

# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

**TAKE  
A  
LOOK**



**December 2017 Edition**

**Featuring:**

*Club House Update  
A Paddle To The Mill With ...*

**With special  
contributions from:**

*Chloe Sharman  
Health & Safety Meads*

# THE OTRC SPIRIT

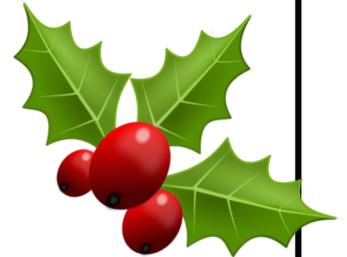
OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

## Grounds & Gardens Maintenance Update

It's been an interesting year in the grounds maintenance department:

### Maintenance days involved:

- Cleaning out the covered drains to ensure the free flowing of rainwater and avoiding the previous repeated flooding of the boat house;
- Clearing the ditch and other areas around the site of leaf litter and other debris;
- Clearing trees to the stair side of the Boat House;
- Single-handedly increasing the width of the river at the island (honest, I managed it all on my own – see elsewhere in this august organ for how I did it.....!);
- Big bonfire;
- A smashing time with the port-a-cabin....another bonfire on its way!
- Asbestos survey updated;
- Grass cutting – thank you for all the help from Mark Coombs & his Deene Park crew



### Big jobs on the agenda for 2018:

- Boat House gutter clearing (help needed soon please....)
- Slipway extension (I have a cunning plan, Baldrick)
- Making good the new trailer park
- More hard standing in the car park (too many people drifting & doing donuts on the grass)  
....££££

Thanks for everyone's help this year....remember though the nature of maintenance means these jobs need doing regularly to keep the site working for us, so please volunteer when you can.

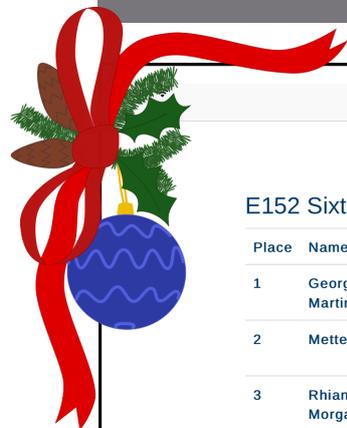
Wishing you a Merry Christmas and a trouble free new year!

Philip



# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



13:32  
indoorchamps.britishrowing.org  
**EVENT RESULTS**

## E152 Sixth Form Girls 500m

Place	Name	Club	100	200	300	400	500	Finish
1	Georgia Martin	Gloucester Hartpury	00:19.5 (43)	00:18.2 (46)	00:18.5 (42)	00:18.8 (41)	01:34.2	
2	Mette Nielsen	Aarhus Roklub	00:19.5 (46)	00:18.7 (42)	00:19.1 (41)	00:19.1 (41)	01:36.1	
3	Rhiannon Morgan	Gloucester Hartpury	00:19.8 (42)	00:18.4 (42)	00:18.9 (41)	00:19.5 (43)	01:36.7	
4	Sophie Lee	King's School Worcester Boat Club	00:19.9 (45)	00:19.1 (41)	00:19.5 (40)	00:19.9 (36)	01:38.7	
5	Lerin Adetola	Sir William Perkins's School	00:19.8 (45)	00:19.7 (37)	00:19.5 (37)	00:19.8 (39)	01:38.9	
6	Iona Wasdell	Shiplake College	00:20.6 (32)	00:19.2 (34)	00:19.1 (35)	00:19.6 (34)	01:39.1	
7	Emily Keen	Sir William Perkins's School	00:20.6 (44)	00:19.4 (43)	00:19.4 (43)	00:19.8 (39)	01:39.5	
8	Chloe Sharman	Oundle Town	00:19.7 (33)	00:18.6 (36)	00:19.8 (30)	00:20.5 (32)	01:39.6	
9	Karrie Spencer	Gloucester Hartpury	00:20.5 (38)	00:19.4 (37)	00:19.6 (37)	00:19.9 (39)	01:39.8	

## British Rowing Indoor Championships Match Report

9th Dec 2017

By Chloe Sharman



On a cold wintry afternoon my dad and I took the train to London to go to the British Rowing Indoor Championships.

It was a good day to be there as we saw Bradley Wiggins in the men's open. He looked pretty good but he finished in 21st place.

I knew that competition was going to be strong as I went into the warm up. The event was for all sixth formers so I was up against girls a year older than me this time. I was also suffering with a bad back so I was up against it.

I got a poor start in the race but at 100m I was in 4th place. By 200m I was up to 2nd place. However after 250 my back started to play up and though I pulled through the pain I fell back to 10th and gained a couple of places at the end finishing **8th**. Not too bad out of a field of 50 racers.

I was a little disappointed with the result although I would have had to beat my PB to get a medal this year. However, I am determined to go back and try again next year when I am at the top of the age group.

**Well Done Chloe. Thank you for the report xx**

# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



# Instagram

**On Instagram?**

**Join in**

**@oundletownrowingclub**

Our followers are growing by the day - spreading the love about OTRC photo by photo.



# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

## **A Paddle To The Mill And Back With...**

Angela Hook, Club Captain



### **You are the current Club Captain, what does the role involve?**

As I am very new to the role, I am yet to find out in reality! According to the job description, it includes things like balancing the needs of members, setting aims and objectives for each season, fixing the club racing calendar and the coaching/training programme, identifying equipment needs, etc. The quandary is how to do it! I think what I will really be doing is surrounding myself with much more qualified, experienced able people to do all this stuff, taking their advice and I'll stick to the just organising, encouraging and facilitating.

### **How long have you been rowing Angela?**

I have been rowing since about 2005/2006. So I was a mature student!

### **Where did you learn to row?**

I learned at OTRC. I did look with interest at the rowing club at Reading University when I was there, but never having rowed at school, I didn't have any experience so wasn't brave enough to try then. It took a few years to get round to it.

### **How did you get involved with OTRC?**

My son, Gareth, was one of the juniors for whom the rowing club was created – to give state school pupils a chance to try the sport. Lots of parents from his peer group got involved with the club when it started up – the Milbornes, Birchalls, Dunns, Strattons to name a few. I didn't get involved right at the beginning but soon got sucked in. The children have gone off into the big, wide world but many of us are still here, rowing and enjoying the social side of the club. Current parents: there are worse things you could do!

### **How has the club changed over the years?**

In some ways it hasn't changed at all, still being welcoming, friendly and encouraging. However, there are lots more members (which means that club organisation is more complicated), we are on the way to having a very beautiful clubhouse and (believe it or not) the equipment is much improved. When I started, you were pushed out in a yellow virus (no rope, no floats, no life jacket) for a couple of weeks and then thrown straight into skinny racing boats because that was all there was. It was a case of learning from your mistakes; i.e. getting back in after capsizing (5 times, I think).

### **In your various roles at OTRC which element do you enjoy the most?**

I love coaching sessions and helping others to develop their rowing. I enjoy organising things, so I have enjoyed my various roles on the committee. However, if I am being honest, the role I enjoy most is being a crew member and simply being a rower. There's nothing like a paddle on a dry, sunny day, no matter how cold, with some good company. It's balm for the soul!

---

# THE OTRC SPIRIT

---

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



## **A Paddle To The Mill And Back With...**

Angela Hook, Club Captain

**Continued .....**



### **Why do you feel the club is so successful?**

There's a simple answer to that – the people. The club wouldn't be as enjoyable or as successful without all the people who muck in and help out in all the big and not-so-big ways. Long may it continue! I've already had some new offers of help and I'm hoping that, as captain, I will be able to encourage lots more people to use their talents, to get involved and to feel a real part of the club. Everyone has a talent and whatever, it is, I promise to find a way to make OTRC use of it. I just need to know what it is – so tell me please!

### **What would you like to see happen in 2018 at OTRC?**

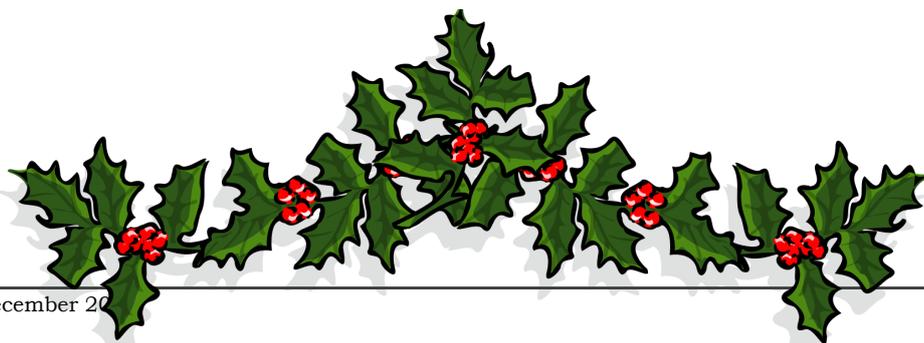
I would like to see all the hard work that's gone into the clubhouse come to fruition and the club being able to make really good use of the facilities it will offer. It's going to be real asset. I would like to see some new equipment for rowers. Extra boats are always needed but then we need to work out where to store them ... And, most importantly, I just want everyone to enjoy their rowing.

### **What is your most memorable rowing experience?**

There are two!

Jennie Stratton and I completed the Boston Marathon in 2010. No, that's not a running race in America but a 50km row, which we completed in Oarsome Spirit, between Lincoln and Boston. After several months of bum-numbing endurance training, we conquered the River Witham in 5-and-a-bit hours. We were very proud of ourselves and still reminisce fondly. If you ask nicely, we'll tell you the tale of the Lock at Bardney and a visit to MacDonald's.

The other brilliant experience was rowing in the Women's Head of the River in 2014. The Women's Head is raced on the Thames, just like the Oxford-Cambridge Boat Race, but in the opposite direction. It was a fantastic day, rowing on the massive Thames rather than the stream which is the Nene with over a hundred other Women's Eights. This was the first OTRC crew to race on the Thames and it was an amazing experience.



# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLLE TOWN ROWING CLUB

## Dispatch from The Colonies — by Jason Ellis

Aloha, OTRC! It's hard to believe we left OTRC and the UK now a year and half ago for the sunny skies of Hawaii. Now it's December, though, so it's quite cold, around 26C/80F for the daily high temperatures. We sometimes have to wear socks and long pants at night when the temperature drops to around 20C/70F. We do actually find it a bit chilly, I guess Hawaii has made us a bit soft.

Weather differences aside, Hawaii has numerous connections to our prior home in the United Kingdom, most notably Captain Cook — although the natives reportedly ate him — and the state flag, which is a fusion of the UK and US flags. Sadly though, it's impossible to find any Bitter! So extreme is the lack of real ale that I've had to make my own, which fared quite well in a local beer competition. We'll get these Americans drinking proper beer soon enough!

We also lack a competitive rowing club, so for a rowing replacement, we've taken up outrigger canoe racing, known locally as paddling. The scenery, boats, and mechanics of the sport are entirely different to rowing, making the adjustment very difficult, but we've both been commended for our excellent timing! I imagine any Boxing Day paddling will be a bit different and won't require mulled wine! But we'll still have some anyway. I think we both still prefer rowing.

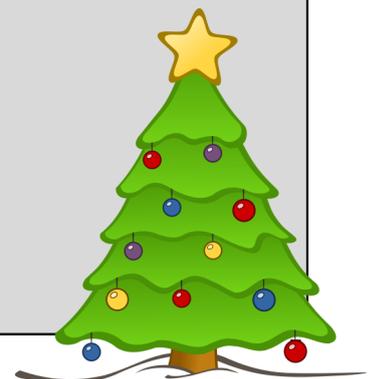


Of course this correspondence would not be complete without introducing our newest rower, Henry! He is now two months old, and already has the long limbs and strong legs to be an excellent contribution to a junior eight! To the benefit of his mother and father, he loves to sleep through the night (for now), and loves to smile.

We think of you all often, and hope this dispatch finds you well. We still check the results of the various regattas and head races to see how OTRC is doing.

From Kate, Henry, and me, we wish you all the happiest of Christmases, and a joyous new year.

**Another OTRC baby! Many congratulations K&J he is gorgeous.**





# THE OTRC SPIRIT

OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING



WARMING UP AT  
STAR HEAD



**CHARITY  
HOMEMADE WINE!!!  
SEE KEELY FOR  
FURTHER DETAILS  
£ DONATIONS  
WELCOME**



## WIN WIN WIN!

Send in a photo of yourself reading R&R and the editor's choice will win a fabulous pair of Mizuno Wave Rider 20 trainers, worth over £100! Just email your photo to [magazine@britishrowing.org](mailto:magazine@britishrowing.org)



This month's winner is Keely Watson of Oundle Town RC. Keely is pictured after a hard day's cycling in Mongolia.

Find out more about the Mizuno Wave Rider 20 trainers at [www.mizuno.eu/en](http://www.mizuno.eu/en)



# THE OTRC SPIRIT

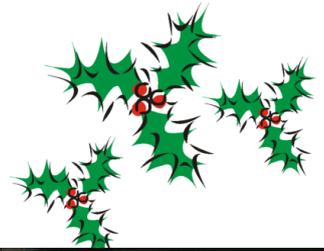
OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

## NDRA - By Anita Dunn

The Club, under the auspices of the NDRA, continues its work with Spring Common Special needs school, first started by Colin Bullock countless years ago and continued by Anita Dunn and Simon Murray on a Wednesday afternoon. About 8 students come each term and learn to row in the Explore Boats with floats on. This work has Brough the Club many benefits including the donation of Explore boats and a grant for the concrete to the jetty by a grant from NCC supporting Special Needs projects. We are supported with help from Oundle School Community Action pupils and are able to use OS facilities if the weather is too poor to row. If anyone would like to help in any way for work experience or launch driving tuition/practice do get in touch.

## For Sale

The NDRA have a small box trailer for Sale that has previously been used to transport ergo's. It is 5 years old and has lockable double doors and a non slip floor. It is parked in the Club Car Park, so just have a look if you're interested. Offers in excess of £500. All proceeds will go towards continuing Adaptive Rowing work.



# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

**From Dick Meads ...**

The following is an extract from a British Rowing Safety Alert about Head Races, but most of the advice can also be applied to winter training sessions...

## **Safety Alert - Not Getting Cold at Heads**

'Tis the season for head races, but this need not mean that it is the season to wait on the water for the start getting colder and colder. There is a lot that you and others can do to avoid this.

Rowers can help themselves by:

Getting to the start in time for their division, not too early and not too late

Wearing the right clothes at the right time



Remember the acronym C O L D...

**C - Keep clothing Clean; clean clothing functions as intended**

**O - Avoid Overheating (if you sweat, you will make your base layers damp)**

**L - Wear clothes Loose and in Layers**

**D - Keep clothing Dry (damp base layers conduct heat away from your body)**

If it is wet then wear a waterproof (preferably breathable) outer layer

Carry a waterproof bag for the kit that you are not wearing to keep it dry for when you need it

Do not wear all your clothing as you paddle to the start, (avoid overheating) keep some for the time when you will be waiting

Wear a hat and gloves while you are waiting

Put your extra kit back on at the end of the race, especially if you have to wait again to get off the water

Don't forget your legs get cold too; there are no medals awarded for wearing shorts when it's snowing

Rowers can help themselves and each other by:

Being aware of the symptoms of mild hypothermia

Behavioural Symptoms - complains of feeling cold and tired, poor comprehension, and concentration, disorientation, irrational behaviour, violent outbursts, and confusion

Physical symptoms - shivering, pale, blue lips and nails, rapid breathing, wheezing and coughing, fast pulse and slurred speech

Checking for these symptoms in yourself and your crew -mates

Start some mild exercise and offer spare clothing, if you notice these symptoms in others

Remember - rowing is supposed to be enjoyable - look after yourself and your friends!

[An archive of British Rowing's past Safety Alerts can be found on the BR website]



# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

## Carry On Up The Jungle' (1970) - By Claire Izod

For many years, 'the island' has been a challenge for most steersman, Coxswain, and scullers alike. Gradually The Island has become more congested with the web-like shrubs preying on the unsuspecting crews, grabbing them into their tentacles as the pass.

Philip and a few of his OTRC helpers have periodically trimmed the willows to maintain this rowing straight. It seems to have been a case of 'Carry On Regardless' (1961)

But all that is behind us now thanks to Philip who contacted the Environment Agency, (AKA EA, responsible for maintaining the rivers and environs) informing them about the fallen tree partially obscuring the narrow route, making navigation impossible.

Philip asked the 'whilst you are there chaps' question...could you trim some more of the foliage to clear the straight. And they did! They have transformed the single track road to almost M road status!

Oh bliss for all steersman...no more 'mind oars on bow side' no more embarrassing moments holding everyone up to extract the boat from the tangle with tricky manoeuvres, no more sacrificing your rowing technique for a nifty little chicane



It is wonderful now, so much space, you can almost close your eyes and never break stride / stroke!

The only down side to this is that unfortunately, I have been found out, I can no longer blame my poor steering on The Island .....I have no excuses now.

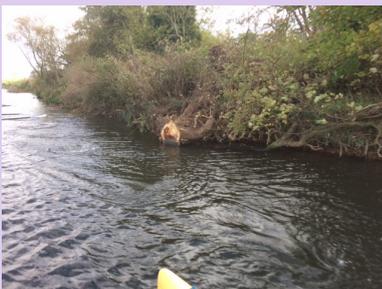
Thanks Philip for arranging this for us all it is soooooo much better, it has even extended the length of our course, so more rowing for our outings!

May be this will entice more people to have a go at steering.

What next then Philip? 'Carry on up the Island'? (2017!!!)

On a more serious note, Philip has asked me to include ....that if anyone has any other river / bank requests please let him know and he can consider the best way forward with his new found friends at the EA!

Happy rowing and steering.



# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

## WISHING ALL OTRC MEMBERS



and A  
Successful 2018