



THE CAPTAIN'S LOG

A WEEKLY NEWSLETTER

Issue 5 : 28th September 2020



What a week - at least it's not all Covid!

This week we have seen good weather then awful weather (which sadly meant the cancellation of the first Paddy's run) some racing (real and virtual) and then, of course, more Covid rules introduced! In between we also had the Racing and Main Committee meetings. It certainly is all happening at NRC- we're definitely moving forward!

So here goes ...

A very tough Boston Marathon - congratulations to Mike Bond

The day started with unpredictable weather and an entry of 4 singles and 1 pair as opposed to the usual 100 boats. The first 13.5km to the lock were OK with the wind gathering. Mike then had to battle 36.5km with strong head winds and exceedingly 'tangly' weeds that caught his blades and made navigation of the course difficult. After some 'gentle persuasion' he continued to face the previous obstacles with an awkward cross wind. Mike came a very brave and credible 2nd place winning a tankard and a bottle of bubbly for his amazing efforts.



Thrilling Head of the Wensum race through the City!



For the first time, Harry Scott was the overall winner for this years 'street race' for single scullers. Katherine Trehane celebrated her 40th birthday by winning the Women's Trophy. The racing was highly contested on this tricky course which some say is Norwich's answer to F1's Monaco Grand Prix! The competition was very fierce and the 4km course took some mastering. It's not for the faint hearted. Well done all!

The Racing Committee sets the date for the Long Distance Sculls



The Norfolk Long Distance Sculls will be raced on Saturday 15th November over the traditional 5km course from Rivers Court to the finish at the Green. The race was originally started in 1948 by George Cooper (Nick Cooper's father) and was the first race of its type in this country. The race attracted a string of top scullers including Olympians, Internationals and National Champions who wanted to race over a longer course. The race has been run every year since. Due to Covid Restrictions, only scullers from Sudbury, Deben and Beccles are

being invited to join us in our historic race.

Nick Cooper has kindly provided a donation to cover the cost of purchasing prizes and trophies.

Post Christmas racing events



The racing Committee has also started thinking about a race and other activities for the club into the New Year. They are hoping to plan an event that will include all levels of rowers. This will have to tie in with the BR racing calendar and squads' plans for the season. A great deal will also rely on any Covid restrictions and how BR/the Government want our sport to function.

Annual Subscriptions - again!

A number of people have now paid their club fees through ClubHub. We now have to ask all other members to step forward and pay their fees and racking charges for their boats. As previously mentioned, membership and racking fees are remaining the same as last year.

There are a number of membership packages open to you including paying the full fee on a monthly basis. This is an offer to help members spread their payments over the year and should not be considered as a 'pay as you row'

offer.

One of the problems of not paying their fees and using club equipment is that they are not covered by the Club's insurance. Any damages to our equipment or the other crew's, and personal injuries involved will have to be paid by that person. The club simply cannot afford to let uninsured people row. So please sign up now.

We obviously understand that times are tough for some people. If you have any problems please do not hesitate to call or email Tom Hockley, NRC's Membership Secretary to discuss the matter.

Follow the ClubHub arrow below for more information and sign up.



OK It's now Covid time!



QR signs around the Club houses

The Government has now launched the new Track & Trace app. Around the premises (gym, cafe, ergs etc) you will see Whitlingham QR signs and on the quayhead and boathouses you will see ours. If you have the new app then please use the QR signs to register your presence in the various areas when you come into each one. Other clubs may also have QR signs - make sure you

scan the ones that say Norwich Rowing Club or they may come looking for you at the High School!

Please note - the app does not replace our own on-line time slot availability system, or the registration books at the doors to the boathouses. The online time slot system gives instant Track & Tracing information (if ever required) of your rowing outings and the registration books are for your Water Safety. Both systems are now well supported and working efficiently. They will continue to be monitored.

Other news and thanks

The cafe team - Big thanks from Jackie Kilbourn, Beta Bond and all the Cafe team for all your hard work. The great news is that only two more volunteers are needed now to run the sit down breakfasts. (See below). Robert Conway is restarting the rota from 7th November. The Cafe will not have to close and the bacon butties are safe!

Cafe Opens for Sit-Down breakfasts this Saturday!

5 tables with 4 chairs (1m apart) will be allowed in the Lounge area upstairs. Screens will be between tables and no movement or adding chairs will be allowed between parties at other tables. Each table will have a sanitiser, a hard surface sanitizer and a hand towel roll and small bin. You are requested to sanitise the table and chair when you leave it. Masks need to be worn until you sit down.

This system requires more staff than simple take away and a version of Robert Conway's rota will be introduced to include the extra staff required.

Temperature taking and NHS scan/signing in is still in place.

The Racing Committee, the Rowing Committee and the Main Committee -

There's a lot of people on all these committees and they work extremely hard behind the scenes to make everything happen for everyone else. Having attended all these meetings, I know that a huge amount of people put a massive amount of work in to help others. Thanks to all of you and keep up the good work!

Cancellation of rowing and Paddy's Run race: It is with great regret that we had to cancel all rowing and Paddy's Run this weekend due to average winds of 28mph gusting over 40 mph. It was a thoroughly wet and miserable weekend.

David Ashcroft
Club Captain

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