

BOWWAVES

NEWS FROM NORWICH ROWING CLUB

NO. 1

FEBRUARY 2018

All you need to know about everything worthwhile at Norwich Rowing Club

CHAIRMAN'S VIEW OF 2017/2018

The last 18 months of efforts from very many volunteers - young and old, fresh and less so – have transformed NRC since the rather unhappy AGM in 2016.

Whilst it was necessary to increase subscriptions in a period of austerity by 8% (thank you all for accepting that), the finances and the boat fleet have now leapt forward.

There has been significant turnover in boats – old friends have gone (Blue Burga, Dipple & Conway, Countrywide and several singles too) whilst the average age of the NRC fleet has shrunk. The need for more 65 to 80 kg doubles is gradually being satisfied. NRC now has two Hudsons as well as the Filippi Quad and Filippi Double. The blades have been repaired (“never seen such wear at any Club” he said), so you should now at least be able to square properly!

The Norwich Head (February), the Norfolk Long Distance Sculls (October) and the Carrow Cup in December, at 0°C, have all made profits for the Club. The Traditional Boat division at the Carrow Cup even drew contestants from North Berwick to Totnes! The Norwich Society Bowl has now gone to Devon but will be competed for again in 2018.

The “Famous Silence” raised over £2,500 and other welcome anonymous donations have come in. Our thanks to all those who have been involved.

Most importantly, time and skills have been liberally provided and shared with new and less experienced members. Even the Kitchen Rota under the eagle eye (joke) of Robert Conway has done well.

2018 is set to go well, cheerfully, physically and financially. Rouen, Amsterdam, London and many other regattas and head races around the UK are beckoning on safely repaired trailers.

The NRC Committee have been selfless in their efforts for NRC and this is a rare public opportunity for me to thank them all.

SENIOR SQUAD REPORT from Oliver Negus

After a successful and fun trip to Rouen, the Senior Squad's focus on performance in training is now showing a glimmer of hope for the season. Both the Women and Men's squad have shown their local dominance with convincing wins locally and achieving target on the national scale with a top 100 result at Four's Head in Tier 1 4-, sitting well within the 'Wyfold pack'.

The women, in particular, who have just started their journey with NRC, look to show potential after their win at the Carrow Cup. With the right effort they could produce something special this year.

2018 targets include Ghent International, Metropolitan, Henley Women's and Henley Royal regattas,

YOUR COMMITTEE

Chairman - David Bolton

Is in overall charge of the club

Vice-chairman - Jim Miller

Chairs the committee in David's absence and oversees the running of most club events and races

Treasurer - Isobelle Webster

The guardian of the money tree

Secretary - Ollie Negus

Responsible for the documentation of committee meetings and oversees the club email account

Senior Captain - Calum Page

Responsible for overseeing the development of our high-performance senior squad and for the allocation of tier 1 resources

Development Captain - Shelagh Tubby

Responsible for overseeing the development of adult rowers and scullers from novice to intermediate level

Junior Co-ordinator - David Wynne

Responsible for overseeing the development of junior rowers and scullers from novice to elite level

Welfare Officer - Sam Wheatman

The go-to man for any worries or concerns adult or junior members may have about their welfare at the club

Safety Officer - Olly Roe

Heads up the safety policies at the club and is always happy to hear your thoughts on ways of improving boat safety

Membership Secretary - Harry Scott

Responsible for distributing the membership application details and ensuring prospective members have paid accordingly, so we can provide all our members with suitable equipment

WATER SAFETY from Ollie Roe

Soon the dark mornings and evenings will end, allowing us to enjoy rowing in warmer weather without the extra risks that come with winter. I would like to take this opportunity, on behalf of the committee, to thank all of the members for the work you do to uphold the club's safety policies during these cold and wintery months.

Whilst we wait for the spring weather to arrive, it is important that we maintain our standards of safety on the water. Rowers, if you are heading out before sunrise the boats must have lights on the bow and stern, enabling everyone to be visible on the water. If you are a launch driver, you must ensure that vessels are lit, with first aid kits on board, kill chords attached and life jackets must be worn by the driver and all passengers. In a more general context, if you see any equipment that needs replacing or behaviour that is inconsistent with the safety expected in our club – please inform your captain or the water safety advisor directly.

Finally, over the last few months we have seen both the Carrow Cup and Norfolk Sculls events hosted at the club, which has involved many members and organisation committees. The safety feedback from these events has been very positive, and it is encouraging to see so many volunteers manning launches allowing each event to run as smoothly as possible. Nonetheless, we have seen one incident occur when a boat was lifted out of the water and subsequently dropped when being transported onto trestles. Whilst this was an accident, in icy conditions, it could have easily been avoided if the rowers had been assisted from the bank. If you have finished your session or race, it would be appreciated if any member could offer, in any capacity, a helping hand to those getting on and off the water. An old cliché, and one I'm sure you've heard before, but safety is all our responsibility and its never a bad thing to see a friendly face when landing a boat or transporting it back into the boathouse.

BOAT NEWS from Ed English

The club budget this year has purchased the following :

Tier 1 Hudson 4- 86-102kg (delivered); currently a private boat, to become full club boat in Sept 2018

Tier 1 Vespoli 2-/2x 68-80kg; order confirmed.

Tier 3 Janousek 4-/4x 70kg; paid for, collection early 2018

Tier 3 Janousek 2-/2x 70kg; paid for, collection early 2018

Before the purchase of new CAT, a home is to be located for it in the boathouses as 2 CATS in the singles bay would not be acceptable for private singles users.

Boats returning from repair in early 2018;

Tier 2 Julie 2-/2x - hull damage and foot stretcher blocks replaced

Tier 2 John Jarrold 4-/4x - hull damage and foot stretcher blocks replaced

Tier 3 Anne Charlotte 2x - New fin and fin box

The club is also looking into grants and funding of some new club boats. More information to come if we are successful with our application.

JUNIORS from David Wynne

Following a summer of Junior Learn to Row courses, the Juniors Section recruited eight new members this autumn, bringing our active total to 29 plus one regular young cox, with a waiting list of 35!

We said goodbye to coach Toby who went to uni at Nottingham and welcomed assistant coach Rocco, a rower with our seniors and training for his Level 2.

Lead by Alicia, our coaching team has produced good performances and Head pots from experienced crews such as Rowan, Benny, James and the two Sophies. Tuesday night gym training has integrated our newest members into the squad, and they have raced the Norfolk Sculls and Carrow Cup for the experience.

We are looking forward to a new L2R at the Easter break, with emphasis on the younger age groups of 12 and 13, to build our pyramid base.



Junior Fir Trees at the Carrow Cup

EQUIPMENT CARE AND MAINTENANCE from Martin Tate

Boats and blades are a rowing club's bread and butter. Without them we are sunk, almost literally. NRC unfortunately has a depleted fleet, with many boats in need of repair or maintenance. On the up side the blades have been overhauled and all are fit for use. Great!

Ongoing; boats need cleaning with a detergent and drying after every outing. Any damage must be reported immediately, this is not a 'witch hunt' but an effort to remedy problems quickly. Updated details of how to report damage will be circulated shortly.

In the future : we aim to get all boats properly serviceable asap and then work towards developing a rolling maintenance programme where all wearable/moving parts are replaced on a regular basis. Similarly we are aiming to standardise blade gearing and encourage the use of "clams". Details of these initiatives to follow.

Please help the maintenance team by refraining from re-rigging boats without the permission of the captain (Shelagh or Calum). Similarly do not adjust boats without first checking how they have been rigged or geared as we aim to set boats up for general club use and unscheduled changes undermine this. In the last 2 months two quads have had to be re-rigged as 3 of the 4 seats were set for right over left sculling, probably an example of ad-hoc changes on an ongoing basis.

If you use a particular club boat regularly why not offer, as a crew, to give it a 'deep clean' and enlist the support of the maintenance team in performing a 'condition survey'.

CARROW CUP 2017 from David Wynne

The Carrow Cup 2017 was its traditionally chilly self, but there was no rain and the winds were gentle tail breezes, so a great day was had by all. Winners came from all the Norwich rowing clubs who participated (Broadland, Norwich, Norwich High School, UEA and Yare). Beccles also came to race, as did traditional boats from Devon and Scotland!

The trophy winners were:

Carrow Cup (coxed fours)

M4+ Turkey legs NRC - Page time 13:42

Top three Traditional boats (of eleven entering) on handicap were:

Blades Rowing River Dart	St Ayles skiff special	Felton Flyer (19 minutes)
North Berwick RC/NSC	Thames skiff 22'	Seraph (19:30)
Lower Thames RC	Hanningfield Hy gig	Spirit of Trafalgar (20:28)

Other modern boat winners were

Mx4x- Christmas puds BLD-Bosworth 15:19
W4x Baileys BLD-Hubble 16:49
W4+ Cranberries NRC- Peterson 15:58
M2x Turkey breasts Yare-Mark Moore 15:43

W4+ Sugar mice UEA-Litty



The NRC Chairman and Vice Chairman David and Jim honourably raced in the gig Hestia, who carried the Olympic Torch across the Wensum in 2012.

DEVELOPMENT SQUAD from Dr Shelagh Tubby

The squad has got off to a great start, with wins at both Yare cup and NLDS.

Integration of the summer L2R course graduates with returners and experienced ladies has gone well, with thanks to the consistency of coaching from Martin and Nick.

We had two well attended skills sessions in single sculls.

We are planning some Theory evenings through the winter.

Roger's ergs and circuits are popular, with some great recent 5k erg test scores.

Our squad has deep-cleaned several boats to assist the boat repair team.

We now have a Women's eight, targeting Amsterdam in March; a Men's eight is beginning to emerge.

As new L2R graduates move into the development squad next spring, we will need to form an intermediate squad, which will require support from other members of the club to succeed. Offers of help to Shelagh please. We need to form a defined structure through squads to ensure the future growth of the club.



SOCIAL and FUNDRAISING

Murder Mystery evening

A fantastic evening of the highest quality acting, original accents, superb original script and marvellous food. A good load of money was raised too.

Well done to everyone involved and a special thanks to Elizabeth and Ian Williams for their script and marvellous production!

24 Hour Silence

People doubted that David Ashcroft could be quiet for 5 minutes let alone 24 hours. To everyone's amazement- he did it. Thanks to everyone for putting their money where his mouth was. Including Gift Aid we should have raised over £2750 for new boats and equipment.

Quiz and Chilli Night (24th February after the Norwich Head)

At Whitlingham Boat House from 18.30- 22.00hrs. Tickets £15 for adults and £10 for Under 14's. Great food and Licensed bar. Tickets available Saturday & Sundays from members of the Development squad. Open to members, families, friends of NRC and all other users of the boat house and other clubs. All profits go to buying new equipment.

Boat Race Bash

Anyone interested in this on Saturday 24th March please contact info@boltonpartners.co.uk.

Sponsorship

Special thanks to **Jarrolds** and **Towergate Insurance** for their generous contributions towards equipment. Their very welcome support helps us all to enjoy our sport!

DATES FOR YOUR DIARIES

Here is a selection of events which have been chosen by the Senior, Development, and Junior Captains and Coaches for their respective squads and have been labelled as such below (please note as there is no single masters squad these events have not necessarily been mentioned).

This is not an exhaustive list of events the club will be going to and if you want to go to an event – however if you want to get racing beyond the Yare these are the races that there will definitely be a trailer going to:

Date	Event	Distance	Squads attending
21st January	Boston Head	5k am or 3k pm	All squads
24th February	Norwich Head	5k or 2.5k	All squads
25th February	Head of the Trent	5.7k	Seniors
10th/11th March	Heineken Roeivierkamp	Multiple races over 2 days	Masters and Development
13th March	Oarsport Jr Sculling Head	3.6k Head at Dorney lake	Juniors
15th April	West Norfolk invitational	4k and 2k Head race	Development
21st April	Junior Interregional Regatta	1500m Holme Pierrepont	Juniors – tbc
29th April	Lea Spring	600m Regatta	Development and Juniors
6th MayWallingford	Dorney lake regatta	2k	Seniors
12th/13th May	Ghent International	2k Regatta – 2 day event	Seniors
25th – 27th May	National Schools	2k Multi lane regatta	Juniors
26th/27th May	Nottingham City	2k multi lane Holme Pierrepont	Development
2nd/3rd June	Peterborough Spring	1k multi lane regatta	Development
2nd/3rd June	Metropolitan Regatta	2k multi-lane at Dorney lake	Seniors
10th June	Star Regatta	1500m	Development
16th/17th June	Masters Championships	1k Multi lane Holme Pierrepont	Masters
22-24th June	Henley Women's Regatta	1500m side by side at Henley	Seniors and Juniors
23rd June	Marlow Regatta	2k multi lane at Dorney	Seniors
29th June	Henley Qualifiers	Time trial on full course	Seniors
30th June	Peterborough Junior	1k multi lane	Juniors
4th-8th July	Henley Royal Regatta	2ishK side by side	Seniors
13th/14th July	Henley Masters	1k side by side	Masters
20th-22nd July	Brit Champs Juniors	Multi lane at HPP	Juniors
28th/29th July	St Neots Regatta	1k Sat, 500m Sun Side by side	All squads
4th August	Sudbury Regatta	650m side by side	Juniors and Development
11th/12th August	Peterborough Summer	1k Sat, 500m Sun, multi lane	Seniors and Development

In addition, any member who is able and willing to tow a trailer, please contact me via email – calumpage94@gmail.com in order to let me know which dates you are available for and happy to do. Similarly if a sizeable enough group is going to any event not included above, please let me know by way of email as to the event and I can add it to future editions.

... AND FINALLY from David Ashcroft, Editor

This has been Norwich Rowing Club's first BowWaves. It has taken some time in gestation but now has been born at last! We hope you enjoyed it.

Thank you to all the people who have been involved and submitted their copy. No doubt we have made mistakes and even left people out. Please accept our apologies in advance. No snub has been meant. We will do better next time!

We believe the details are accurate at the date of going to press.

If you have enjoyed reading it please circulate it to anyone you want. The more readers the better!

BowWaves 2 is likely to be out at the end of April. What we need is more photos. Send them to your squad Captain and they will be forwarded to me.