
THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



OTRC Newsletter Spring Edition 2018



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Captains Report

By Angela Hook



2018 has proved to be a bit of a 'mixed bag' so far.

We started off beautifully, taking a large contingent of rowers to the Head Race at Northampton in January and returning with SEVEN winning crews. A great achievement!

Next we took a smaller contingent to Bedford in February but still came back with one win under our belts.

Then along came the (annoyingly named) Beast from the East and its various relations – Storm Thingamajig and Gale Doo-dah, which reduced our rowing to a few measly weekends. Everyone was getting twitchy!

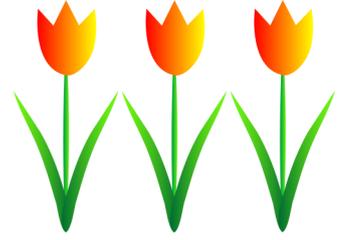
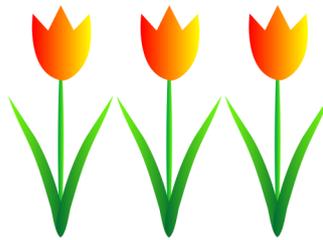
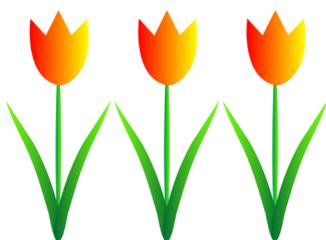
Then along came the Inaugural OTRC Club Head Race to perk everyone back up again. And it did the job, very successfully: "a jolly day", "such a nice time", "well organised with a serious competitive edge but also a lot of fun and some good banter", "It was a great event and it was good to see so many members from the different squads getting involved", "such fun to row with different people". We received lots of comments along these lines.

Many thanks must go to everyone involved in the organisation, John M for his Sudoku and military precision, Dick and Claire Meads for scoring, soup makers, time keepers, launch drivers, boat washers, supporters and everyone who chipped in in any shape or form. Thanks also to Brian for organising the social at the rugby club in the afternoon, which was just as successful – very convivial!

Now that we are in a good mood again, it's time to get in training for the Bedford Small Boats Head on 8th April and the pinnacle of the junior season – the Ball Cup at Eton Dorney on 11th May. And then we'll be into the regatta, side-by-side racing season! Doesn't time fly?

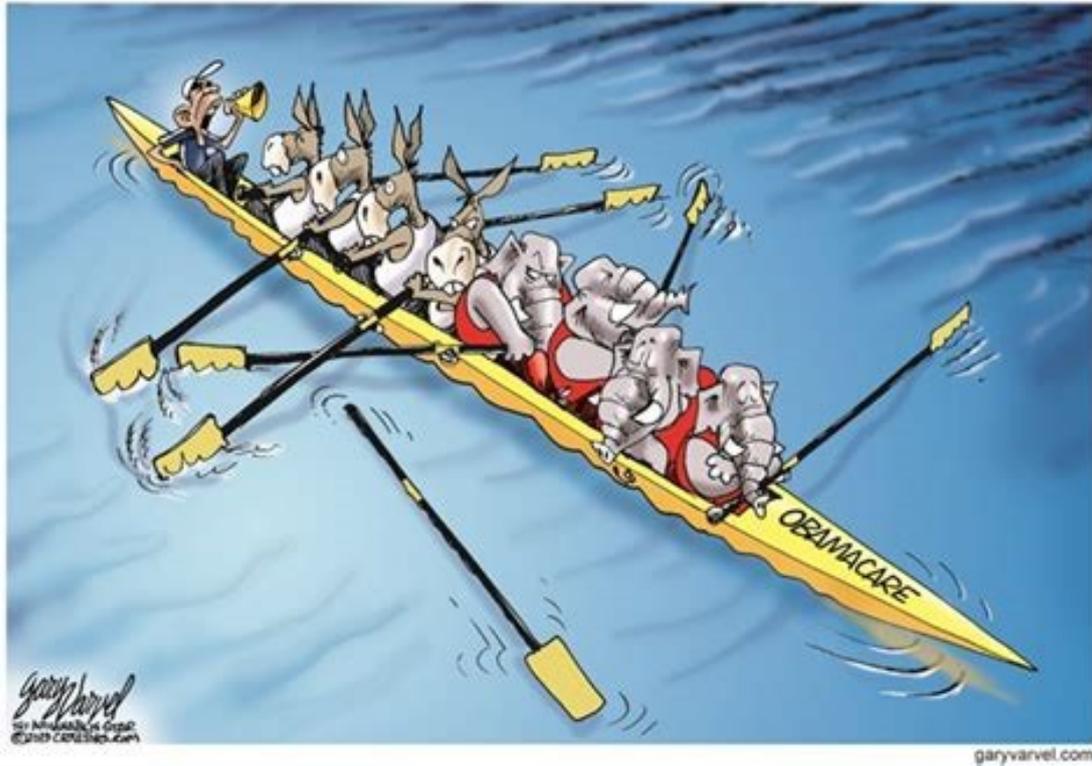
See various articles in the newsletter for details on midweek outdoor rowing sessions for adults, Learn to Row courses (please encourage friends and family to join us), clubhouse development information and the VERY IMPORTANT Club Survey.

We want to know your thoughts, ideas, suggestions and opinions to help shape the club's future. We would like EVERY MEMBER to participate. Please have your say, please.



THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



Clubhouse Development- We need your help!

We are working towards the Short Term Objectives in the table below.

Basically there are 2 streams of activity, the first is all the things that need to be done to support our building Regulations Approval submission, mostly gathering information.

This Approval is required before we can sensibly use the building, have it Insured and assessed for Fire Safety.

The Full Plan submission has 2 elements;

1. Getting approval for what has already been done and
2. Drawing up plans for what we would like to do in the future and getting approval in advance. E.g Kitchen, Loos etc

This is where we need your help; we would like help with some of the technical elements required to move forward with the Short Term Objectives particularly with designing, getting structural calculations and manufacturing the bridge between the boathouse and the Car Park.

We'd like this to be future proofed so that we can add a disabled access ramp in the future.

If anyone has any expertise or suggestions of who to approach for anything in the "How You can Help" column please let us know, see email address below or just have a word on a Saturday.

John Bishop jbishop.surveyor@yahoo.co.uk

Philip Chandler philipchandler@ymail.com

Anita Dunn anitajdunn@hotmail.com

Hugh McCormack hughmccormack@btinternet.com

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

SHORT TERM OBJECTIVE April- Sept 2018	TASK	COST	TIME LINE	HOW YOU CAN HELP
1. BUILDING REGULATIONS APPROVAL SUBMISSION-	Update drawings of boathouse in current state including drainage and include Outline plans for future development, kitchen, loos ramp etc Structural Calculations for 'as built' first floor construction. Addition of infill beneath stair handrail Information Required from Contractors Fire Detector/Smoke Alarm Complete Application	Volunteer Expertise £0 Rolton Grp via Club Member Awaiting Quotation Club Member Anita & Bish £0	April 2017 Unknown April 2017	Knowledge of the Building Regulations and experience of putting in applications. Site Surveying skills. Structural Calculation experience
2. SPEND THE REMAINING GRANT MONEY		£17 k	Deadline Sept 2018	
	Fit Door to Car Park side Design and get Quotations for Bridge & Steps Up (2nd Access Required for Building Regulations approval)		As Above	Suggestions of Designing Architect, manufacturers and Contractors

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

LONGER TERM OBJECTIVES Oct 2018 & Beyond	TASK	COST	TIMELINE	HOW YOU CAN HELP
INSULATION	Drawing up spec for Insulation (to prevent condensation) Gather Quotations Decision on method, investigation of depth required 75mm Walls, 90mm Roof. Walls to be done by club?	One Estimate £24,000 – £29,000 depending on thickness, roof only, including clear panels.	April 2018	Building experience. Alternative solutions to cladding method. Suggestions of Building contractors to approach for quotations
INSTALL GENERATOR	Confirm location Could we change location to make delivery & siting more achievable? Determine method and vehicle require. Investigate Contractors	Not Known but Ian and Antony may have contacts.		Access to a delivery vehicle capable of shifting a 6 ton generator.
MEMBERSHIP FACILITIES- catering, kitchen and storage, unisex disabled toilet and shower, ladies and gents toilets with basic changing facilities & additional wiring.	Firm up plan Get quotations Raise Funds	Not Known	? Dependent on progress with Building Regs and fundraising	Quantity Surveyor to work out a guide price. Fundraising Suggestions for Contractors
RAMP ACCESS – an important element of our club equal opportunity ethos, but not required for Building Regs application to be approved.	Finalize Plan	Not Known	Dependent on further funding.	Experience in Part M Regs Design & Structural Calculations experience

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

Fancy a bit of bowling.....?

Oundle Bowling Club will be holding a Tournament on the afternoon of 20th May, 2018 for all the various sports clubs in and around Oundle.

Previous experience of flat-green bowling isn't required, just flat-soled shoes (trainers are fine) and a willingness to take part, and to enjoy some friendly competition. We can supply the bowls. You can register and practise from 12.30pm onwards.

Please put the invitation poster on your club's notice board.

To enjoy an even contest, we will be using a handicap system, so do please indicate on the Entry form the relative skill levels of your players.

The bar will be open, and we have an ample car park. Other refreshments will also be available. All we ask is that you do not take glasses on to the green, and refrain from smoking on the green.

If you are able to raise a team of 4 players then please complete the enclosed Entry form and return to me:

Mr J. A. Holt, Secretary, Oundle Bowling Club email:
jaholt12@btinternet.com Web:
www.oundlebowlingclub.org

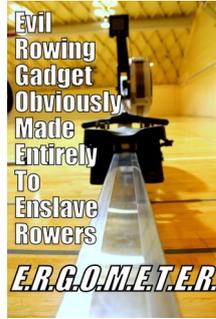
PAUL PEARSON WILL BE ORGANISING THE OTRC TEAM - PLS GET IN TOUCH
paul.g.pearson@outlook.com



Phillips Portacabin Clearing Assistance

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



OTRC HEAD RACE



THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

OTRC HEAD RACE

Senior Open Coxless Quads

Position	Time	No	Crew
1	07:37	1	Richard, Will B, Keely, Adam
2	07:45	2	Lel, Leslie, Rohan, Dick
3	07:47	12	Simon, Jon H, Fiona, Brian
4	07:49	3	Daisy, Bob, Jonny, Peter C
5	07:51	16	Mark F, Ian, Claire I, Charlie D
6	07:53	7	Vicky, Ian, Leslie, Nick
7	07:54	11	Vicky, Hugh, Connor, Andrew
8	08:01	13	Charlie D, Lel, Gary, Peter C
9	08:12	6	Jon H, Fiona, Mark F, Keely
10	08:13	18	Bish, Angela, Gary, Joe P
11	08:15	17	Hugh, Will B, Jennie, Brian
12	08:21	8	Peter D, Bob, Jennie, Jonny



Senior Open Coxed Quads

Position	Time	No	Crew
1	08:10	21	Jeremy, Charlotte W, Rohan, Gary, Cox:Liz
2	08:25	14	Smithy, Charlotte W, Richard, Gary, Cox:Liz
3	08:58	19	Alin, Becky, Peter D, Dick, Cox:Paul
4	09:01	9	Dave T, Anita, Jack, Joe, Cox:Paul
5	09:16	20	Kate P, Anita, Simon, Nick, Cox:Charlotte W
6	09:38	4	Jo H, Angela, Andrew, Bish, Cox:Liz



Junior Coxed Quads

Position	Time	No	Crew
1	09:19	5	Erin, Charlotte R, Molly, Jacob, Cox:Becky
2	09:58	10	Laura, Jessica, Holly, William P, Cox:Lel
3	10:35	15	Chloe, Trinity, TBA, Ewan, Cox:Daisy

THE RESULTS

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



Safety Updates

There are two new ways to find out about the latest water safety advice. If you use Twitter, please follow @OTRCsafety - notices about current conditions are posted here by the Safety Advisor. These can be particularly important at this time of year when the Environment Agency sometimes issue Strong Stream Advice notices so they can release flood water which can affect river levels and current strength on our part of the Nene. Safety notices will be posted when the EA issue a SSA, and again when it comes to an end.

If you don't use Twitter, then the latest bulletin is always displayed at the top of the front page of the new web site (thanks Ian!).

So if you're tempted to take a sneaky mid-week outing, my advice is to check twitter or the OTRC website for the latest information before you go.

Dick Meads

OTRC Safety Advisor



Home

Club ▾

News ▾

Calendar

Gallery ▾

Rowing ▾

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Contact ▾



Oundle Town Rowing Club

OTRC Safety @SafetyOTRC · 10m

STRONG STREAM ADVICE is in force - river levels rising & current will be stronger than normal. Juniors must stay off the water unless closely supervised by coach in a safety launch. Seniors should assess the conditions before boating & take care when turning.



OTRC Safety @SafetyOTRC · 8m



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HELP

Inclusive Rowing at OTRC - Help Needed

You will all have seen that “Inclusive Rowing” is big news this week in The Stream, the British Rowing Online Magazine.

The good news is that OTRC were at the forefront of Inclusive rowing and were awarded the Sports Club of the Year Award for it in 2010.

For those that don't know, we have run on the water sessions for Spring Common Special Needs School pupils every Wednesday in term time since the Club's inception and continue to do so.

This activity is supported by Oundle School Community Action pupils until the start of the exam period. They help move the launch & boats on and off the water, get kit out and row a double with those not able to row independently.

Isebrook Special Needs School also join us on Thursday morning in the same way.

These sessions earn the Club a small income and are attractive to grant funders as an example of our Club's Community activity.

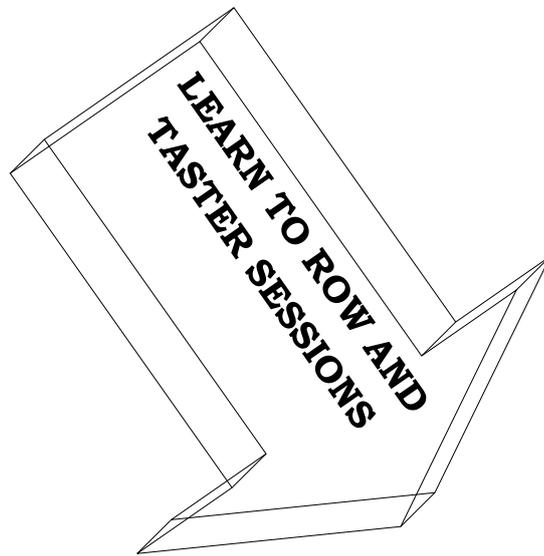
We need your help on Weds 1-2.30 pm in term time from early May until the end of term in July.

Please contact me if you are able to help with any of those tasks for even some of the sessions, we have a lot of fun.

Anita Dunn anitajdunn@hotmail.com

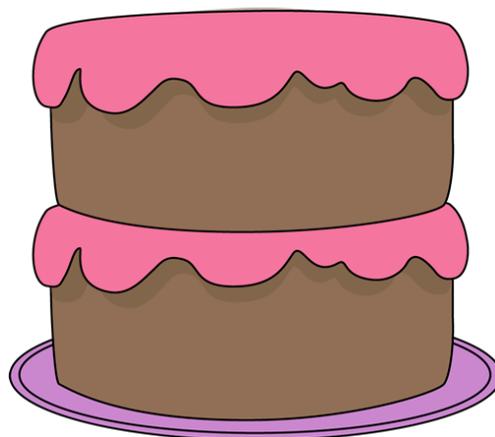
THE OTRC SPIRIT

OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



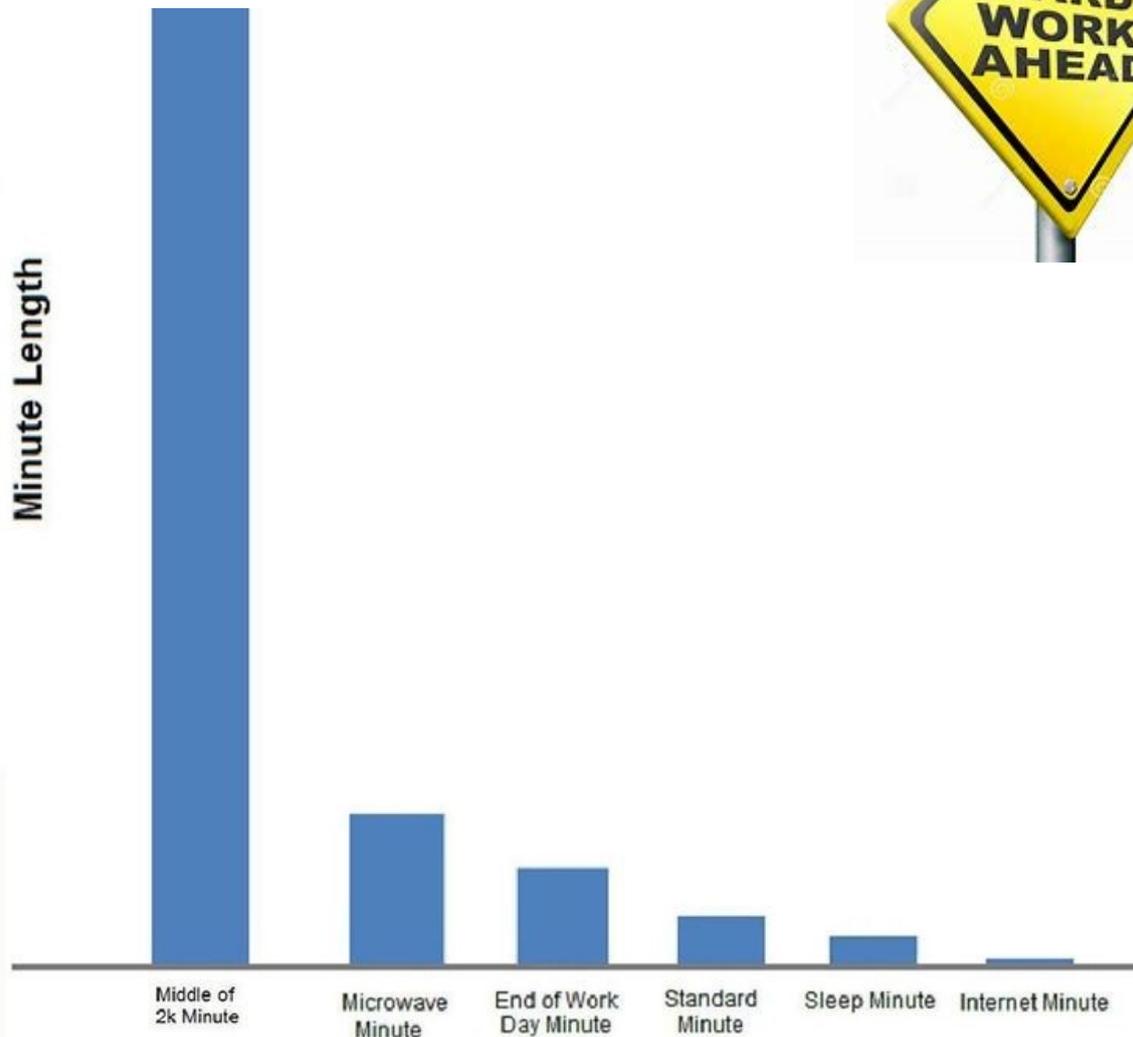
Thank you to those who have replied to the request for help with the forthcoming taster sessions and learn to row courses. The more volunteers we have the better, so if you can spare a saturday afternoon or two during April and May, please get in touch with Simon (simonmurray36@gmail.com). The encouraging and good humoured input from existing members really does help new rowers.

We expect to have several people coming to the two taster days on 7th and 14th April so extra help on those days is especially welcome. We'd like also to offer refreshments to those attending, if anyone is able to man a kettle or even provide cake this will be much appreciated. Many thanks.



THE OTRC SPIRIT

OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



Many of you will have noticed that the road down to the club has been repaired and upgraded. This work is done by the Narrowboat Community, for which we are very grateful. The material used for the road is defined by the terms of the lease for ecological reasons. It breaks up easily, as you will be aware. Please drive VERY slowly up and down the road, in first gear, and help to preserve the surface. Many thanks!



THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

MID WEEK ROWING

Midweek on-the-river club sessions will begin on 10th April 2018. All adult members are welcome, even they do not row in an established crew. Club sessions are held on Tuesdays and Thursdays.

Unfortunately, we are not able to include Juniors in this arrangement as there will be no safety launches.

April sessions will start at 6pm (18:00). Start means on the water at 6pm. We know this is very early for some, but we have to be off the water before it gets dark, so need to start earlier until the nights get longer. **From May, sessions will start (again ON THE WATER) at 6:30pm (18:30).**

Basic protocol for midweek sessions: (Information for new rowers. As a reminder for old hats)

Please arrive to boat at the above times.

The aims of the sessions will be less serious than on a Saturday, with the opportunity to row with various crews and in different boats. In order that everyone who turns up has a chance to row, the focus will be on sculling, but it may be necessary to take some sweep-oar boats out, if numbers demand it. If we do need coxes, the expectation is that all rowers will take a turn at coxing.

Established crews who wish to go out may do so, but must arrive before the start time or your boat may be allocated elsewhere. If you need a cox, this must be pre-arranged. However, established crews must be aware that other boats/crews may be much slower and these sessions may not be suitable for intensive training.

The first coach/coaches to arrive will organise crews from people as they arrive, rather than waiting to see who else might turn up. Crews will boat as soon as possible to make the most of the light.

Late arrivals cannot boat if the crews already on the water are unaware of your presence, as this could lead to clashes/accidents.

At the end of a midweek session, could the first crew back switch on the generator for lights, if needed, please? It would be great if all rowers can stay and help to get all boats put away as quickly as possible.

Learn 2 Row sessions for adults will be run on a Tuesday evening, later in the season. If other rowers could volunteer to help just for one week, this will ensure all rowers can get a fair share of evening sessions. We are hoping to incorporate the L2R-ers into the normal sessions as soon as they are ready, to get them up to speed as soon as possible. Your help would be greatly appreciated. Simon's the man to speak to.

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB



Survey of Club Members now open

The committee would like to understand the thoughts and opinions of all OTRC members in order to meet their needs and to make plans for the future. Everyone's opinions on the club, what we do well and suggestions for improvements are welcome. All club members (including juniors and parents of junior members, adaptive rowers, Sunday rowers, U3A-ers, associate members and anyone else I have forgotten) are invited to participate and we hope you will take the opportunity to share your thoughts. The survey is available in the members' area of the website. It should only take around 10 minutes to complete, unless you have really long comments to write!

The survey can be found at <http://oundletownrowing.co.uk/member-survey> but you will need to be registered/logged in to access it. The survey will be open until the end of April and results will be analysed for discussion at the Committee meeting in June. We'll put an analysis of the results on the website too, when available.

2k FUNDRAISING CHALLENGE - 2 GREAT CONTRIBUTIONS MADE TO DATE. EXCELLENT NEWS FOR THE CLUB HOUSE!

If any one would like to take on the on-going organisation please do get in touch. zoesmeeth@hotmail.co.uk



THE OTRC SPIRIT

OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

OUNDLE TOWN ROWING CLUB

SPRING IS A TIME OF NEW BEGINNINGS - WHAT BETTER TIME
TO TRY A NEW SPORT?

FANCY TRYING IT?

OPEN AFTERNOONS - SATURDAY 14TH APRIL 2018 FROM
2.30PM - **Free**

JUNIOR (UNDER 18'S) LEARN TO ROW. YEAR 8 UPWARDS

6 WEEK COURSES ON SATURDAY AFTERNOONS 2.30-4.30pm

DATES - 21ST APRIL - 26TH MAY & 9TH JUNE - 14 JULY 2018

£30 per 6 weeks

CONTACT - Simonmurray36@gmail.com



THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

NEW WEBSITE

Have you had a look at the brand new Oundle Town website? Go on, have a look and do sign up to the members area.

www.oundletownrowing.co.uk

MIRROR, MIRROR

There is a mirror dingy and some bits of associated kit that has been “donated” to the rowing club. As we are a rowing club we are not really able to use this, so would really like it taken off the site.

If anyone wants to claim it, or knows where it came from, perhaps they could make themselves known to Philip. Otherwise we will see if it can be re-homed somewhere else, such as Thrapston sailing club....

SWEATPANTS

The sweat pants on the kit page are a darker navy to the rest of the kit. You are able to order black or grey if you'd prefer. Rules only require club colours on your top half.

www.godfrey.co.uk

Hints for the Helpers

We are very grateful to the army of OTRC helpers that give their time to help load and unload the trailers at the events. As the club has grown in size it has not been able to give everyone instruction in the the OTRC way of doing things, so this might provide a few hints.

Riggers:

When removing the riggers from the boat it helps to stack riggers from the same side of the boat and tie them with the wooden label together. The neater the stack of riggers the less room they take up in the trailer□



THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

Hints for the Helpers

For 3-stay riggers, the backstay is attached by the “Top Nut” which can be loosened slightly to fold the backstay parallel to the mainstay (taking up less room).

When putting on the riggers, getting the correct tension on the nuts is difficult, not too loose or not too tight. The “rule of thumb” is to tighten the nut using no more force than you can produce using just a thumb and forefinger on the spanner; the same for re-tightening the top nut. It is still the responsibility of each rower to check their own riggers at the event and at the return to the club, or at the first outing after an event.

Seats:

The seats are tied down so they don't fall off during the journey. Remember the boats will be turned upside down; so think about how the elastics are anchored.

Hatch covers:

Make sure these are tightened before transit, we have lost several recently.



Trailer Loading:

The oars are loaded towards the back of the trailer with the more delicate spoon part at the end of the trailer and the handles nearer the middle. Sweep oars on one side of the trailer and sculling oars on the other. The riggers are at the “tow hitch” end of the trailer.

THE OTRC SPIRIT

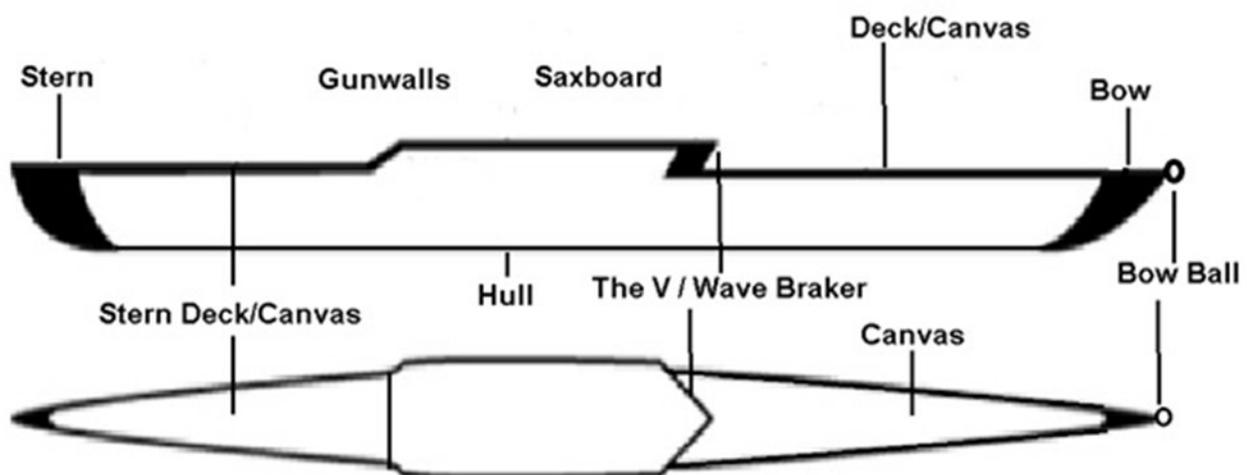
OFFICAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

Hints for the Helpers

Boats are loaded with those in the inner racks first (so we can reach to tie them on before loading the outer racks). It is easier to lift the boats onto the top racks if there is nothing loaded below. Last to load are the boats on the bottom rack so we have easier access to loading the bottom of the trailer. When using two trailers we load the riggers on the same trailer that we load the boat.

When tying on the boats once again it is difficult to determine how much force to use when tightening up the straps. To minimise the force, we wrap the ties around the “uprights” so if the straps are too loose the boats still can’t slide off sideways. Some of the boats have evidence of damage caused by over enthusiastic use of force when tightening the straps. If you are using any body weight to tighten the straps, you are using too much force. If we have four boats on the top rack of the larger trailer, we use cross ties to stop sideways movement of the boats. These are made of old ties so if you see some lying around without buckles, don’t throw them away they are still of use as cross ties. When loading the smaller boats, if the “canvas” region of the boat (deck) is resting

When loading the smaller boats, if the “canvas” region of the boat (deck) is resting



THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

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on the strut, we need to put some padding to protect this delicate part of the boat and much more care is required when tying the straps; this is not a strong part of the boat.

The aim is to load the trailer so there is around 50Kg weight on the tow hitch. It is a bit of an art getting this right: trying to load the boats in the middle of the trailer is a good starting point and make sure there is enough room for the tow vehicle to turn without it hitting the boats.

The trailer drivers are all volunteers and we are grateful to them for taking on this responsibility: in the eyes of the law the trailer drivers are responsible for their load, so don't be offended if they ask you to move the load or they re-tie the straps you have carefully done already.

Nick and Johns visit to Holland 25th and 26th February 2018

It all started with Nick surfing the interweb for boat selling web sites. A pair/double scull was advertised on a European site but was currently located in Holland. The price was right to justify a trip over to collect it.

Nick did the research regarding the boat and its owner Jantinus Zieng who housed it at Hemus Rowing Club in Amersfoort. Arrangements were made to travel to Holland to pick the boat up. A trailer was necessary as in Holland only ½ a meter overhand is allowed by their traffic regulations so transporting the boat on the top of a car was out.

All the arrangements worked out well apart from a road closure and diversion on the way to Harwich which caused us to arrive 35 minutes before sailing and not the 45 minutes stated in the instructions. However, there was no problems as the ferry was only ½ full on a Sunday and we were waved straight onto the car deck. The crossing was calm but long (7 hours) and boring.

From the Hook of Holland Amersfoort was easy to find as it was motorway all the way. The Hotel Fletcher was a little more difficult to find but we eventually found it but had to man handle the trailer into an overflow car park. Then it was dinner, a few beers and bed.

Next morning, we thought we got up at 6.30 but it was 5.30 local time. Arrived at the rowing club as arranged we thought at 8.30 but local time was 7.30 but no Jantinus. Nick was having kittens. A quick phone call soon sorted it all out and Jantinus arrived to open the boathouse. And what a fabulous boathouse it is (see photos). Retired members started to arrive later for a boat maintenance day and what a friendly bunch they turned out to be. We had a long chat over coffee sat around a log effect gas fire in their club room. They extended an invitation to their 8K regatta at the end of September – worth considering but not in two days!

THE OTRC SPIRIT

OFFICIAL NEWSLETTER OF OUNDLE TOWN ROWING CLUB

The boat was named Red Kite and christened with a good drop of English beer then it was loaded onto the trailer and off we went on the return journey. Little did we know that the sat nav had automatically set to local time so whatever it showed we added another hour. It then appeared that we were running late for the ferry so made a mad dash down the motorway. After the worry of missing the ferry we arrived at the Hook an hour and a half early.

The return crossing was uneventful but from sunshine it clouded over and was snowing when we arrived back in Harwich. Snow was building up on the road on the A120 and the driving became quite tricky. The lorries however just kept their normal speed and we were overtaken frequently, with poor visibility due to driving snow it all became very worrying. The snow did eventually stop, and the driving conditions improved, until the A605 which was closed beyond Elton, so another diversion took us back to The Club to return the trailer. Eventually arrived home just after midnight very tired but what an adventure.

