

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

Captain's Report by Simon Murray

In keeping with our one club event per month policy, we have entered a number of competitions across the region during the last three months, including head races at Bedford, and regattas at Nottingham and Peterborough.

In addition the junior squad took part in the Cambridge junior sculling head and at the Ball Cup (Eton Dorney). There are plenty of tales of brilliant performances, plucky races and unfortunate mishaps (excuses) all of which are contained in the excellent match reports (pride of place goes to Holly and Lizzie's report from Nottingham).

Match reports are a useful way of informing club members of the events we compete at, so please remember to fill these in and send to Zoe, who despite the lack of time on her hands now, still seems able to collate and distribute them. Many thanks Zoe.

In April we also held our third and now hopefully "annual" spring regatta which was as much a club social occasion as a competition. Again, many thanks to everyone who helped with organisation, refreshments, race control, umpiring etc., in fact that's almost everyone in the club.

The coaches do recognise that although we try hard at competitions, we do seem to have fallen behind our opposition, and are recording fewer wins than in previous years. So we have devised a new coaching plan and timetable which will allow those who want train at a higher intensity to do so, while still giving the less committed a purposeful rowing experience. New crew lists and timetables have been published with the first of the new sessions to take place on 17 June. More details below.

A junior learn to row course has just finished and several of the attendees have already become full club members. Two adult courses are running concurrently on Tuesday evening and Saturday afternoons and a further junior course is planned for the summer holidays. These are only possible with the help of club members and I am extremely grateful to all those who have given up their time to make these a success.

Thank you.

June 2017 Edition

Featuring:

*Swimming In the Nene
A Paddle To The Mill With*

...

*Captains Report
Boat naming ceremony*

With special contributions from:

Jo & Vicky

Hana

Karin

Anita



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RIVER NENE SWIM 2017

Yes, I know, we are a rowing club.

But I entered this event in the one mile category in 2016. It was thoroughly enjoyable and worthwhile. The outside temperature last year was 27 C and the water temperature was 20 C, which was very comfortable.

I would like to encourage some other OTRC members to join me this year. Perhaps a mixed four? The 2017 Swim takes place on Sunday August 6th at 1.30pm from the OTRC jetty.

This event is organised by the Serpentine Swimming Club. I understand OTRC are providing safety cover. Categories are 1 mile, 2 miles and 3 miles.

The race is open to anyone of any age providing they are a competent swimmer and can complete the distance. It is also open to competent and experienced juniors. The one mile open last year was won by a twelve year old.

The cut-off date for entries is 7th July. The entry fee is £25 which sounds a bit pricey but includes tea and sandwiches and cake after the swim and everyone who finishes receives an event specific hand decorated bone china mug.

So if you can swim and want a pot - then get your goggles and togs out and join me. Please let me know if you wish to enter and I will send you an entry form.

Leslie Edwards 07946 053797

OTRC 100 Club News

We have now had 8 draws, 4 to go and some people have been luckier than others it seems.

3 numbers have won 3 times and 4 numbers have not won at all yet, but there is still time.

I now need someone to take on the running of the 100 club, if you are interested please contact Rhona or Libby or any committee member.



New Members by Simon Murray

Following the completion of the first learn to row course this summer, we have five new members of the club who will be joining the junior squad.

So I am sure you will join me in welcoming Jessica Pickles, Trinity Coombs, George Marlow, Monte McPhee and Nathan Phillips as new members, and wish them every success and loads of pots during their rowing careers.

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New Training Crews and Timetable

The timetable for the new sessions has been published and will take effect from Saturday 17th June. We are now running 4 sessions instead of three with fewer boats in each session. This should allow faster boating and hence more beneficial on-the-water time. Several of the existing racing crews have remained substantially the same, and with a six week window until the next planned club event (St Neots on July 23rd), crews have an option to prepare for this as a precursor to next season.

The timetable is as follows:-

| The new timetable is as follows:- Session | Briefing | Preparation | Boating | End session |
|---|-----------------|--------------------|----------------|--------------------|
| 1 | 7.30am | 7.45 | 8.00 | 9.30 |
| 2 | 9.20 | 9.30 | 9.40 | 11.10 |
| 3 | 11.00 | 11.10 | 11.20 | 12.50 |
| 4 | 12.40 | 12.50 | 1.00 | 2.30 |
| 5 Rec./L2R etc. | 2.20 | 2.30 | 2.40 | 4.00? |

Please note that for this to work successfully you are expected to arrive in good time to prepare your boat and attend the safety and training briefing so that the session can start promptly at the stated time. Also each crew should appoint a crew coordinator who will be responsible for finding subs and confirming whether or not their crew will be training.



New Boat

The naming ceremony of the new quad took place at the end of April. Colin, both the boat and the man were looking in fine form. A worthy tribute for many years of dedication to the club.

Has the winner of the 2017 OTRC Spring Regatta 'select a square competition' Chloe named her boat yet?

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A Paddle To The Mill And Back With...

Alan McMurdo, OTRC Chairman



You are the current Chairman, what does the role involve?

All sorts really. The main job is chairing committee meetings which we put in from time to time and the AGM every autumn. I should be better at keeping the Duke informed of anything critical, and the same goes for British Rowing. I also get to write stroppy letters, sort out any grievances [though we have only had one in our 17 year history] and sign stuff.

How long have you been rowing Alan?

Forty something years....you'd think I had got the hang of it by now but sadly errors are ingrained and old dogs struggle.

Where did you learn to row?

I learnt to row when I went off to University in Bangor. Someone spotted this lanky streak bumbling through freshers' week and the rest is history. I was fed up of getting hurt on a rugby pitch and needed something that was physically aggressive without all the blood.

How did you get involved with OTRC?

I sometimes think that the only reason I got the Headship of Prince William School in 1999 was that I banged on about giving ordinary young people the chance to learn such a great sport whilst they were still at school. The soon to be chair of governors [I later learned] had rowed at Radley so my choice of sport and the sentiment stood in my favour. So early in 2000 , with the support of British Rowing and the commitment of a number of key people [both voluntary and from within the school] we set up Prince William School and Oundle Town RC. We were one of only a handful of comprehensive community schools with a rowing club so that was great. We started by securing a grant called Project Oarsome which got us a trailer and a number of boats and we rowed on the gravel pit that is now the marina next door.

How has the club changed over the years?

Crikey...how long have we got...You will have spotted the name change...simply to be able to apply for Community Sports Club status and secure more funding. We have a lease on the land that enable us to apply for funds to build the boat house [handy] and get to the river [very handy] . In 2010 we won Sports Club of the Year for our work on adaptive rowing and inclusion which was fun and we have grown to something like 150 members. When we built the first phase of the boat house we future proofed it with the plans to go up and it is great to see that coming to fruition.

In your various roles at OTRC which element to you enjoy the most?

It all really...I enjoy making a small contribution...and moving myself [ever so slightly] away from being a net consumer.... The herons that accompany the 8 o'clock row are awesome too,

Why do you feel the club is so successful?

I think part of it is the attraction of the sport itself...there is something very special about getting out on the water. I also think we attract folk who enjoy the physical exercise bit but appreciate the banter, the social aspect and the inclusiveness that flows through our veins. Some clubs are openly elitist, some are covertly elitist and I would like to think we are openly inclusive...just like we were back in 2000. Cont/.....

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What would you like to see happen in 2017/2018 at OTRC?

Boat house usable, used and in use. We need our next phase of strategic thinking to capitalise on such a great resource. I would like to think we can get a bit more success on the water and that we are using all our resources to maximise enjoyment for all.

What is your most memorable rowing experience?

Far too many....unless this is intended for a book at bedtime. For someone so inept I have been extraordinarily blessed by a sport that just keeps on giving.



Photo from 2008.

Showing Colin Bullock, Graham Snelling and Alan getting the boat house ground floor done and gaining the Henley Stewards Charitable Trust Award.



Forthcoming Events

St Ives Sprint Regatta - Sunday 23rd July

Sudbury Regatta - Saturday 5th August (tbc)

Milton Keynes Regatta - Saturday 23rd September

New Season

St Neots Small Boats Head—Sunday October 9th (tbc)

Star Club Head, Bedford—Sunday November 19th (tbc)

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Saturday Morning

In coordination with the new Saturday rowing session timetable every rower/ parent/ friend/ member is asked to please help in some way with the preceding or following session.

Volunteers are needed to serve tea/coffee/ squash/ cakes. Could you make a cake?

All proceeds to the boat house renovation project.

There will be a sign up sheet at the club or please contact Jo.clarkson@btconnect.com or any committee member



New Shoes

By Karin

Below is the link to the shoes I wear over my socks for rowing. Quite a few people have asked me about them and as they are very cheap they may make a good substitute for sealskin socks.

Also they make your feet a little bigger which helps in the large shoes in most of the boats and have a slight non-slip sole to the back of the heel, also good for a bit of extra grip in large boat-shoes.

I wear shoe size 6 1/2 or 39 and my “beach socks” are size X large and fit without stretching over the hiking socks that I wear for rowing.

I’d say they would certainly stretch one shoe size up, but then become too tight.

https://www.amazon.co.uk/Masterein-Unisex-Swimming-Diving-Surfing/dp/B01MT1UIHR/ref=sr_1_4?ie=UTF8&qid=1488030925&sr=8-4&keywords=3MM+Beach+socks



Boat House Update - Stairs are in!



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British Masters Match Report

WMasD2x (Jo and Vicky)

As the only crew from the club going to the British master's championship this year, Vicky and I have been training hard to up our game. Lots of spinning classes, extra outings, video analysis and tweaks to the world famous Birchall flapjack recipes all contributing to a faster boat speed than last year.

Having raced twice at Peterborough the week before, we had learnt several things.

- 1) We are fit enough and can row well if we stick to the race plan.
- 2) We are fit enough but row horribly if we don't stick to the plan!

Keen to get our heads in the right place we tapered our training this week, polished our technique and felt mentally and physically probably better prepared than in previous years.

The draw gave us almost the last race of the day, so we set off with oarsome spirit looking rather lonely on its own on the trailer, and drove to Nottingham. Both of us admitted to feeling nervous, but were determined not to let it affect us in the boat.

We passed lots of trailers heading in the opposite direction, obviously having finished their racing. On arrival we headed off to register, and thought it all looked rather quiet on the water. We could see the electronic notice board had something other than race times, so walked towards it on our fit old lady legs until our failing old lady eyes could read the sign. "The racing committee have taken the decision to cancel the rest of the event due to the high winds."

Then we got back in the landy and drove home.

Bummer!



March Newsletter—Caption Competition Entries

- After a lot of fumbling, Leslie finds the right spot to bring a smile to Katherine's face.....his phone's selfie button.
- Katherine smiles politely as Leslie invites her to be his mixed doubles partner in next year's OTRC club regatta.
- Leslie impresses a complete stranger with tales of his sculling prowess.
- Katherine tells Leslie they'd have won gold in Rio if only he'd been available

Many thanks for all the entries, the winner is—Philip Chandler!

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Juniors Report

By Anita Dunn

The Ball Cup is traditionally our biggest Junior event of the year and we entered 9 crews, many of the juniors entering 2 events. There was some success as many reached the finals in their events but sadly were not eventual winners. The best result of the day was Daisy winning a Bronze medal in the WJ18 1x final - our first race of the day.

The parents always play a key role in events such as this; thanks to them for their assistance throughout.

I am pleased to see that the juniors are as keen as ever to race & train. The recently implemented training plan is designed to give all rowers, including the juniors, a change of coach bringing with it different styles & perspectives that all can benefit from.

Alongside this change, the Club would like to introduce a **new Junior training session on a Wednesday evening** but we need your help.

We are looking for parents & rowers to run an on the water session open to all Juniors in the Summer months. In House training and plenty of support will be given on Safety & Launch driving so do let me know (anitajdunn@hotmail.com) if you are able to help. If you are a parent of a Junior and they would like an extra outing, now is the time to get involved in the true OTRC spirit, you will be welcomed with open arms.

Our next event is at St Neots on Sunday 23rd July, so put the date in the diary and sign up with the coaches now.



Introducing Rex
(with Funny Bunny
made by lovely
Keely in OTRC
colours) who I am
reliably informed is
the first OTRC
baby.

Born 29th May
2017, 6lbs 14oz.

Many thanks for all
your kind wishes,
Zoe



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Nests Found In Boat—Many thanks to Hana for the photos



Building Committee—By Anita Dunn

(John Bishop, Phillip Chandler, Anita Dunn, Peter Dunn, Andrew Harland, Hugh McCormack & Zoe Smeeth)

Hopefully you will all have had a sneaky peak at the new top floor OTRC Clubhouse and agree that there is huge potential for such a large space. I particularly like the view along the river thanks to the tree pruners. We have already had meetings there and tea & coffee on site. Next step bacon sandwiches!

Phase 1 is virtually complete apart from the ramp & door to the car park and the team are currently looking into this along with the insulation required for Building Regs & Fire Regs approval.

Looking forward, we are in the process of drawing up specifications & plans for Phase 2-kitchen, toilets, changing areas & shower in order to be able to go out to tender & have the financial information we need to move forward.

We do not have funds for this at the moment so we will be dependent on Grant Applications, Fundraising & reserves from within the Club.

There has been a great deal of support from within the club with special thanks to the steelwork painters, floor painters and those donating electrical work, so it truly is a whole Club effort.

Any questions or suggestions, just grab a Committee member.

Many thanks to all who have contributed to this newsletter, I am very grateful.

Please keep your photos and articles coming. Next Newsletter due September 2017, all contributions welcome.

Over the page..... Health and Safety News

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Safety Alert - Heel Restraints

There have recently been several issues at events where boats presented for inspection have had missing or inadequate heel restraints and other problems. This shows a lack of concern for safety, by clubs, coaches, and rowers, that will not be tolerated.

The British Rowing Rules of Racing apply at all British Rowing events. FISA may have different rules but these only apply at FISA events.

Rule 7-2-8b of the Rules of Racing requires each heel to be restrained to prevent it from rising higher than 7cm, as measured at right angles from the footplate. Furthermore, the heel restraint should be in working order and the foot release must be self-acting and not require the intervention of the athlete or a rescuer.



If you do turn up to a race and upon inspection your boat has safety defects, then you will not be able to boat until these have been fixed. You may be given an Official Warning under Rule 7-1-3. If you are then late at the Start and receive another Official Warning you will be disqualified. If you cannot fix your boat to meet the safety requirements then you will not be able to race.

Effective heel restraints are just as important during every outing, perhaps more so without safety cover that is normally available at events. You should check your boat before going afloat. It is not good enough to just check the heel restraints, you should check all the safety features on your boat. There is a video showing you how to do this at <https://www.youtube.com/watch?v=f-52ajVjzkl&feature=youtu.be> and further information in section 7.1 of [RowSafe](#).

Any boat or equipment that is found not to be safe should be quarantined, with the nature of the damage clearly marked to ensure that it is not used. It is also important to ensure that any damage is repaired before the boat or equipment is used again.

Please also see the Safety Alert on checking your boat before you go afloat at <https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-Check-Your-Boat-Before-You-Go-Afloat.pdf>.

If you want to race then you must comply with the rules.

If you want to row then you should take care of the safety of yourself and others.

Stephen Worley
Honorary Rowing Safety Adviser
safety@britishrowing.org

May 2017



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