



Oundle Town Rowing Club

"non ut in primo cursu malum"

Newsletter No.24, March 2016

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Annual General Meeting

All members of OTRC are cordially invited to the club's AGM to be held at The Ship Inn, Oundle on Friday 1st April at 7:30. This short meeting (we promise) will be followed by a social evening, so bring the family.

As is traditional with an AGM, positions on the committee will be up for grabs. In fact ALL posts are available for nominations this year and new blood is heartily welcomed. Posts on the committee are: Chair, Treasurer (and Deputy), Secretary, Club fundraiser, Social Secretary and fundraiser, Club captains (currently x4), Safety Officer, Welfare Officer, Equipment Manager, Grounds Manager, Membership Secretary, Publicity Officer, Junior Rep, Recreational Rowers' Rep, ... and more. If you are interested in supporting the club in this way, please be brave and volunteer/get yourself nominated. If you want to know more, talk to the current incumbent – see the website for details of the roles.

The AGM Agenda will be published on the club website.

Funding News

After a protracted process, I have been notified that my application to the East Northants Council Community Facilities Fund for £34,000 has been successful. We now have the grant total of £69,500 to spend on the first stages of developing a Clubhouse for us all.

The first stage will be to insert a floor to make an internal second floor to the Boathouse. We are now in the quotation stage, so watch this space. There will be lots to do in a short time as this money has to be spent within a year. We are investigating as many DIY options as practicable in order to make our money go further.

Many thanks to ENC for their faith in the vision presented to them and particularly to Colin Bullock and Dan Kantarowicz for their last minute, frantic and successful action when the ENC Planning Dept Records let us down. Without their involvement in the original process, all would have been lost!

Watch out for more news on progress and calls for help shortly.

More Good News: OTRC has been selected for April's Waitrose Community Matters round- so make sure you post your green token in the OTRC slot! We will get the proportion of £1000 corresponding to the proportion of green tokens we get from the general public. (Anita Dunn)



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Captains' Report

Since the last newsletter, the winter weather has taken its toll with weekends lost either to high winds or river levels (or both). Nevertheless, we were able to prepare for and compete in the annual "Head of the Nene" event at Northampton in January as a whole club, and in addition six crews entered the South Yorkshire Head held at Doncaster on 13 February. The match reports are recorded elsewhere. Sadly we were unable to secure any wins at Northampton, but our reliable women's double of Jo Milborne and Vicky Birchall made the most of their Masters' handicap to win at Doncaster.

Our women's 8 took part in the women's head of the river race (WEHORR) - their match report is included below - and performed extremely well.

The next events to look out for are Alton Head on 19 March and Abingdon head on 10th April. These are the last two head races before we move into the regatta season; the first of which is the club Spring regatta on 30th April (more details elsewhere in this newsletter).

For Alton, entries are already in and the entries for Abingdon will open shortly - you will be asked to confirm availability.

Regattas planned are the Ball Cup which is our main junior event of the year (Eton Dorney Olympic rowing lake, 8th May) and for the senior section we have the Nottingham masters (May 15th) and the British masters (June 11 & 12), both at Nottingham.

As the days lengthen and we move into spring, so the indoor winter training will cease and we will be back on the water for Tuesday & Thursday evenings. Please look out for email announcement of the starting date."

Learn 2 Row

It's that time of year again and an Olympic year, so I expect the demand for Learn to Row places to be high.

We already have a list of people who contacted us last year, and now is the time to show off our Club and what we do and perhaps encourage new future crew mates.

The format for this year will be slightly different: We are offering taster sessions at 12 on Sat 9th and 23rd April so that we can get an idea of who wants to complete a full course.

The L2R courses will then start on Saturdays at 12 in May.

We will need volunteers to help with these sessions, holding ropes, moving boats etc. so do get in touch. I am hoping that a lot of people will get involved to give something back to their Club, share their expertise and spread the load. There will be a qualified coach leading the sessions, so the only qualification volunteers need is that they can scull.

Please contact Anita if you can help at one or both of the sessions.



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Membership fees for 2016-17 season

Proposed OTRC Membership Fees for 2016-17 (to be discussed/approved at the AGM)

Category	Annual fee	Discounted fee for early payment (applies until 31/09/16)
Adult	£250.00	£230.00
Adaptive Adult	£150.00	£130.00
Junior	£150.00	£130.00
Recreational	£150.00	£130.00
Non rowing Cox	£90.00	£80.00
Coach	£90.00	£80.00
Student	£90.00	£80.00
Associate	£90.00	£80.00

Notes:

The OTRC membership year runs from August 2016 -July 2017.

The discount applies to fees paid IN FULL on or before 31st September 2016

Direct Debit available based on FULL fee - 10 payments

All fees must be paid on or before 31st October

Rowing will not be permitted without membership renewal from 1st November

MEMBERSHIP RENEWAL WEEKEND: SEPTEMBER - DATE TO BE CONFIRMED - REJOIN DURING YOUR USUAL ROWING SESSION, TO MAKE IT AS EASY AS POSSIBLE.

The 100 Club: Have you joined yet?

The OTRC 100 Club has started really well. Cash prizes are being won every month and nearly £400 has been raised so far for club equipment, e.g. oars and sculls.

If you want to join in, then please send or give Rhona Murray £25 per number, if joining before March 15th (£20 if by April 15th), and you will be in with a chance of winning and help raise even more money for essential kit. Over 16s only, sadly.

Winning numbers are displayed on the website and on the club notice board.



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WEHARR (Women's Eights Head of the River Race) 2016

The Women's Eights Head of the River Race was founded in the 1930s with 5 crews participating and has now become the largest women's rowing race in the world with around 2,880 women racing and 320 crews taking part this year. It is raced on the Thames between Mortlake and Putney, over a course that is 4.25 miles (7km) long. It is the only opportunity for Novice crews to race alongside Olympian and international crews, and there are 15 different pennants and trophies awarded to different crew categories. These include fastest boats, university crews, novice (club and academic), small clubs, provincial clubs, overseas, junior and forces crews.

OTRC first entered a ladies 8+ crew in 2014, and the present w8+ has been training together since last September for the event again. A added challenge for us was the fact that Lucy Birchall had thrown down the gauntlet and put together a crew full of Durham university students from Trevelyan College . The race was on. Would the cunning and technical skill of the old ladies be any match for the enthusiasm and youth of these students?

Our original line up had Keely in the boat, but an unfortunate skiing injury to her knee meant a substitution, so grateful thanks to Libby for stepping into the four seat to replace her.

So, on Saturday 5th March our women's eight (Vicky Str, Jenny, Becky, Jo, Libby, Fiona, Zoe, and Claire) and our cox, Rhona, set off down to London undaunted but not best pleased by the snow, sleet and hail . A pit stop at Lonsdale road, so that we could all squash into the landy, and we were on our way to London rowing club, who were hosting us. John dropped us off, and we rigged the boat, and visited the loo for the obligatory emptying of bladders. Being on the water for several hours in a boat has its challenges.

We boated from Putney and set off to the start, with Rhona carefully negotiating hundreds of other eights on the water. It's a fantastic thing to see so many women's eights all marshalled together, although personally I prefer to see it in the sun.



We were given the instruction to disrobe and spin, and we set off on our build up to cross the start. At just this moment the heavens opened with a torrent of hailstones. (The official photo, left, gives some idea of how heavily it came down) and the sky turned black. We headed from Chiswick Bridge to Barnes Bridge, with Vicky setting a great rhythm, and rating a steady 31/32 strokes. The Oundle roar was clearly heard as we

went under Barnes Bridge, which is always an added incentive. Just past the Bandstand a squall sent the waves over the stroke side of the boat, drenching seats 5 and 6. A couple of

 The Women's Head of the River 2016 



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crews rowed past us, but we kept steady despite a small clash of blades between our bowman and a passing boats' stern at Chiswick Eyot. We passed under Hammersmith bridge, and we were into the last half of the race.

Rhona did a magnificent job with her calls all the way down the coarse, and we held the last crew that tried to overtake us off as we crossed the finish line at Putney.

The race felt really solid and as a crew we felt we had all done what was asked of us. It felt strong and balanced, with the rate up where we wanted it to be and the boat a lot more balanced that it had been on the row up.

We posted a time of 23.45, with Lucy's crew beating us with their time of 21.53. The end results show that their crew was well up the order, so I think Lucy was lying when she said that hadn't had much practice together. Other

excuses that need to be mentioned are that they boated from the civil service club at the beginning of the course, so didn't have to row 4 and a quarter miles to get to the start, and had all stayed in London the night before, so had not had the long ride down from the frozen north at the crack of dawn. Also, they've got a shiny new boat.

We should, however, be very proud of what we did. It's a brilliant event to be part of, and this time we were in the middle of the order, rather than at the bottom. In the small club category we were 9th out of the 13 entries, although again, some of these crews contained children rather than old ladies.

Huge thanks go to John and Simon for all the help and support they have given us the build-up, and to the supporters and helpers on the day, as well as those who kindly subbed for us during our outings.



The Women's Head of the River 2016



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Spring Regatta

As listed in Dates for the Diary, the club's spring regatta will take place on Saturday 30th April. Last year's event proved extremely popular and all club members are encouraged to take part.

The format will be similar to last year with scratch crews in both senior and junior event categories; and a separate event for those new to racing.

Races will be side-by-side over the captain's course (approx. 467 metres on the Mill Straight,) with the finish just below Cambridge house.

Entry fee **£2**, payable in advance, with all surplus funds from this and the sale of burgers etc. going towards the boathouse development.

There will be a sign-up sheet in the boathouse for you to add your name; entries close on April 12th - the day after Abingdon head. [No allowance made for late entries, so make sure your entry is timely!]

As with any event, a good deal of work goes into the organisation and all offers of help both in advance and on the day will be gratefully received. We will need marshals, umpires, launch drivers, burger flippers, tea & coffee makers etc. If you can provide a cake this will also be most welcome. There will be a separate sheet for you to add your name and task, or contact Angela (Angela.hook@live.com) or Simon (simonmurray36@gmail.com).

We look forward to seeing you on April 30th.

A View from the Boatshed

There will be regular, afternoon, routine maintenance sessions on the last Saturday of every month from now until the end of September. Volunteers, from both Saturday and Sunday rowers, are needed to help with ongoing repairs to damaged boats. People with specialist metalworking, woodworking or carbon fibre skills would be very much appreciated. Please turn up at 12:00 or when you can to get involved. Talk to Hugh McCormack for more information.

This month's challenge: to get into the habit of putting squares of carpet back onto the boats when they are returned to the boathouse as a lot of damage is being done by riggers as boats are being put away.

This month's message: from Ron, our blade painter – could we please avoid scraping the lovely fresh paint off the blades by resting them spoon side up when leaving or returning to the jetty? Thank you.



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Anti-Doping Rules. Don't apply to us? Yes, they do!

Please read the latest advice to all rowers from British Rowing on the UK Anti-Doping regulations:

Everyone involved in rowing needs to check any medication they take – either on a regular or ad-hoc basis via the Global Dro site: www.GlobalDRO.co.uk This includes all prescribed medications, over the counter medicines used regularly, vitamin/mineral supplements and food supplements.

British Rowing strongly suggests that the 'in-competition' status of medication is used at all times. A list of prohibited medicines can be found here: <http://www.ukad.org.uk/resources/document/the-prohibited-list-2016>. It is important that the brand name of the item is checked and not just the active ingredient.

It is crucial that athletes check all medications are safe to take **prior** to use. If a medicine is found to be on the prohibited list, you may either apply for a TUE (Therapeutic Use Exemption) or consult your medical professional to discuss changing a prescription to something which is not banned.

When prescribed a medication, it is best to notify your medical professional that you are an athlete and subject to the UKAD rules.

The sanctions are awful-even for a minor violation, where no attempt to gain competitive advantage was found, Club rowers are among competitors who have been banned from sport for between 2 and 4 years. e.g:

Gavin Duffy	Rugby Football League	15-month Ban
Sybren Hoogland	British Rowing	Two-year Ban
Timothy Grant	British Rowing	Two-year Ban
Owen Morgan	Welsh Rugby Union	Four-year Ban
Greg Roberts	Welsh Rugby Union	Two-year ban
Daley Williams	Rugby Football League	Four-year ban

Diary Dates

Please add these dates to your diary. Don't miss out.

19 March	Alton	Whole club
1 April	OTRC AGM	All members
10 April	Abingdon Head	All members
30 April	CLUB SPRING REGATTA	All members
8 May	Ball Cup at Eton Dorney	Juniors
15 May	Nottingham Masters	Seniors
11 & 12 June	British Masters (Nottingham)	Seniors



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'Course Correction' by Ginny Gilder

Another birthday rowing book; 'Course Correction' is a similar tale of Olympic dreams to the Alison Mowbray book ('Gold Medal Flapjack, Silver Medal Life') reviewed in the last newsletter, but from an American perspective rather than British. It tells of the challenges that a female rower has to face, and relates a lot to the Title 9 events discussed in the book 'the red rose crew' (also reviewed previously) which helped to bring about the changes in sexual equality for female rowers and athletes. For those of you who don't realise it, women were not allowed to compete in the sport at Olympic level until the 1970s, and even then did not have access to the same coaching, equipment or changing rooms as the men. The number of competitors in this year's WEHARR race is a direct legacy of the title 9 changes to the law in the USA, and Ginny Gilder tells some of the history to those changes in this book.

The story is partly a personal biography about her home life and her sexual awakening, and partly a tale of 'How badly do you want to row faster?'

I enjoyed the book, which has an easy rhythm to follow, and is an insight into American university rowing and training. The Alison Mowbray book still, however, takes the biscuit for me, especially as I've now eaten the flapjacks in the recipe she includes. (Jo Milborne)

Communication

Find all you need to know at: oundletownrc.org.uk

or

oundletownrowing.club

Please send articles for the next newsletter to angela.hook@live.com