

# THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



**September 2017 Edition**

**Featuring:**

*Swimming In the Nene—The Results*

*A Paddle To The Mill With ...*

*Captains Report  
2017 Crew Challenge*

**With special contributions from:**

Hugh  
Philip  
Simon



## **Captains Report by Simon Murray**



During the summer we seemed to be entering regattas almost every weekend. As usual the relevant match reports will have told of the stirring deeds by our crews at two Peterborough regattas, St. Ives, St Neots and Sudbury. Plenty of "near misses" this time, but a special mention goes to Ian and Charlie's senior pair for their win at Sudbury after a steward's enquiry and a re-row.

See below for a list of events that we plan to enter this autumn and winter.

In June we introduced the new crews and training regime as part of a plan to give the more committed crews more intensive on-the-water training time. Many thanks to everyone for helping to make this work. Our results at forthcoming events including Doncaster and Bedford will show how successful this is. Look out for some minor changes to times and crews over the next few weeks as we look to improve the arrangements.

As mentioned in the last newsletter, we held a junior and two adult learn-to-row courses over the summer as well as a week-long junior "summer camp". Fourteen new members have now joined the club as a result, either as full members or as part of the U3A. Some will have their first taste of competition at the forthcoming regatta at Milton Keynes. Following a successful trial day last week, a further course is planned for next month. Once again, many thanks to everyone who helped with the running of the courses; it requires a big team effort to make these happen.

### **Forthcoming Events (for all club members except where stated)**

Saturday 23rd September:	Milton Keynes regatta - details already sent out
Sunday 1st October:	Doncaster Head - senior crews
Sunday 8th October:	Bedford Autumn Small Boats Head - most entries already confirmed
Sunday 19th November:	Star Club Head (Bedford)
Tuesday 26th December:	Mulled Wine Cup (OTRC)
Saturday 20th January 2018:	Northampton Head

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## **NENE RIVER SWIM 2017 - Sunday 6th August— by Leslie Edwards**

### **THE SERPENTINE SWIMMING CLUB**

For several years the Serpentine Swimming Club, have held a summer swimming event from the OTRC jetty at Oundle. This slightly eccentric bunch of open water swimming enthusiasts normally swims, as the name suggests, in the Serpentine Lake in London's Hyde Park. They are famous for Christmas Day and New Year's Day 'break the ice' swimming races. This year there were a total of 60 swimmers in one, two and three mile events.

### **OTRC DREAM TEAM**

We entered a carefully selected and fiercely competitive team of five elite veteran athletes. Jo encouraged the team to swim in the Nene at least once a week in July. All had swum the mile in the river during training. Jo towed a high visibility orange marker buoy during these sessions to avoid the party being run down by barges and boats. The water however seemed to get colder each training session as the poor weather in late July progressed and in the final week before the race we did not swim at all.

### **THE RACES - CURVEY STREAMLINING?**

The three milers set off at 1.40pm and the remaining 50 or so two and one milers en masse at 2pm. We had been blessed by several hours of hot sunshine that morning which took the edge off the cold water. The outside temperature was recorded as 21 degrees and the water temperature as 18 degrees, though some believe it was as low as 15 degrees. We had all eaten a good breakfast but had deliberately skipped lunch. The two senior members of the team also went into the water early so as to get the 'cold water shock' phase over before the race.

From previous experience we knew that the first 400 metres would be a bit of a bun fight and we all aimed to go off hard and strong which we did. There was very little change in swim order after that first rush. I swam the race on my own after the first quarter of a mile, not being overtaken nor having the chance to overtake. Kat and Jo had demonstrated their swimming prowess in training and as expected thrust well ahead of Neal and Hugh and I on the day. Is it the curvy streamlining? No- they are just better swimmers. The course as usual was half a mile upstream on the right of the river, around a buoy, and then half a mile downstream down the centre of the river.



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## FAMILY INTERNATIONAL RESCUE

Anita and Charlie manned separate rescue boats and Cousin Derek helped swimmers onto the landing stage at the finish. It's strange but after a 35 minute race your ankles tend to go to jelly when you get onto dry land. Both boats carried out a real rescue each – so well done The Dunn family.

## FAT BEATS SKINNY

Hugh being as fit as a butcher's dog but as skinny as a racing snake decided at the ¾ mile point that the prospect of a semi naked rub down at the hands of Anita and Jo was a better prospect than dying of hypothermia in the Nene. He quite sensibly hitched a ride with Charlie on the rescue boat. It was the right decision and I would have done the same. His body temperature was later recorded as low as 34 degrees. Unconsciousness cuts in at 32 degrees. There were four other hypothermic swimmers who did not finish. Hugh was fine when I saw him the next day. The other four members of the OTRC team being well covered in blubber were as warm as toast and did not suffer any cold effects.

## OTRC RACE RESULTS

I think we all did rather well especially Kat and Neal.

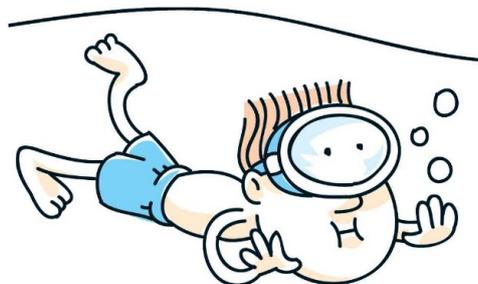
**One Mile Freestyle** -23 Swimmers

**Kat 'Torpedo' Bell** - 3rd in 32m 21s

**Jo 'Catfish' Clarkson** - 7th in 35m 30s

**Leslie 'The Whale' Edwards** – 10th in 37m 28s

**Hugh 'Haddock' McCormack** - Did not finish



**One Mile Breast Stroke – 14 Swimmers**

**Neal 'The Walrus' Peckham** - 2nd in 39m 10s (Temporary Honorary OTRC member).

## APRES SWIM

After the race the Serpentine Club provided hot tea from enamel kettles heated on single gas rings and homemade cakes and sandwiches. It was like the 1950s all over again. Kat and Neal hit the bourbon and apricot brandy. Hugh got his rubdown. I did a lot of people watching. And Jo acted as nurse and general first aider.

## POTS

**All finishers were presented with a hand designed patterned bone china mug. Indeed this was Jo's second pot of the weekend and in two different disciplines.** Rowing and swimming.

All finishers reported a sense of euphoria post-race, the endorphins I think.

It was a thoroughly enjoyable and worthwhile experience.

Some of us might even enter the two mile event next year.

According to the Guardian the Nene is a swimmer's paradise-[https://www.theguardian.com/travel/2017/aug/08/river-swimmer-paradise-northamptonshire-hamshire-south-](https://www.theguardian.com/travel/2017/aug/08/river-swimmer-paradise-northamptonshire-hamshire-south-midlands)



[bucking-midlands](https://www.theguardian.com/travel/2017/aug/08/river-swimmer-paradise-northamptonshire-hamshire-south-midlands)

Pots!



[hamshire-south-](https://www.theguardian.com/travel/2017/aug/08/river-swimmer-paradise-northamptonshire-hamshire-south-midlands)

**Post race endorphins**

**Neal, Kat, Jo and Leslie**



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## The OTRC Late Summer Social - Saturday 9th September

The great and the good of the rowing set turned out in force. Gale force winds also made an appearance, along with torrential rain in collaboration with glimmers of sunshine. Not to be put off the fashion stakes were as usual extremely high; collections from the wellie boot, waterproof jacket and hat massive were seen in abundance. Large quantities of burgers, pimm's and cake were consumed. Ropes were pulled, boats were named, people were shamed, the building team were cheered and race wins were celebrated. Much excitement was seen at the tombola end of the tent where generously donated prizes were won. The announcement of the Crew Fundraising Challenge saw people literally fighting to sign up. Would we make it to 2k by December? Did anyone understand the 2k analogy?

Overall a splendid social evening was had by all and we raised over £500 — bonus.



With thanks to .....

Tuesday rowers for putting the tent up, Milbournes, Dunns and Simon for then pulling it out of the river on Sunday. See page 7!

Everyone for cakes, prizes, produce and books. Leslie for the tug of war. Nick for his tent.

Everyone for supporting a great event. See you next time. Perhaps it should be a mid summer social next year??

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

Daisy Attley, Junior Captain



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

The junior representative is someone who ensures that the juniors are happy in and out of the club. The juniors know they can speak to me; that they can share any issues with someone who isn't an adult but someone who will listen however big or small the problem is. The junior representative goes to the committee meetings and raises any questions (if we have any) and then makes sure the juniors get an answer. The committee will always take a juniors view into account as well so we can't change something if we aren't happy with it.

### **How long have you been rowing Daisy? Where did you learn to row and who taught you?**

I have been rowing since 25th May 2014, so 3 years and 4 months not to be precise or anything... I learnt my first rowing skills with Mr Colin Bullock on a Sunday session to see whether I would like it or not. The next session I had was with Becky Smith Senior (Smithy) and finally went on to do a Learn to Row course at Oundle.

### **You've had a really great season, which races have you enjoyed the most?**

Which races have I enjoyed the most... now this one I seriously had to think about because whatever race I complete no matter the result I love them! However, my favourite races have to be St. Neots and Sudbury because both of them are beautiful stretches of river and a great atmosphere whatever the weather.

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

I got involved with rowing when I had just moved to the area (Jan 2014) as me and my family went on a walk over Lilford Bridges and saw an army of blue and white boats, that was when I had to try it and was inspired to get involved with the sport.

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

The club is successful due to many reasons but the main ones for me are; great coaching from all, incredible stretch of river that is just beautiful, the members of the club are very important in this (especially the humour and fun we all have together) and finally the socials, where everyone has a good time and enjoys watching people get drunk and celebrate successes.

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

In the new year I think if everyone stays happy and continues to smile and for the club to continue what we are doing then for me that is a good year. But don't forget about the drinking as well!!

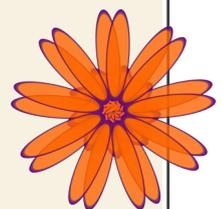


Instagram

**On Instagram?**

**Join in @OundleTownRowingClub #OTRC**

**#Oundletownrowingclub**

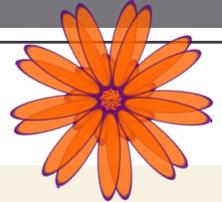


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## A Paddle To The Mill And Back With...

Daisy Attley, Junior Captain



### What is your most memorable rowing experience?

Most memorable moments for me at rowing... I have 2 moments which I will never forget, one where I coxed the 'babes crew' (Keeley, Libby, Smithy and Zoe) at Doncaster Regatta, they asked me to change the call from "10 Hard, GO!" to "Think of the Bacon" it was just incredibly funny and well it worked as we won!

A rowing memory is really hard because every rowing moment is a great memory meaning I have too many, however I will never forget at Milton Keynes Regatta, Chloe Sharman and myself went in a scratch double, it was choppy and the waves were incredible! So much so our first stroke we managed to nearly capsize and fill our boat with freezing cold water! Wasn't good but was great fun!



Above, Daisy's first ever rowing session.

## Great news from the boathouse! - By Hugh McCormack

All our boats and equipment are very well used and maintenance is an 'on going' challenge and a lot of it is done by Richard Box 'in house' supported by other club members.

However, to fully refurbish a boat requires employing a professional with specialist facilities and we are very pleased to announce that we have secured £3000 through The Rowing Foundation, which we will be match funding to fully refurbish some of the boats predominantly used by our Junior members. On the list are the coxed Quad OUT 406 (Swiftly On), the double sculls, OUT 207 (Oarsome Spirit) and OUT 205 (Weldon Craft) as well as the single sculls, OUT103 and OUT 909.

Oars are the other items of equipment that take a battering and help with repainting would be much appreciated. Because of the amount of use they get, the work needs to be carried out during the week. If you think you can help out contact Hugh McCormack or Richard Box.

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## A note from Philip - Buildings & Grounds Maintenance

Thanks to everyone who pitched in with time & energy to the maintenance tasks on Saturday 9th September.

We completed many of the tasks on my list and a couple of others too, so thank you very much! One thing I would add is that by its very nature, maintenance is on-going, so if you see something that needs doing, then either let me know, or do it & tell me so!

### Major jobs still to do by the end of the year

Complete the removal of plasterboard & insulation from the port-a-cabin  
Demolish the port-a-cabin  
Burn it....  
Construct a pre-fabricated slipway extension.....details to follow



### Specialist help needed

Do you have a trailer or truck/van suitable to take a load of plasterboard & bagged insulation to a household disposal site?  
If so please contact me to co-ordinate convenient timings.

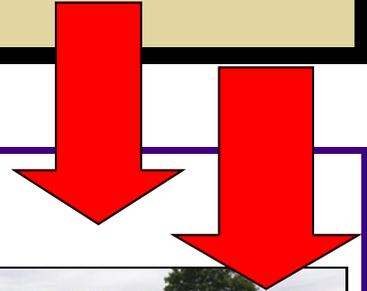
## Ever had that sinking feeling...?

Following a successful social event on the riverside on the afternoon of Saturday September 9th, we used the marquee to dodge the raindrops and squalls. Much fun was had by all, but in the excitement to get home after the event, we misjudged the impending weather and the marquee was left insufficiently tied down for the evening. A panicked phone call the next day to Anita informed her of the sinking marquee, which by Sunday lunchtime was situated in the middle of the Nene, last seen heading down towards the mill strait.

Simon Murray, the Dunn's and the Milborne's donned their international rescue hats, and with help from Dan and his trusty tractor, we were able to rescue the marquee from the river.

Amazingly, we managed to recover the whole structure, albeit with some damaged poles and quite a lot of pond life.

Just when you thought it was safe to go back into the water.....



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fundraising

FULL DETAILS ON THE 2017  
CREW CHALLENGE ON THE  
NEXT PAGE.....

# **THE 2017 OTRC CLUBHOUSE FUNDRAISING CREW CHALLENGE**

**AN OPPORTUNITY TO CONTRIBUTE TOWARDS  
THE CLUBHOUSE & GET COMPETITIVE WITH  
YOUR RIVAL CREWS!!**

**PRIZE FOR THE MOST MONEY RAISED BY A CREW**

**PRIZE FOR THE MOST IMAGINATIVE FUNDRAISING IDEA**



**WINNERS  
AND GRAND  
TOTAL TO BE  
ANNOUNCED  
AT THE  
DECEMBER  
SOCIAL**

## **HOW IT WORKS**

- ♦ **FORM A CREW ~  
REAL OR  
IMAGINARY!!  
1,2,4 OR 8 PEOPLE**
- ♦ **PLEDGE AS A  
CREW TO RAISE A  
MINIMUM  
AMOUNT OF  
MONEY ~ £25, £50,  
£100, £200, £500**
- ♦ **THINK OF A  
GREAT  
FUNDRAISING  
IDEA**
- ♦ **CARRY OUT THE  
FUNDRAISING**
- ♦ **RAISE LOADS OF  
CASH!**



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## The 2017 Boathouse Crew Challenge

Sign up sheet will be up in the boathouse from Sunday.

Final total and prize giving will be held at the December Social—full details to follow (no pressure social squad!)



## New OTRC Members - By Simon Murray

Since the last newsletter, the following new members have joined the club

### Juniors:-

Charlotte Rainbow  
William Pratt  
Ewan Tetley

### Adults:-

Ciara O'Sullivan  
Helen Cornford  
Kat Bell  
Sarah Simpson  
David Tetley  
Barbara Cousins  
Charles Cornford



As ever, I'm sure you will join me in welcoming them into the OTRC family and wish them long and successful rowing careers with us.

# OTRC Social

Saturday 14th October 2017

The Ship, Oundle

From 7.30pm



*All welcome*