourselves stuck in a bit of a trough between funding, meeting building regulations and a lack of in-house expertise in spite of willingness and enthusiasm. The committee has voted to spend some money on obtaining the expertise needed to help us move forward to achieve a building that is safe, compliant and practical for us all to use. John Bishop has volunteered his knowledge and time (thanks John) and the status now is:

- Paul Bancroft Architects have been appointed to apply for retrospective Building Regulation approval for work carried out to our boat house so far and then apply for approval for work required to complete the project.
- A survey of the existing building was carried out at the beginning of April and once drawn up will be passed to structural engineers to produce calculations for the Building Regulation application.

It's the time of year when we run courses to initiate new members into the Dark Arts of Rowing, both in the adult and junior sections of the club. Please read Simon's report for more details on what has already been a very successful undertaking. Thanks, Simon.

Our Sunday recreational rowers are enjoying a bit more help with their sessions than in the past, thanks to people signing up to assist via our website. Ian has done a fantastic job with both the layout and the content of the website. Take a look some time and see how good it is. See Marion's report for details on the benefits of helping on Sunday and how to sign up.

It's good to see the youngsters in the club taking on key roles in the club and making significant contributions, particularly Emma and Daisy. It's never too soon for the 'old guard' to be challenged. It keeps everything fresh and up to date.

And on that note, I would like to make it known that I will be stepping down as Captain at the AGM in June (see Alan's article for details of the AGM, etc.) and so the club will be looking for a new Captain, as well as people to fill other positions in the club. If you think you would be interested in taking on the Captaincy, or any other role (even if the role doesn't exist yet!), please feel free to come and have chat, ask questions, make suggestions or just put your name forward. That AGM in June is not very far away!



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## LEARN TO ROW

Plans for the forthcoming learn to row courses are now taking shape. We have had two highly successful taster sessions, with more than 10 adults and juniors in each session. Thanks to members' efforts, all those taking part enjoyed themselves, and tea and cake was (were?) provided. A brilliant example of the famous "OTRC spirit" in action. Many thanks to all those who helped with the two sessions. All eight juniors who took part have signed up for a full course, and so far three of the adults have confirmed.

The first course for juniors will run during the session 4 on Saturday afternoons from 27th April - 1st June. Help is always needed for these sessions; thank you to everyone who has already volunteered. If you can give up an afternoon to help with the course then please contact simon (simonmurray36@gmail.com).

As well as adult beginners we also have folk returning to rowing after several years away from the sport. An adult course will run during the Tuesday evening session from 30th April. Again, help is needed for this course; ideally from the Tuesday evening rowers themselves. So again, if you can volunteer for the occasional evening session that will be most welcome and please let simon know.

These courses are an excellent way to bring new members into the club and the welcome these new rowers receive is always much appreciated. Thank you again to all those who help.

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## AGM

We are delighted to let you know that our 20<sup>th</sup> AGM will be held on the 28<sup>th</sup> June at Oundle Primary school on Cotterstock road. No bar but meeting 7.30 to 9 should allow bar time at the George!

There will be a bar open from around 7.15 and we shall start the meeting at 7.30. It will finish by 9pm.

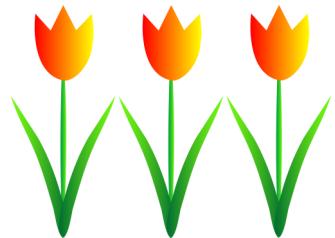
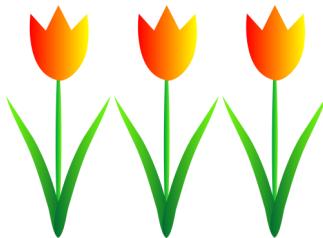
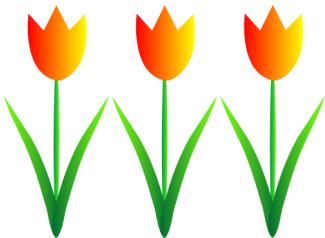
In amongst electing officers, evaluating our new structure and setting fees for next year [from this coming September] we will get an update about the boat house development and the rowing programme from September as well.

Thank you for your feedback regarding the new structure and arrangements through the year.

The three year 'limit' on a term of office was not seen as an immovable rule but rather a way on ensuring that there is sufficient turnover to allow new folk into the committee or into non-committee roles that might play to their strengths and be of interest.

Best wishes

Alan McMurdo [Chairman OTRC]



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## Ten tips for a safe and successful regatta season, by Jo

### ONE

Check out the regatta dates and plan your racing calendar according to crew availability. Don't forget to look at when the school holidays fall. Lots of juniors (and their parents) forget they have booked holidays.

### TWO

Ensure you have enough kit. Remember if you are doubling up on boats or oars that crews may get through several heats.

### THREE

Plan a pre-season maintenance day to check that kit will pass scrutinizing. Cake and flapjacks will help keep the numbers up!

Check that the odd bits of string used as heel restraints are replaced with the correct materials; that odd bits of sticky/insulating tape are removed and that hull/canvasses are properly repaired. The bow ball should be taken off and the bows of the boat should be checked for damage before correctly fixing a new bow ball. However, a once a year maintenance check is not enough! Regular checks are vital and should be done, ideally, before and after every outing.

### FOUR

Both the towing vehicle and the trailer must be legal and roadworthy. Check lights, trailer-boards, tyres, and insurance (vehicle and driver.) If you have to borrow a trailer and/or kit check you are insured for use and transportation. Remember the side walls of the trailer tyres often perish before the tread goes.

### FIVE

Before each event, all coaches, coxes and oarsmen should be reminded to arrive in time to register, to collect their numbers, to rig their own boats and row up to the start – rather than just turning up at their race time. Additionally all coaches should forward a copy of all regatta/event documentation to coxswains and ensure they take the necessary actions regarding registering, weighing in, rigging boats and affixing numbers to the boats.

### SIX

Make sure that coxes remember to charge the cox boxes and bring them with them. They should get weighed and wear their number in plenty of time.

### SEVEN

Club colours for racing (or at least matching tops) will be required. Pack sun cream or waterproofs depending on the forecast!

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## EIGHT

All racers should have valid licences for British Rowing events. Crews must be entered into the correct categories (age, status etc.) – remember to aim up to the category in which you aim to be competitive!

## NINE

Don't forget you need your licences with you to confirm the entry at check-in and to collect your pots!

## TEN

Ensure you have a trailer loading plan printed off so that crews know how and when they are expected to de-rig and re-load boats. Also ensure they are available to re-rig after the event so other club members can use the kit.

## FINALLY...

Arrange which pub you are meeting in to wet your pots and have your excuses at the ready. At OTRC, we award 'The Blazer of Shame' for any howlers that we feel should be made public.



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## Sunday Session

It has never been easier to volunteer for Sunday mornings!

At the bottom of website you might have noticed a section called Current Volunteer Opportunities. Simply click on the month you are interested in and a list of available dates appears. One more click on your chosen date and that's all there is to it. You will receive a confirmation email and a reminder a few days before your chosen date. If you cannot see the month you are interested in, a full list can be accessed from any month by clicking on 'View all Sign-up Sheets'. Many thanks to Ian Bradshaw for setting this up.

The benefits of Sunday volunteering are many and when I think I've found them all, someone comes up with another one! Previous volunteers have enjoyed:

Meeting the Sunday rowers and working with some of the adaptive members of the club;

Seeing the sights along the river rather than concentrating on rowing;

Taking part in the setting up or clearing away that they're not always involved with on Saturdays;

The relaxed pace and laid back atmosphere where everybody pitches in to make sure everyone has a good time.

If you have any questions about the Sunday session, feel free to email me on [marionf@hotmail.co.uk](mailto:marionf@hotmail.co.uk).

We look forward to seeing you soon!

Marion



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## Rescuing a sheep

At this evenings training session; while rowing up river (two boats) we noticed a sheep in the river, it was at a point of a steep bank, and the sheep was over half submerged & desperate, plus to make it worse it was trapped under an overhanging tree.

It looked like it had fallen in and had been stuck in the river for a long while, so determined Daisy, got out of her single scull first and then I just had to help and out of my double (rowing with Keely) so with Kelly's assistance of steadyng the boat and giving her orders!! - well I must say getting out of a boat at this point by a steep bank with loads of river reeds and overhanging trees - believe me that's just not easy!

Daisy got to the sheep first but couldn't pull the sheep out, as the sheep was too exhausted to help it's self, plus being stuck in mud and sodden wet - I went to help and got right behind it, the sheep looked terrified!! and together Daisy and I eventually, with a lot of determined effort, we shoved the poor sheep out of the river and then up that steep bank.

Then the funny thing is that the sheep ran away only a few meters then stopped looked at us a gave a big baaar as to say thank you !!!

Well it pleased us no end!

Then we had the fun on getting back into our respective boas, Daisy held my oar as I did my trick of walking along the oar and then successfully, some how, I got back into the boat without getting in the river!

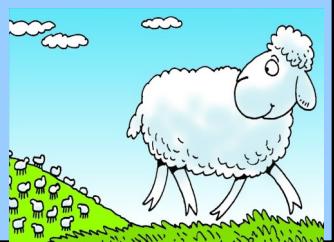
Daisy managed to get back into her single also, as I was back in the double with Keelys help and we together propped up Daisy's single boat with our oars steadyng it as she got in - well it worked.

We then rowed away with great smiles on our faces 😊

.... All good fun and it was a great story at the club tonight .... Daisy was definitely the hero as she was so determined to rescue that poor sheep 🐑

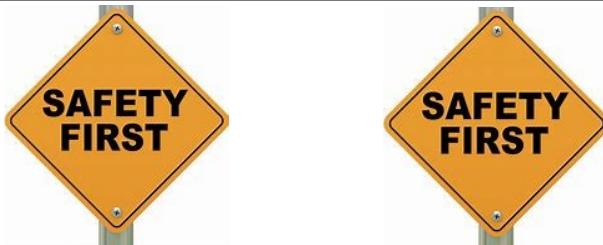
Well done Daisy x

Nick



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## Launch Speed Limit - by Dick Meads

We recently received a reminder from the Environment Agency that the speed limit for powered boats on the River Nene is 7 mph (11.2 kmh). This speed limit is in place for the safety of all river users and for the protection of the river bank and wildlife.

All OTRC launch drivers are required to abide by this speed limit at all times. Speeding not only increases your own risk of having accident, but could cause swamping or even capsize of small boats. The wash created by a speeding boat can cause nesting birds to be made homeless, and the banks to be eroded. The Mill Straight required even more care - remember people live in the boats moored there, and being bounced out of bed by a speeding launch will do nothing to maintain the good relationship we have with our neighbours.

So remember, 7 mph is about the speed of the eight at half pressure, so you may have been speeding without knowing it, so please SLOW DOWN!

