



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## In this Edition ...

<b>Training Tips</b>	<b>Ellis farewell</b>	<b>Captains' Report</b>	<b>Boathouse Underway</b>	<b>Taster Day</b>	<b>Swimming with Fish</b>	<b>100 Club</b>	<b>And more ...</b>
----------------------	-----------------------	-------------------------	---------------------------	-------------------	---------------------------	-----------------	---------------------

## Boathouse Development Underway!!

The aim of the Boathouse project is to develop the upper storey of the boathouse in order to provide OTRC with a flexible space for training & social purposes with a kitchen, toilets and showers. Through a range of fundraising, match-funding and pledges the club has a total of £ 67,474 to spend.

It quickly became obvious that developing the boathouse to provide a social space with loos & a kitchen would be best achieved in relatively small phases. For the purposes of grant applications, the phases were:

- Phase 1: Floor, Doors, Staircase & Ramp.
- Phase 2: Loos, showers & kitchen, windows, fireproofing.

Due to the timing of the grant results and the funders' requirements, we have to spend the grant from Augean first (£19,181). This must be allocated before Christmas, but ideally as soon as possible.

The committee initially asked for quotations for just the floor, referring to that as Phase 1 Part 1. Quotations were sought for Phase 1 Part 1 from 3 contractors. These prices ranged from £32,400 to £15,974 (inc VAT). The cheapest contractor was selected, not only because of the price but based on their capability to deliver the work within the timescale and offer further relevant services required at a later stage, e.g. fireproofing etc.

Following that, we extended the remit to include doors, ramp, fire exit stairs and windows: Phase 1 Part 2. Firm quotations are still awaited for these.

If you have been to the Boathouse recently, you will have noticed that work on the floor has finally started. Hurray! Boats are being stored outside for the duration of the floor work. Thanks to everyone who helped with their relocation.

Phase 2 will include loos, showers and the fitting out of the internal space that has been created. The level and timescale of this work will be dependent on what we can afford and when we can afford it. A contractor will be selected by competitive quotation.

We will keep you updated and informed of the next steps of the project as soon as we are able. If you have any queries or would like to volunteer your expertise or time, please speak to any member of the building committee, who are: Andrew Harland, Anita Dunn, George Smid, Hugh McCormack, Peter Dunn, Philip Chandler & Zoe Smeeth.



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## Captains' Report (from Simon)

Over the summer regatta season the club was well represented and achieved wins at a number of events, including at a first visit to Sudbury regatta. Details are all in the match reports. Special mention to the men's 8 who relinquished their novice status in a close fought race at the St Neots sprint regatta.

The next event on the calendar is the last regatta of the season, at **Milton Keynes on 17th September**. This is being run as an open regatta under BR rules and there are changes to the previous invitation format and not all "first choice" crews will be able to enter. If you haven't already done so, please can you confirm your availability (to John Milborne) so that we can organise crews and put our entry in.

Looking ahead to next season, we published a list of proposed crews and training times. Based on the feedback received there will be some minor changes so that we can start the new timetable from 24th September. With new members joining we now have approximately 90 rowers over the 3 Saturday sessions.

The club is planning to enter the following events during the remainder of this year:-

**Sun 2nd October: Head of the Don (Doncaster) - 4000m**

**Sun 20th November: Star Club Head, (Bedford)- 2000m**

There is then a gap until the first event of 2017 - **Northampton Head on** (provisionally) **21st January**.

As ever, look out for emails with more details about these and other events.

## Membership Renewal – now due

You will, by now, have received an email from Martine Chandler, our Membership Secretary, detailing how you can renew your club membership, due this month. September is the beginning of the OTRC membership year and as usual there is an early bird discount for payments received on or before 30<sup>th</sup> September. All membership fees are to be paid on or before 31<sup>st</sup> October.

Martine will be at the club on the 'Membership Weekend' of 10<sup>th</sup> -11<sup>th</sup> September to make it as easy as possible for you to pay your fee and hand in your membership form, Payment can also be made in all the usual modern (online) and archaic (cheque) ways.

**Please make Martine's job as easy as possible by paying promptly. It's not an easy job to keep asking people for money.**



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## Swimming with the Fishes *by Leslie Edwards*

... but not in the Mafia sense

### Background

I competed in the River Nene Swim 2016 on Sunday 7<sup>th</sup> August. I felt duty bound to do so to uphold the honour of OTRC. The swim was organised by The Serpentine Swimming Club. This bunch of eccentrics swims all year round whatever the weather in the open water of the Serpentine Lake in Hyde Park in London. Famously they always have open water swimming races on Christmas Day. In the summer months they also do channel swimming in relays and other long distance swimming.

For the last couple of years at least they have held a summer swimming event at Oundle.

This year OTRC provided safety cover with the two club motor launches manned by family rowers Jenny, Anthony, Jack and distant cousin Derek.

### Why did I compete?

Well partly out of anthropological curiosity - I wanted to see what these strange types were like in the flesh, but mainly for fun. Also it would make a change to be going FORWARDS in the river rather than BACKWARDS on it.

### Race Categories

Races were offered in 3 miles, two miles and one mile. With 3 sub categories being breast-stroke, butterfly and freestyle. It took several agonising micro seconds of decision making to forego my secret but unrealistic ambitions to enter the three-mile butterfly event. Reluctantly I opted for the one-mile freestyle.

The course was half a mile upstream, then around a marker buoy in the middle of the river and back again; the start and finish being at the OTRC jetty. The three milers would swim this three times and so on.

### The Swimmers

The folk appeared to be from all walks of life and all shapes and sizes and genders and ages. There were some tall and elegant and athletic looking types - these being the Dolphin class. Some of these bods had cycled up from London.

I was also glad to see that there was at least half a dozen of the Walrus class - that is overweight blokes in their late fifties - with mortgages and teenage children. As you might have guessed I felt completely at ease in the Walrus class.

All the Serpentine Club swimmers had one thing in common- they were all unfailingly welcoming and helpful and friendly to a new swimmer - on land at any rate.

### The Race

The eleven long distance athletes in the three-mile class set off in their pink swimming hats. Twenty





# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

minutes later the remaining 37 swimmers in blue and white headgear began their eel like migration from the OTRC jetty.

This human shoal of fleshy blubber and bone set off in a frenzied jostle for prime position.

The lithe muscle of the young soon outswam the flab of the middle aged. To my surprise I was faced



kicked at least three times by rather elegant lady swimmers in the first hundred yards.

Appearances can mislead. Maybe my fault for getting too close!

There was virtually no change in position in the field after the first three hundred yards and I was not overtaken after that point.

The water was clean and the conditions were almost ideal apart from a wind from the west as usual. The air and water temperatures were 27C

and 20C respectively. Swimming upstream was a case of avoiding the centre channel where the stream was strongest by taking a course closer to the bank but not close enough to get stuck in the weeds. As in rowing.

Downstream I swam right down the centre of the river which was rather liberating though I had to give way to a narrow boat coming in the other direction.

At about the 1200 yard point The Walrus class was lapped by the long distance Dolphins. They were indeed another species.

I had obviously set off with too much caution because my whale like carcass still had reserves to do a final push in the last quarter mile and I overtook three swimmers in the last three hundred yards. I finished 11<sup>th</sup> in a field of 21 in the one-mile open class with a time of 41.50. The fastest miler being 27.10 and the slowest coming in at 1.01.45.

I was pleased with the result but more satisfied that I did not stop swimming at all and only broke into breaststroke from front crawl a couple of times and then only to see where I was going.

By the way I did not see a single crab in the river. And yet we still catch 'em.

## **Après Swim**

After the race the Serpentine Club served rather dainty home-made sandwiches and cakes and tea on the hard standing behind the jetty. All very British.

Everybody who finished the swim was then awarded an individually designed bone china tea mug. This was indeed 'a pot' of sorts. Jason take note please.

## **Will I compete in The River Nene Swim again?**

Yes - definitely. It was great fun and very satisfying.

Whether you aspire to be a Dolphin or a Walrus I hope that some of you OTRC bods out there will also join me at the 2017 event.



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## Fond Farewells

*Jason and Kate Ellis have been an integral part of OTRC for a long time but are, unfortunately, returning to their native America (although, perversely, they will be living further away from family than they have been in the UK). This is a farewell message from the Ellis partnership:*

### **The Special Relationship**

Less than 200 years following a bitter war for American independence, the United States and the United Kingdom have what is arguably the closest relationship of any two nations or organizations in history.

The Special Relationship is no less important in our broader societies, and its spirit is no less apparent than at Oundle Town Rowing Club. In that vein, Kate and I would like to extend our most sincere and heartfelt thanks to OTRC for four excellent years of fun, fitness and camaraderie.

In our four years with OTRC, we've gone from wobbly Americans in a boat to slightly less wobbly Americans in a boat, with a few victories, more non-victories, some time spent wearing the Blazer of Shame, and a wealth of memories and friendships we will cherish for the rest of our lives.

Of course, with her patience, technique and acceptance of the principles of physics, Kate wins the family bragging rights of never having capsized or lost anything to the River Nene. On the other hand, Jason, lacking these same principles, employed brute force and accordingly became acquainted with Dunny Reeds in this third learn-to-row session. He has also left quite an environmental impact on the River Nene, 'donating' multiple items, including two pairs of glasses and his favourite baseball cap. No doubt these have made suitable homes for the aquatically-inclined citizens in the River Nene, providing a much needed artificial reef.

Moving forward, rowing doesn't end here, although it will change significantly. There are no competitive rowing clubs in Hawaii, despite Honolulu having a perfect venue for it in the Ala Wai Canal. Instead we plan to take up outrigger canoe racing, of which there are several dozen competitive clubs. Crews row in traditional six-person boats but with a strange twist as the number 4 person, aside from being a key member of the 'engine room' is also tasked with bailing water from the boat; that's not terribly unlike some outings in The Coffin, though.

So, to our crews, the captains, committee, coaches and friends at OTRC, we say thank you. Thank you for teaching us to row, teaching us to race, organizing crews and races, coaching training sessions, and for being the best possible reason to wake up at 6am on a Saturday morning. We've truly loved being a part of the club. We wish all of you the best in the future, please keep in touch, and do let us know of any planned visits to Hawaii.



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## A Taste of the Taster Day *by Claire Izod*

Hot on the impetus of the Rio Olympics and the inspiring success of the Team GB rowers, 16 juniors and adults joined Simon and the OTRC helpers for the taster afternoon on the 27th August.

Many partners and friends stayed to join in the fun as spectators. Sadly the weather played its disruptive part by throwing, sun, rain, thunder and lightning at us intermittently. Undeterred, everyone took the opportunity to join in the alternative 'taster' day as Rhona and Carolyn (AKA Mrs Mark) ran the tea and cake table during the rain intervals. This provided an opportunity for everyone to talk to the club members, learn about the club and rowing, get to know each other and continue training sessions on the ergo.

Back on the water again it was apparent that we have some budding OTRC competitors and that the next generation of OTRC members are waiting in the wings.

A great day, well organised by Simon and lots of fun was had by all.



## Diary Dates

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

17 September	Milton Keynes Regatta	Whole Club – <b>entries now open</b>
2 <sup>nd</sup> October	Doncaster Head (4000m)	Whole Club
12 November	OTRC Quiz Night	Everyone – Get tickets early
20 November	Star Club Head, Bedford (2000m)	Whole Club
21 January (prov)	Northampton Head (1800m)	Whole Club

**If you wish to enter the Milton Keynes Regatta, talk to your coach NOW!! (but you may be too late).**



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## Fundraising/Social *by Rhona Murray*

### OTRC 100 Club

OTRC 100 Club has completed its first season with lots of prizes being won. Also £400 was raised for the club, which was 50% income and I am pleased that we have just bought some new sets of oars with this money. Thanks to everyone who joined.

For those who would like to join and/or continue, the new 2016/17 season starts in September. Each month half of the income received is given out in 3 prizes, so **more people joining = bigger prizes**.

It is £5 per month per number to join and this year it can be paid either by Direct Debit monthly or £60 annually. Please consider joining and helping the club towards buying a new boat perhaps, when renewing your club membership.

### Fete Accompli

A very successful first Summer Social was held in June, many thanks to Becky Smith for having the idea and sharing her wonderful garden and to all those who came. Whose garden next year.....?

Final total, as sold off extra books and plants etc. was £855 to go towards a future project (TBA) in the new floor of boathouse.

### OTRC Quiz 2016

**And last but not least, put Saturday 12th November in your diaries. Don't go on holiday, don't visit the in-laws, don't wash your hair .... Come to the now-famous OTRC Quiz night. See separate poster and look out for more details.**

## Rowing Training *by Simon and John*

One of the attractions of OTRC is our willingness to cater for a wide range of rowing ability and aspiration. No matter how experienced, or how fit, or how keen; there is a place for everyone wanting to take part and enjoy the benefits of rowing. In the club's early days, the belief was that it is possible to be a competent and successful (i.e. competitive) rower without having to dedicate a huge portion of your life to the sport. Over the years, our junior crews, particularly at J14-16 level, have proved this; regularly beating crews from more established clubs with their highly disciplined training regimes. The same is true at Masters level, demonstrated by the many trophies and medals that decorate our homes.

To achieve this with a minimal training programme, the coaching emphasis has been on technical skill rather than the strength and conditioning elements – we row smarter than the opposition. The most successful rowers combine both the technical and the fitness elements, and one can only go so far on technical skill alone. So within the club sessions we offer a range of training and fitness opportunities including both technical (on the water, ergo drills) and gym work (ergos, circuits) to help rowers achieve the level to which they aspire.



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

However, some rowers have noticed that they appear to have reached a plateau; some have noticed that it is the same club crews who seem to win; and some members have asked why. We can only reach a certain level with this limited training plan and to progress further rowers have to do a significant amount of land training. Generally, those that win consistently have committed to more training outside the club sessions; and so if you feel you have reached a plateau and want to progress you will have to consider the strength and conditioning aspect of the sport.

The coaching team is keen to retain the OTRC club ethos and will continue with the normal club sessions, but if you do want to test yourself further, then additional training outside of the established club sessions will help you to achieve your goal. Strength and Conditioning is too large a subject to go into detail here, but if you do want more information, speak to one of the coaches.

The basic elements of fitness can be split into cardio (aerobic and anaerobic), strength and flexibility. For Masters rowers, year on year, we lose a small but predictable amount of all aspects of fitness, but particularly muscle mass. The club sessions address all of these aspects of fitness and the coaching team is keen to maximise both the technical and fitness aspects of the Saturday sessions. Recovery between sessions is the subject of a huge amount of research so as a principle, if training 3 or less times a week it is best not to train on consecutive days. Weights and circuits can take longer to recover from, so it's best not to do these on consecutive days. Although there is much written on hydration and nutrition, unless you are training twice a day, an unrestricted normal varied, well balanced, fresh food diet should be sufficient.

Below is an example of the type of mix of sessions depending on the number of days of training you can do. Enjoy your training!

Sessions (per week)	Type	Options	Options
1	Rowing - Saturday club session		
2	Ergo - club session	Cardio 30 - 60min (doesn't have to be rowing or ergo)	Rowing (steady state)
3	Circuits (incl core) + flexibility	Circuits or weight training (incl core)	
4	2nd Rowing session	Ergo	
5	Weights	Circuits (incl core) + flexibility	
6	Cardio 30 - 60min (doesn't have to be ergo)	Rowing, Spin session	Flexibility (Pilates or yoga)



# Oundle Town Rowing Club

*"non ut in primo cursu malum"*

Newsletter No.26, September 2016

## A Bit of Fun....

### What's in Claire's Bag?

Claire never rows without her trusty bag. What's in it? The competition in the last newsletter was to make the best suggestion for the contents of the bag.

Unfortunately (or maybe fortunately) not many members of OTRC seem to have an active imagination. Philip Chandler suggested that *as she's such a star in the cleaning department, it's all her gear for keeping the Cambridge House loos clean....!*. However, Jo Milborne's obvious winning entry was:



A pink bunny costume.

Which left the Editor wondering...



or



???

## Lost and Found ...

A clip-on pedometer / fitness 'gizmo' was found on 27<sup>th</sup> August in the boathouse. If it belongs to you, please contact Claire on [Claire.izod@btinternet.com](mailto:Claire.izod@btinternet.com) so she can arrange to get it back to you.

## Communication

Find all you need to know at: [oundletownrc.org.uk](http://oundletownrc.org.uk)

or

[oundletownrowing.club](http://oundletownrowing.club)

Please send articles for the next newsletter to [angela.hook@live.com](mailto:angela.hook@live.com)