

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

**March 2017
Edition**

Featuring:
*Boat House Update
A Paddle To The Mill
With ...*

Introducing:
*A view from the
launch....*

**With special
contributions from:**
*Health & Safety Meads
OTRC Social Squad*



Captains Report

By

Simon Murray



So far this year we have competed at two head events - Northampton in January and the South Yorkshire Head at Doncaster in February. As usual, the comprehensive match reports give all the glorious details; with two wins at Northampton (Hugh's crews) and one (Hugh again) at Doncaster, the latter by only one second in 16 1/2 minutes.

Look out for news of future events, including the club's Spring Regatta, elsewhere in this newsletter.

Before that, the annual Mulled Wine Cup was held, as is now traditional, on Boxing Day. There was no formal match report, but the word is that there was the appropriate amount of club banter, and honour was satisfied all round. Many thanks to those who organised the event.

With only one more "head" event planned, training now switches to preparation for the side-by-side regatta racing. As well as training at higher intensity, the coaching focus will be on racing starts, sprints, race tactics etc.

In order for the club to grow, we look for ways to increase the membership, especially among junior rowers. More than 50 people have contacted the club since last summer; most with no previous rowing experience.

So we will run as many learn to row courses as we can to introduce the sport and gain new members. Many of you offered to help with the "taster" sessions that we held in last autumn, which was much appreciated. We will again welcome any help with the courses this year, starting after Easter.

More details of dates etc. will follow in due course.



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Safety First!

After a recent incident when a rudder was damaged by a submerged tree, it became apparent that some rowers were aware of the obstacle but others were not. In order to ensure the safety of all rowers, it's important to communicate risks to everyone who takes to the water.

So if you spot a problem while out on the river, or think there is a risk of something becoming a danger to other rowers, please let your Safety Advisor or Coach know as soon as possible. Then everyone can be informed of the risk, until the problem can be dealt with.

Before every outing, everyone should check the noticeboard to see if there is anything new that you need to beware of. All this only takes a minute, but could make the difference between a safe, trouble free outing, and an expensive boat repair or more serious personal injury.

Stay safe, and help others do the same!

Dick Meads, OTRC Safety Advisor, email: safety@otrc.org



EASY LIKE SUNDAY MORNING

Could you give a couple of hours on an occasional Sunday morning ?

Sunday rowers are a small group of about ten rowers and the session is aimed at those who don't want to do serious training for competitions or for whatever reason can't row in one of the main sessions. There is no coaching involved and at the moment the group is made up of adult members. We do have some adaptive rowers so we cannot run if we don't have safety cover. Because we are not training for events the emphasis is on enjoying some time on the river and getting fresh air and exercise. Despite our laid back attitude, this is an important session as the adaptive members would find it difficult - if not impossible - to take part in Saturday sessions.

For the last few months the safety cover has been provided by Derek Forscutt, Hetty Lachlan and myself with occasional help from a small number of coaches when work or family commitments have meant that there were not two of us available. Unfortunately, Hetty is unable to continue, so as well as missing Hetty and Georgie personally, the need for back up volunteers has become more urgent.

What I propose is to have a list of willing volunteers who I can email when the need arises. As far as possible this will be well in advance, but obviously there will occasionally be unforeseen circumstances. Remember the longer the list, the less often you will be called upon! The sessions normally run from 10am to 11.30am but we can adjust a little occasionally if it means getting a row.

If you feel able to give us a couple of hours now and again, please email me on marion-f@hotmail.co.uk and I will add you to the list and let you know any dates that we are already aware of.

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Clubroom Development

By Anita Dunn



Where we are now

You will all have seen the developments visible from the outside.

We have a downstairs ceiling, top floor, windows & a door completed as part of Phase 1

There are elements of the build yet to be completed:

- **Stairs:** these are due to go in on the river side. They are at the contractors and we are awaiting quotes for their concrete foundations. Once done, the stairs can be installed.
- **Ramp:** a ramp for disabled access is to be installed on the Cambridge House side. This is be designed in house with the technical help of some of the committee and a donation of steelwork by Peter Dunn as the quotations we received were unaffordable. The ramp door is ordered and will be installed as soon as available.
- **Windows:** are almost complete-the metalwork adjustment for the last one is done and the last is to go in shortly.
- **Floor:** this requires painting and that is due to start this weekend. Ron is coordinating this, so do grab him if you can help.
- **Fire Proofing:** we have purchased the paint and placed an order with a contractor to apply it. The timing is dependent on borrowing the Oundle School trailers to temporarily store our boats. This is most likely to be possible over Easter. Help moving boats will be required along with help to apply the paint topcoat ourselves in order to save money.
- **General:** bringing the Clubhouse space into use will depend on approval by the Building Inspector and being awarded a fire certificate as the building is deemed to be a semi public space. We are fortunate to have expertise in this area within the club and Bish has this in hand.

As with most Design & Build projects, timescales are difficult to predict. We are working hard to get best value for money from our £69,000 and this is reflected in longer timescales.



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A Paddle To The Mill And Back With...

Anita Dunn, Club (Junior) Captain



You are the current Club (Junior) Captain, what does the role involve? I'm not really sure if other clubs do it this way, but as an adult on the Committee I look after the interests of the Juniors regarding events, coaching and special considerations like the Junior Sculling training days that we attended. Its an overview role really with a view to allocating crews to sessions and integrating the needs of the Juniors within the whole Club setting.

How long have you been rowing Anita? I used to row to the shops in an old clinker built wooden tender as a child on the river in Dartmouth but didn't learn to row in a "proper" skinny boat until about 2002 at OTRC.

Where did you learn to row? Mrs Milborne & I learned together & my first capsized was with her in/out of a double on the Regatta Straight. At the time, OTRC were based at a caravan on Lilford Lodge Farm and beginners learned to row on what became the fishing lake & is now the Marina. Our old jetty can still be seen just before the white finishing post with a tree growing through it. We stored our boats on a trailer at the water's edge.

How did you get involved with OTRC? 2 reasons really, firstly my son Jack & then my other children rowed at PWS and I got involved as a parent helper, and then our local osteopath (who bears the responsibility for a lot) suggested that it might be good therapy for dodgy knees for both Peter & I.

How has the club changed over the years? It has changed hugely in a number of different ways. Firstly the Club is much bigger now in every respect and has a greater proportion of Adults than at the beginning. Initially it was started with Prince William School and the greater proportions of members were juniors. With the increase in numbers, there have been some organisational changes to accommodate everyone and the structure of the committee has expanded to spread the roles between members. We now have a high ratio of trained coaches for the number of members we have compared to many other clubs. Most of those that trained were parents of children that rowed or adults that learned to row with the Club. We compete more often & have more opportunities to train both indoors & on the water. The atmosphere is still the same though, for which I'm thankful.

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A Paddle To The Mill And Back With...

Anita Dunn, Club (Junior) Captain

In your various roles at OTRC which element do you enjoy the most? I have several roles & enjoy them all. The Junior Captaincy is a relatively new one, so I have been able to develop that from scratch. Developing a Clubhouse has been a dream of mine from the early days and I took on the role of Fundraiser in order to try & achieve that. Now, as part of the Clubhouse Development Group we're applying those funds to that project to get the most for our money. At the moment, we're doing more spending than fundraising but Phase II will need more applications. Coach/Session organiser: I love the analytical side of coaching and get a buzz from seeing changes in technique that I have helped the rower to make. I also enjoy the Sudoku of the weekly sessions. Race organising is also good fun if you like Sudoku. Lastly, but most importantly, rowing. It is a great de-stresser, we're out in some of the most beautiful countryside in England with a view that not many other people get to see, you meet lovely people who also love what you do and it offers a challenge not only when you race but also when training-we can always get better. The short answer is that I like them all.

Why do you feel the club is so successful? We are unconventional, compared to most rowing clubs, and have designed/developed a format within which most people can find a place whether they want Special Needs rowing, Social/Recreational, U3A or are Students returning from University. We still have that "new" feeling in that we know that we can do it, do it our way and follow our own path. We've broken the mould. Other, more traditional Clubs can be shackled by convention. Ultimately we are successful because of the generosity of so many people that give of their time & talents.

What are you looking forward to in 2017/2018 at OTRC? The first Bacon Sandwich & Cup of Tea in the new Clubhouse! Seriously, I'm really looking forward to using the new clubhouse to develop some new sessions. This could help our session coaching using video, S & C sessions, perhaps Yoga or Pilates. I would also like to encourage more daytime use of the Club and the indoor facilities will help this. I have plans to develop a Women's' daytime session and continue with the after school club. Hopefully the coffee & cake/bacon sandwich incentive along with somewhere to warm up & take refuge will be an incentive for more people to get involved. I would like to see parents join in with boating, squad organisation and coaching or anything else that needs input. After all, that's how most of us started and look where the Club is now!

What is your most memorable rowing experience? There have been a few, but the most extraordinary was coxing the first OTRC Men's 8+ on the Tideway. Many Thanks to them for hauling me along, I'll never forget it and probably won't have the opportunity again.



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The Boat Race 2017

Sunday 2nd April

The Ship, Oundle

The OTRC Social Squad have arranged for The Ship to show live coverage of the men and women's boat race.

Everyone welcome.

Meet from 3.30pm in time for the women's race at 4pm, men's race at 5.30pm.

Private bar is booked (may be on the big screen if the weather is nice) all rowers, friends and family welcome.



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A view from the launch

By Claire Izod

8am—The Early Bird session

One reason for this piece of work was that the 'view from the launch' is a great way to get to know other members of the club, see how other crews get on, observe the different personalities and the hard work that goes into improving over the weeks and to acknowledge this we thought it would be good to carry out some sort of non-prize giving award system!!???? So this is only an observation that may be worth sharing.

This is a trial editorial for the newsletter and hopefully be continued by other launch users? The gantlet has been thrown down!

These are merely some general observations; of the time spend on the launch at 8am.

Apologies if anyone is left out!

Daisy and Becky (jr)

Just turn up and JDI (just do it) making rowing look so easy! Usually their row involves a wardrobe change and an opportunity to try on each other's clothes! Their square blade work looks fab, even in windy condition. 

Jon and Mark pair

This pair's warm up usually starts in Oundle as includes a cycle from home to the club! They are disciplined and usually row the whole course from mill to island and back to the S bends almost nonstop, if nobody gets in their way! Their mantra is possibly 'no cameras please'?

The ladies quad - Anita, Rhona, Jennie and Angela

Are a regular crew that have demonstrated a huge amount of progress being a little splashy with timing issues when they first formed as a new crew, to being very neat, rhymical and with a purpose. Angela provides a metronomic rhythm as stroke, Jennie mimicking these rhythms, Rhona shouting orders and AJ managing to be the only person in the club who has conquered the idiosyncrasies of the foot steering system of the light weight quad, may be super glue is her secret? Week after week we have watched them jell and work well together they were defiantly a nomination for 'best in show' for this autumn / winter season for the 8 o'clock slot. (This sort of gave us the idea for this column)

Young boy's quad / four - With Ben H coxing -Rohan, Will, Connor, Joe and sometimes Alfie.

They always turn up, always put in 300%, and always seem to have fun, like to use music through the cox box to motivate them! Always efficient, always organised, always happy to take on board any advice from the launch and implement it. ...and we enjoy watching the stealth rivalry between these boys and the Peter Dunn's four..... Come on boys!

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A view from the launch

Peter Dunn's four and Paul the pot, Hugh, Martyn, Andrew.

Very serious but always provide entertainment at such an early hour! Again interesting for us to observe the psyche of the stealth rivalry with the young boys four/quad. We wonder how long they can keep ahead of the boys.

Philip

In the loneliness of a long distancesculler.... always challenges the launches throttle, we are really pleased that he wears his snazzy hi viz tops as can be easily observed at distance when he shoots off....so we can check he is still the right way up!

Sometimes **Philip** swaps the solitude of a single for another challenge? Rowing with his co-pilot **John M.** in a pair, a feisty pair with lots of testosterone weaving their way down the Nene looking neat and always put on a good display of guts and determination in their own unique style. ...and always lots of banter.

Jo and Vicky, always put on a good show, we are never disappointed and their commitment of trying to make every last bit of every stroke count, they almost took the title of crew of the 8 o'clock session as their pre Doncaster outing we thought was their best. I believe they thought so too.

Ladies four (coxthe motivator ... Daisy. Becky senior, Libby, Keely and Zoe butthis week Mariel)

An interesting boat, full of their own critiques, their rowing style is looking smooth, their bodies are in order their brains just need to be convinced they can do it.....it was noted some weeks again that Zoe's rowing technique had substantially altered....now we know it was not a bad back! Phew...is that cheating having six in a boat?

So the moment you have all been waiting for

The 8 o'clock crew of the autumn and winter prize for the early birds best improvers goes too....

Sorry ladies quad you have just been piped by..... Or is this the wrong envelope again???

.....**Peter C and Ian** in a double....new to the sculling world have embraced the new technique of using two oars each, jelled as a crew....the order looks as though yet to be decided...as every week it changes...or ..is it a case of neither of them want to steer? They have really matured as a crew, and demonstrated some tidy, strong rowing. It has been great to see the progress over the last few months; we were interested to hear that this was translated in to a good row at Northampton. Keep up the good work chaps. We are off to Bet Fred, (our lips are sealed on the regular acquaintance with dunny reeds....your secret is safe with us...we turned off the video recorder at the appropriate time!...so far....)

That's all ...from Richard the 8 o'clock coordinator/launch driver and Claire the camera person.

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Dates for the diary

- March 19th Junior Champs Sculling Head (Cambridge); junior members, please let Anita Dunn know as soon as possible if you want to enter
- April 9th - Bedford—Small Boats Head (Last Head Race of the Season)
- April 22nd - OTRC Spring Regatta
- May 14th - Nottingham Masters and Club Regatta (whole club)
- June 4th - Peterborough Spring Regatta (whole club)
- June 10th -11th - British Masters (seniors only, Nottingham)
- June 17th - St Ives (provisional, whole club)
- July 23rd - St Neots (whole club)
- August 5th - Sudbury



Caption Competition - entries to zoesmeeth@hotmail.co.uk



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OTRC SPRING REGATTA



The club's 2017 spring regatta will take place on Saturday 22nd April.

This event is now in its third year and is proving extremely popular.

All club members are encouraged to take part.

The format will be similar to previous years 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.

Refreshments; teas coffees, soft drinks, burgers etc.

There will be a sign-up sheet in the boathouse for you to add your name; entries close on April 10th - the day after Bedford Spring head.

We look forward to seeing you on April 22nd



CAN YOU HELP?

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.

There will be a separate sheet up at the clubhouse for you to add your name and task, or contact Angela (Angela.hook@live.com) or Simon (simonmurray36@gmail.com).

Friday night:

Set up the Marquee/Gazebo's from 6pm?

Saturday:

Event commentator?

Run cake stall/teas, bbq?

Assist with boating, drive the launch?

Take down marquee etc and clear up?

Make things to sell – CAKES AND LOTS OF THEM!!, plants, home produce etc?

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CUT OUT AND KEEP – OTRC SOCIALS 2017

April

- ⇒ Sunday 2nd April - The Boat Race @ The Ship from 3.30pm (see page 6 for full details)
- ⇒ Saturday 22nd April – OTRC Spring Regatta from early (see page 10 for full details)

June

- ⇒ Saturday 17th June – Social @ The Ship (Post St Ives)
- ⇒ Saturday 24th June – OTRC Summer Event @ The Club – Further details to follow

July

- ⇒ Saturday 29th July - Social @ The Ship

August

- ⇒ Saturday 12th August – Social @ The Ship

September

- ⇒ Date to be confirmed – Social @ The Ship (post Milton Keynes)

October

- ⇒ Date to be confirmed – Social @ The Ship (post race)

November

- ⇒ Date to be confirmed—Social @ The Ship (post race)
- ⇒ Saturday 25th November – OTRC Pre Christmas Event @ Victoria Hall, Oundle (evening do) – further details to follow

