



# NEWSLETTER

## August 2006

### Editorial

Your Club Needs You! That's the message ringing out loud and clear as we approach the AGM on 25<sup>th</sup> September 2006 with several key committee posts and club positions to fill. So it's time to step forward and do your bit if you feel you can contribute to running the club. Talking of which, thanks to the efforts of Angus and his gang, we have a wonderful clean boathouse.

Are we jinxed or what?! Yet another Upton rowing event had to be cancelled, this time due to a paucity of regatta entries (the smart money had been on a plague of locusts). Thankfully the Pubs & Clubs event went ahead and was a great success, with several new members joining the club as a result (read on and see the photos!). Such was the interest shown by spectators on the day that the club is planning an open day this autumn to give people a chance to try a bit of rowing. We'll need lots of volunteers to help make the day a success.

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### Captain's Log

#### Competition

##### **National Veterans' Championships (11<sup>th</sup> June 2006)**

Five Upton crews spent a sunny day at Holme Pierrepont near Nottingham, racing over a 1000m course against veteran-only competition (a rare treat!): a **Women's Novice IV+** (the 'Mink') comprising Lisa Belfield, Helen Barker, Linda Scott, Sue Martin and Brian Bramson (cox) raced well against non-novice competition, finishing fourth in 4:42 in a straight final; the 'Otters' comprising Lynne Stirling, Deirdre Thompson, Sandy Barker, Pauline Mason and Johnny Birks (cox) raced as **Vet E** in a Vet D handicap final, finishing in 5:00 minutes in second place, beating a Belfast crew by 32 seconds; a **Vet E IV+** comprising Jeremy Harwood,

Stewart Robinson, Colin Biggs, Angus McLeod and Debbie Thompson (cox) finished sixth in their final in 4:38; Ron Paterson and George Strang (**VetE 2X**) came through heats to their final in which they finished sixth in 4:56; a **Men's quad** comprising Ron Paterson, Peter Barker, George Strang and Johnny Birks finished third in their final in 3:50.

### **Llandaff (8/9<sup>th</sup> July 2006)**

Two Upton crews did very well at Llandaff Regatta and Sprint (see separate item below).

### **Stourport (13<sup>th</sup> August 2006)**

Three crews entered Stourport Sprint on 13th August: in the **Vet E Double sculls** Ron Paterson and George Strang lost a close race against Royal Chester; a **women's Senior 4 coxed IV** comprising Debbie Thompson, Sue Martin, Lynne Stirling, Deirdre Thompson and Johnny Birks (cox) beat a Llandaff IV in the semi-final, then lost to a strong young Warwick crew in the final; in the **Vet F coxed IVs** the 'Phantoms' won again!

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## **Clean Sweep at Llandaff (8/9<sup>th</sup> July 2006)**

Four oldish men of Upton travelled west to enjoy a memorable weekend at Llandaff Regatta and Sprint: three straight finals produced victories against three different clubs on the Taff. The raiding party was led by our Flying Vet E Scots, Ron Paterson and George Strang, keen to defend their 2005 double sculling title.

On 8<sup>th</sup> July Ron and George raced an Evesham crew in a Vet D/E handicap race over the 1000m course, **winning by five lengths**.

Next day Ron and George produced a thrilling race against a Llandaff double in another Vet D/E handicap over 500m: the local crew soon cut down Upton's 3-second advantage, but the mighty Scots produced their best ever competitive row to hold them off and **win by two feet**.

Late in the day Peter Barker and Johnny Birks joined Ron and George in a quadruple scull to race an Avon County crew in a straight Vet E final. Thanks to a more effective start, Upton gained a good lead early on and, despite making a diversion to batter a row of unsightly buoys near the finish, **won by 1½ lengths**.

We are grateful to our one-woman support team, 'nurse' Chris, who kept us stoked up with burgers, cakes and her endless supply of bottles of magic rehydration fluid (unkindly labelled 'stoat urine' by your editor).

This friendly regatta on the outskirts of Cardiff is certainly worth a visit in force next year. There was a wide range of novice, veteran and junior competition, including some mixed crews, with the unusual thrill of a weir immediately beyond the finish to swallow those crews that don't 'easy' pretty sharpish. Let's make sure we book it in our diaries and fill the boat trailer in 2007!

Johnny Birks.



*Johnny Birks, George Strang, Ron Paterson and Peter Barker with fistfuls of pots at Llandaff (photo by Nursey).*

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## **The Competition Account**

Our Treasurer Andrea Oliver reports a change to arrangements for paying into and claiming from the club's Competition Account: because Brian Swindells now arranges all the competition entries and monies now, he has the responsibility for the club's competition account. So in future, all entries for competitions should be channelled through Brian and cheques for seat fees including towing fees of £2 a seat should be made out to 'Upton Competition Account'. Claims for towing fees at 25p per mile should also be sent to Brian. His contact details are:

Brian Swindells, Cutlers Barn, Castlemorton, Malvern, Worcs. WR13 6LT; 01684 833202; [brian.swindells@ntlworld.com](mailto:brian.swindells@ntlworld.com).

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## **Pubs and Clubs, 30<sup>th</sup> July 2006**

After cancellation of Upton Regatta the day before, thank heavens for the 'Pubs and Clubs' event to raise spirits and show the world (well, the Upton area at least) that we can organise a fun day on the river. For weeks beforehand, several members of the club had been coaching novice rowers and preparing them to race on this special day. The event took place in glorious sunshine, with many spectators enjoying views of some exciting tussles on the river. It helped to raise the local profile of the club, with a subsequent increase in interest from potential new members.



*The Peppercot Players beating Stasis B in one of the thrilling races during the Pubs and Clubs event (beneath the admiring gaze of a spectator).*



*Stasis A make their first 'attack' on the Peppercot Players during the final due to steering problems (the race was awarded to Stasis A after a partial re-row). Photos by Ron Paterson.*

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## **Club Open Day, autumn 2006**

Following the interest expressed by many spectators at the Pubs and Clubs day, we are planning to hold an open day (30<sup>th</sup> Sept?) to give people an opportunity to try their hand at rowing on an 'ergo', in the bank tub and in a boat. The date has yet to be confirmed. We'll need lots of helpers to make it a success, so please contact Debbie Thompson to volunteer.

## Bell Notes

And so it came to pass that the darkling days of winter gave way to the lengthening light and myriad colours of a rain-soaked Spring and hardened into the glaring, shimmering heat of a high, dry Summer - in its turn giving way to the gentle breezes and then high winds and thunderstorms of the dwindling, drifting days of late August. The birds have nested and the youngsters fledged and the avalanche of bird poo from the house sparrows nesting in the eaves has ceased – much to the relief of the cat.

It seems no time at all since I took on the Chairmanship of the Club and it has been an interesting year - we would have had a perfect day for our Head – had we held it; and the Regatta, sadly, didn't happen, but there were compensations. The Pubs and Clubs event was a great success thanks to the dedication of the crews and coaches and those who turned out to help and/or support us on the day – a big thank you to you all!

As a result of this event a number of local folk have expressed an interest in a “taster” session without having to commit to a full foundation course, so we are proposing to have an Open Day probably on the 30<sup>th</sup> September - when anyone who turns up can have a free go – accompanied, of course, by a cox and two club members. Debbie is currently sorting details.

Total membership now stands at over 100 souls and growing. Again, thanks to to you all for helping to make the Club so friendly and welcoming – it all helps!

The ARA have now released the funding for the recreational rowing boats and these should be with us later this year – maybe a bit late for those lazy hazy days of summer with wine and sandwiches but possibly in time for the mellow, misty days of Autumn and the hip flask and wellies...

The boathouse was finally sorted thanks to Angus and a dedicated group of co-workers and it is now possibly to identify equipment from the detritus of a rowers cast-offs. (I hear tell a birds nest and a small skull (Or was it scull?) were found near the excercise area, but the tale may have grown in the telling). I promise me and Coxy will get the new sign up soon!

Talking of Coxy. I feel I must mention the stirling work that Steve has put into the Club over the last 18 months. He stepped in at short notice and his willingness to dedicate hours of his time to organising club rowing evenings; coaching and coxing the Juniors (As well as the Adults) and being generally accessible and infinitely patient has played a large part in the success of the club. He retires as Captain in September and will be sadly missed -though he is, he says, hoping to do more rowing, so we will still see him around and about.

We also, sadly, lose our wonderful secretary Ros. Another stalwart of the club whose good humour in the face of adversity; ability to encourage a bewildered Chairman and mind boggling ability to dredge up facts at a moments notice from a red folder that I swear was assembled by those who built the T.A.R.D.I.S., is legendary. She is leaving to put more time into the family business and we wish her well.

Finally, as I too am retiring in September, may I thank you all for your help, advice, encouragement and laughter during the last year.

John

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## Recreational Rowing

The ARA invited me to attend a small presentation ceremony at the World Rowing Championships at Dorney Lake on 22<sup>nd</sup> August. Sandy and I had already booked our tickets for that day so it was good we were able to attend on behalf of the club.

Arriving at 9.30 am we were just in time to see the first race of the day. Tuesday was the first day of repechage races and we saw, amongst others, Alan Campbell win after suffering from illness in his first race.

Caroline Flint MP, Minister of State for Public Health, made the presentation. She made a very informed speech about individuals taking responsibility for their own health and wellbeing. Obviously she cited rowing as being one of the ways people could achieve this.



She presented certificates to Maidenhead, Weybridge and Upton Rowing Clubs for achieving 'ARA Recreational and Adult Learn to Row Club status'. When I heard we were being presented with a cheque I thought it handy that I had Sandy with me and that we were close to Heathrow! Unfortunately it was one of those enormous cheques and we had to share it with four other clubs.

## **Head of the Charles**

One of my ambitions in rowing is to take part in the 'Head of the Charles'. It is the largest rowing event in the world. It is held over two days towards the end of October in Boston (USA) and attracts some 7,000 athletes and 300,000 spectators. If you follow the link below it will take you to their website where you can learn a lot more about the event.

<http://www.hocr.org/home/default.asp>

If we were to go as Upton RC I suggest we go as an eight (or eights) but, unlike the 'Head of the River' in London, it is possible to enter in small boats.

If any other souls have a similar ambition do get in touch and we will see what we can arrange. It is necessary to get in touch with a local club to arrange the hire of a boat. We could aim for either 2007 or 2008. It would not be a cheap trip so folk may appreciate time to save – we could look at setting up a monthly saving plan to make paying more painless and ensure commitment to going.

Do get in touch, letting me have your telephone number and/or email address and which year you would prefer.

Peter Barker – 01684 592906: [peter.barker@stratascan.co.uk](mailto:peter.barker@stratascan.co.uk)

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## **A Message from our new Kit Mistress**

Sue Clifford is now in charge of club kit and she has introduced an exciting new DIY system based upon all orders now being made by individuals. Sue reports that this will be quicker, easier financially and more controlled. She supplies the following details:

ALL IN ONES - to be ordered through ROWBUST Australia Pty Ltd ([www.rowbust.com](http://www.rowbust.com))

5 Brown Street, Collingwood 3066. Phone 03 9415 6909. Fax : 03 9416 3845.

Orders may be emailed - address on the website or faxed or 'phoned I guess !

ZEPHYRS AND SPLASH TOPS - to be ordered through SPARTAN CLOTHING (MALVERN) LTD. Unit 12, Sixways Trading Estate, Barnards Green, Malvern, WR14 3LY.

Phone : 01684 568208/565966/891555. [www.spartan-clothing.co.uk](http://www.spartan-clothing.co.uk). email: [info@spartan-clothing.co.uk](mailto:info@spartan-clothing.co.uk).

I understand they are not awfully prompt at answering the 'phone - since they are in Malvern perhaps rowers could literally present themselves at their door. I understand that they can supply sundry items also!

There is also GODFREYS SPORTS LTD, Mundella Works, Mundella Road, The Meadows, Nottingham NG2 2EQ. 'Phone : 0115 986 4600. Fax : 0115 986 2018; [www.godfrey.co.uk](http://www.godfrey.co.uk). email : [sales@godfrey.co.uk](mailto:sales@godfrey.co.uk)

So there you have it! I hold a very small stock of ties, baseball hats ( 1 woolly hat ), sweats and a Splash Top (no hood) medium size. I do not intend to have a stock of anything since we have decided it is a waste of money to have stuff lying around plus I do not have enough time to run this any other way - if anyone objects to any of this may be they would like to take on the job!! I will of course be happy to help with any other info - and will probably in the fullness of time get up to date price lists. Any other info - please get in touch - but I think this about covers it!

Sue - the kitmistress !

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## 2006 SOCIAL CALENDAR

**Monday 25<sup>th</sup> September**

Club AGM 7.30 in the Sports Pavillion

**Friday 13<sup>th</sup> October 2006**

Upton RC Club Dinner, Memorial Hall Upton

**November 2006**

Line dancing in the Memorial Hall - Date to be confirmed

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## Boathouse Clean-up! Sunday 13<sup>th</sup> August 2006

Tempted along by an admirable commitment to cleanliness and order (so the barbeque and Dominic's amazing vegetable flan had nothing to do with it?!), an army of sweepers, scrubbers, sorters and strimmers gathered to transform the boathouse into a model of neatness that you could eat your dinner off. Well done all and thanks to Angus for organising it.



*A strimmer and a scrubber at the boathouse clean-up day (can you spot the difference?)*

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### Committee 2005/6

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Boatmaster	Bob Hinds	01905 820887		
Junior Organiser	Vacancy Please see Steve Cox for info			
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### Additional Posts

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