



NEWSLETTER

February 2007

Editorial

I have to warn you, this isn't a big one – it's ENORMOUS! Brace yourself for more pages than usual of crucial information and entertaining snippets. From news of important new partnerships, through recreational rowing and clothing advice, to a charming insight into the life of an Upton Welly, you can't afford to put it down. As you browse through the pages that follow, think positive and BELIEVE that the season of floods and nasty viruses stopping us rowing is surely over. Signs of spring are all around: Upton's golden plover flock has been warming up for its long flight north; the bill-clacking herons up near 'The Shed' are rebuilding wind-battered nests; celandines are in flower; and Upton's rowers are choosing new summer pelage organised by Linda Scott, our new Kit Mistress (why do I get a *frissant* of *je ne sais quoi* from that harmless phrase? Is this another sign of spring?). There's lots more stuff bursting out of this bumper-size newsletter, so get stuck in and, above all, take part, have fun and contribute if you can. Finally, your editor apologises humbly for completing the February newsletter a day or two into March. Please supply text and photos for the next newsletter by early May!



James Killick 'touches down for a try' on the flooded rugby pitch at Upton, 21/1/2007

On The Starboard Beam

Each time I mull over the details of the recent capsizes, my reaction is deeper. We love our sport but when the very short time between exhilaration and death is brought into acute focus, I know it is time to do more. A drive to greater safety-awareness had started but its vision and breadth was never as penetrating as it is now, following this incident. I have been pressing for capsizes drills for some months – the next one will be in early March and cox-training is on its way. All members rowing in coxed-boats are expected to cox and these training courses will provide essential training to an agreed standard. We are reviewing safety procedures more widely. Land-based safety advice is with the Captain pro tem while Gabby Tolkien continues as Water Safety Adviser. New safety regimes will become 'what we do around here' and as automatic as any other aspect of the skills we need to participate in our chosen sport. We have set up a new Water Safety Group to help achieve these aims.

Change can be seen as necessary and useful just to keep up with the times but can also be seen as a threat. If you dislike something, please do not whinge on the bank, but 'get into the boat' and ask what you can do to help, even if it is only to provide feedback or expert advice. I genuinely want your ideas and support for necessary change - I thank the many of you who are already providing those.

Largely thanks to Kath and her enthusiasm for our sport, we welcome nine new members into an already vibrant women's squad. Long may the strength, commitment and organization of this great squad infuse energy into all of us. There is growth in the men's squad too with some new enquiries current.

The new C4+ recreational boats have now been ordered along with oars, rigging for both sweep and sculling, and an additional set of lightweight oars to augment our aging stock. We also have one corporate sponsorship so far (thank you Andrea) and have won support from Malvern Hills District Council; in all £800 but of course we need much more to repair or replace older boats.

There were teething troubles with the mini-heads but these heads are now in the hands of VC Lynne Stirling so get your names down now if you wish to row on the 25th March and 29th April. Apologies to those who were let down. Mercia Rescue will be on hand at both these mini-heads.

Our Pubs, Clubs and Firms Event needs novice crews to sign up by 31st March. Who can you enrol? Details on the website www.uptonrc.org.uk
Training starts at Easter and the Regatta will be on Sunday 3rd of June. There may well be a party in the evening so please block out your diary for the whole day! We will need helpers to make this a slick operation. This is also an important training event for our September 16th regatta – another date for your diary! Stewart Robinson has kindly stepped forward to take over the chair for both these events. We also welcome Linda Scott as our new Kit Officer and Deirdre Thompson to the club committee as 'ordinary member', which hardly does her justice!

Those of you who support our winter-training on Wednesday evenings will have seen outline plans for a new boathouse with facilities and we continue to press ahead with our partners in the Upton Marina Community Group to achieve our group goals.

It is a continuing joy as your servant and chairman to have a mix of experience, new blood and universal willingness in the club. I am in need of a skilled person to take on Press & P.R. and a Marketing Guru would be massively welcome. Someone with local corporate contacts or business-2-business skills can assist in our fund-raising actions with Dan Herbert. My personal vision for funding includes sponsorship of boat names for up to three years to bring much needed finance into the club. Helen George can use help and organizing abilities for upcoming, fun social events. What skills can you bring to this beautifully honed crew?!

I hope to see you at the Ten-pin bowling evening on the 10th of March and watch out for the pub quiz and line-dancing evenings!

Angus McLeod
Chairman

From the Fundraisers...

There are several things we are going to be doing over the next few months to raise some (much needed!) funds for the club. We can't do it alone so read on for fun and exciting ways to help out...

1. **Sponsorships:** there are several opportunities over the coming months to raise some funds from sponsors. There are a few new and unnamed boats that could be sponsored by firms, new kit with the possibility of space for a logo and several ways that sponsors could help with costs for the pubs and clubs and head/regatta (for example by sponsoring trophies, tee shirts etc.) To make the most of this we are hoping to hold a 'meet the club' open evening and invite potential sponsors along, probably on a Wednesday evening club row. What we need to do next is develop a list of firms and organisations to approach. If you have contacts with or ideas for people we could approach please let me know!
2. **Pubs and Clubs (3rd June):** To round off the day of the pubs and clubs we hope to hold a barn dance in the late afternoon. The idea being that the participants and their supporters can come along and celebrate their success/drown their sorrows whilst we ~~fleece~~ provide merry entertainment for them. So volunteers are needed to help cater, run a bar etc. Don't be shy now – this is a rare occasion for us to have a captive band of non-club members to part with some cash for our benefit.
3. **Regatta/Head:** Once again non-club members with cash to spend. This is a big event and will stretch the club's person-power. We would like to provide catering for the event and (depending on entries) this could be quite a large task. Once again we will need people to help out with this – come on folks it has to be better than car park marshalling! A 'catering sub-committee' would be ideal.
4. **A Ball:** When I told someone (not a member of the club) I had taken on the fundraising for the club their first words were, "Oh will you have one of those great rowing club balls?" This sowed the seed of an idea. Now, everyone who has been connected with organising one in the past has tutted out loud when I have mention this. Phrases like, "You must be certifiable" and "Count me out" have resounded round the boathouse. But it DOES seem like a good idea. It is a longer term plan – perhaps in 2008 – but if anyone has ideas for venues or anything else please let me know. If YOU would like to be involved in helping organize it I'd be especially glad to hear from you.

For any of the above exciting opportunities please get in touch with me on 01684 576337 or 07906 211161 or by email dherbert@brookes.ac.uk....or the press gang will be calling when you least expect it!

Dan Herbert

Mini-Head Results on 4th February 2007

Category	Crew (bow named first)	Time (minutes:seconds)
Men's VIII	Dennis, Peter, Patrick, Richard, Mark, Andrew L., Dan, Johnny, Debbie (cox)	28:07
Women's (mainly) VIII	Angela, Angus, Linda, Helen B., Annie, Deirdre, Joy, Freya, Will Dutson (cox)	30:51
J18 IV+	Clive Killick (sub!), Nick Monro-Turner, Edward Ward, Robert Killick, Alasdair Riley (cox)	33:05
J14 IV X	William Ward, Carl Prest, Max Baylis, James Killick	33:54

Thanks Mercia!

Mercia Rescue invariably appears unobtrusively when we run mini-heads and regattas and just as quietly disappears when the job is done. Rarely does it get a 'thank you' and frankly, it is not expected: "we would rather be here than come out on a 'shout' not knowing what we are going to find". Mercia's volunteers go about their business thoroughly and professionally, providing comfort and security for us without expectation. We owe them a continuing depth of gratitude. Thank you Mercia Rescue.

Angus McLeod

Future Mini Heads

Lynne Stirling writes:

I have been asked to organise the next two mini-heads. We will have one on the 25th March (the day BST returns) and on the 29th April - an extra date to make up for all our cancelled ones. There will be 2 divisions 10.30 and 12.00. Boating will commence 30 minutes before each division. MISAR will be there with safety support and they have agreed to place one of their boats at the turnaround point. If you wish to organise your own crew you may do so but you will need to organise your cox too and let me know which boat you would like to use. Mark and I will organise seats in a boat on the day. I will be inviting Worcester and Stourport to send a crew or two and Clive Killick may wish to extend the invitation to another junior crew. I will need the names of available rowers and coxes as soon as possible. There is a list for you to put your name on in the boathouse or you can phone (07956 518368) or email me lynne.stirling@sapagroup.com

More Bits 'n Pieces

Initiative for Wellbeing, Health and Rowing

MHDC has partnered with Upton Rowing Club to sponsor the launch of recreational rowing at Upton. This is one of only three pilot projects nationally. Recreational Rowing involves non-competitive, highly social rowing opportunities for people of all ages provided they can swim and they have reasonable fitness. The upcoming launch of Recreational Rowing fits in with the initiative of MHDC to sponsor wellbeing and fitness in the region's workforce. Anyone is welcome to talk over their interest in rowing and novices can join our Foundation Rowing Course for just £60. This is a certificated course leading to a basic level of ability, after which people can join the club and either row recreationally or become a member of the competing squads.



Dr Angus McLeod (left) from Upton Rowing Club, with Amanda Smith, Cultural Services Manager of MHDC with Peter Barker, Recreational Rowing Project Director

Upton Rowing Club has partnered with the Upton Marina Community Group that exists to 'enrich and save lives'. This group comprises the not-for-profit organisations based at the marina including Mercia Rescue, Malvern Sea Cadets and the Chris Wake Charitable Trust. The Group is helping marina management, Ting Dene, with the design of a 'community building' on the site.

Pubs, Clubs & Firms Regatta

Last year saw six teams trained for a short, fun regatta. Already this year, teams are being created for a bigger event. Four novice rowers are needed for each boat. Entries must be in by the end of March and training outings will start around the Easter holiday in early April. The fee includes all tuition, use of equipment and entry to the regatta itself. If you want your club, pub or firm involved, now is the time to get your crew together. The cost is just £50 a head and includes free entry to the Foundation Course in June. Entry forms and further information will be available in local pubs and on our web-site. The regatta itself takes place on Sunday the 3rd of June with the finish line at the King's Head. If any local groups would like to partner with us in providing land-side attractions on the day or in sponsorship of prizes for example, we would be delighted to hear from you now.

Angus McLeod, 01905 757587

From Lynne, A Special Thank-you to Coxes

I would just like to say a personal thanks to those who act as coxes during the winter months. How they can sit in one spot and not freeze is beyond me. Thanks to Johnny who is always ready to stand in as cox when we are short, Karen who goes out even when it is a 'bit windy', Debbie who does a double shift coxing for the men and then the women, Andrea who is a great stalwart and Brian who lately has been persuaded by me to give up more sensible weekend activities and instead go crocodile hunting. Even our Chairman has coxed for the women's crew without any arm-twisting from me. A big big thanks to you all.

And a word about Tesco Sport for School Vouchers

Thanks to those who kindly donated their vouchers into the box in the boathouse. We have a nice shiny blue 'core exercise' ball for use on Wednesday evenings all blown and ready for sweaty bodies to squish (can I say that? Yep! *Ed.*). It takes a lot of vouchers to get anything more useful like say a loudhailer or air horn. But such useful and noisy objects we do need so if Tesco do the sport for school vouchers again next year please say yes you are collecting for Upton Rowing Club.



New Partnerships, MHDC & UMCG

Working in partnership with Malvern Hills District Council

A partnership with Malvern Hills District Council has been formed to introduce rowing at Upton to working people. The initiative is health & well-being based and should help provide sponsored crews for the Pubs, Clubs & Firms (PCF) Event and provide interest in our foundation membership (leading to both recreational and competitive rowing). As we go to print, the first mailing from MHDC goes out to organizations in the district. The pack includes a new URC promotional leaflet, our PCF Event literature and information about how rowing can contribute to less stress at work, better work-life-balance and a greater sense of well-being. The mailings will be followed up by telephone contact. We are permitted to use the MHDC logo and the phrase, 'working in partnership with Malvern Hills District Council'.

A partnership has been formed with Upton Marina Community Group (UMCG). The other partners are Mercia Inshore Search And Rescue (MISAR), Malvern Sea Cadets and the Chris Wake Charitable Trust (CWCT). CWCT supports holidays afloat for physically and mentally challenged people. UMCG's credo is 'Enriching & Save Lives' and it has been formed now to negotiate with both Ting Dene and with MHDC Planning in respect of the new 'Community Building' which must be built by Ting Dene as part of the development strategy for the marina. Our boathouse is likely to stay where it is but other facilities should be provided in the Community Building, closer to the existing slipway.

Angus McLeod

Want to Hire the Sports Club?

Andrea Oliver reports that Upton's splendid Sports Club is available for hire to all rowing club members. The function room, toilets and kitchen are free, but if a barman is needed there is a charge. The club is only licensed for the maximum of 130 people. The contact for a booking is Helen Lane on 07921 919496.

Recreational Rowing – local mini-tour anyone?

'As most of you will be aware we should be taking delivery of our two recreational rowing boats at the end of March. We already have plans to use them for both the Pubs Clubs & Firms training and regatta and for foundation rowers. However, it would also be good to take them on one or two exploratory mini-tours this summer up and down our river in search of a pub for lunch or a pleasant picnic spot. I think I will have my hands full coaching foundation rowers etc so it would be go if one or two of you with an interest in touring would be prepared to help organise this. If you are prepared to have a go, give me a ring on 01684 592906 or an email to peter.barker@stratascan.co.uk.

Pete

Veteran Training Day Proposal

The National Veterans Commission is proposing to hold a training day at the NWSC in Nottingham on the 16th June 2007.

The day, which would be open to veteran rowers of all ages and abilities, would run from around 9:20am to 4pm and comprise on water sessions, lectures and video analysis, with the possibility of top-level coaches providing their services.

The cost is likely to be in the region of £20 per person and at this stage the organisers are seeking a rough idea on numbers, along with any views from veteran rowers on venue, content, cost and timing.

If you are interested or have any suggestions on how to make the day a success, please talk to your TRRC div rep or contact the Veteran rep on council, **Murray Litvak** at veterans@thames-rrc.org

Linda Scott

Why Not Train to be an Umpire?

Ron Paterson reports a need for more people to train as umpires within our region. He's provided below an outline of what the qualifying procedure is. It's a worthwhile thing for our club to do, and helps to integrate us better in the competitive rowing scene within the region, so please consider stepping forward.

Background:

The West Midland Rowing Council and the WM&WAGS Regional Umpires Commission promotes the need for a minimum of 3 umpires per club and, ideally, rising to a number equivalent to 10% of the racing squad. This simplifies umpire allocation at regattas where home personnel can be used for the early and late shifts thereby allowing out of the area umpires time to travel.

Training:

Training seminars are held throughout the early part of the year from January onwards and are held at the Worcester Regional Rowing Centre. These comprise approximately 2 hour sessions with one or more Commissioners present and the rules are explained and clarified. Rule books and information packs would be provided at the first seminar. Computer based programmes would also be made available. Demonstrations are given on a "Table Top" comprising the outline of a river course with optional obstacles. The beauty of this method is that the trainee develops an understanding of the need for interpretation and discretion according to the competitors circumstances, ages and abilities. (He or she will also develop a rapport with the tutors and feel free to ask that stupid question that nobody else would ask). Normally there will be one seminar per month through to March during which time trainees need to become fully conversant with ALL the rules. In early April the Exam procedure will begin.

Exam Procedure:

- | | |
|---------|---|
| Stage 1 | A. Oral exam of the Rules of Racing (pass mark 80%) |
| | B. Water practical using scullers (programmed to do silly things) |
| Stage 2 | Undergo 6 probationary regattas, observing and then umpiring under the authority of a qualified umpire, experiencing all aspects from Control Commission through to Starting. |
| Stage 3 | Final 30 minute Table Top examination at Worcester experiencing the many aspects and difficulties likely to be experienced. |

On satisfactory completion of the above details are given to the Secretary of the National Umpires Commission and an Umpires Licence will be issued.

The timing of exam process is such that Stage 2 can begin with the regatta season and trainees can be qualified and be stand-alone umpiring before the end of the season.

Candidates should complete the Umpire Proposal Form and return it to the undersigned.

Bryn Hughes
Chairman WM&WAGS RUC

Some Thoughts on Clothing Considerations in Cold Weather

By Angus McLeod

We are beginning to think much more carefully about what we are wearing in boats – not JUST to look cute and atheletic, but in case we swamp (rare here) or fall in!

Everyone on the water:

On the 3rd of March between 9.40 and 10.30 we have a supplier of athlete wet-suit shorties coming to demonstrate and sell their kit. They are used by canoeists in cold conditions and if they are flexible enough in the bum and thigh should prove invaluable in cold conditions. Hypothermia can set in very fast and so reducing heat loss from the core can be a lifesaver, literally. When you get hypothermic, rational decision-making goes out the door, wet, cold coxes have been known to start talking nonsense (surely not at Upton!?) and remove clothing rather than put more of it on.

Layers are best in cold weather but these must not get heavy or baggy when wet. Cotton sweatshirts and jogging pants are therefore not good options. Go for 'technical' fibres instead. Remember that in flowing water, a two mph flow will feel like a 50mph wind and buffet and pull you around. If you are holding on to a boat, your bottom half will go with the stream and holding on could become hard, especially as you get increasingly tired and cold. Baggy bits will act like a sea-anchor or sail, dragging you along or down. Cut off any unsecured hoods.

New styles of rowing gear are generally tighter than hitherto; this goes for splashtops as well, so they are less likely to get caught on branches, riggers and bolts - **cut off** any loops that are exposed. Likewise, if you are wearing a bum bag, make sure it is not very loose or that it has a tear-away section which gives way under any excessive force.

In boats without dry compartments consider a plastic bag to help keep your layers dry in case the boat gets stranded in the bank and you start to freeze. It is not true that adults lose 30% of their heat from their heads – that is about right for babies, but in cold weather an optional warm hat is worth having, if only to keep your ears from falling off. Coxes and coaches have to wear buoyancy aids. If you are wet, the evaporation of sweat or water will remove phenomenal amounts of heat very quickly. That is okay while you have available sugars in your system (from carbs) and are working – when you stop, you will fast become cold. It is best then to keep the damp in, put on thermal, wind-resistance layers again. Once again, the best fibres are technical, typically hollow-fibre so the wetness is temporarily trapped in the fibre and does not evaporate and fast-chill you!

If you are a relative beginner, low-fat or going out in a smaller boat in cold weather, think about using the available equipment recommended by rowers, for rowers. Speak to the outing captain for that session. Lightweights, especially juniors, should consider taking available sugars with them, chew bars with honey or sugar, even chocolate (oh dear) are best. Juniors manage very well in the cold while active and have vastly superior cardiovascular systems but if their available blood sugar goes down they can quickly become cold and incoherent (parents of teenagers – NO comments please!).

Coxes and Coaches:

Coxes and coaches have special needs in cold weather. They are not typically active and what seemed warm can quickly feel inadequate. Never go on the water in heavy shoes or wellies; a wellie is like a sea-anchor in flows or eddy-currents and will pull you down. You'd have to be a nelly to wear a wellie in a boat now! A hat that looks ridiculous, is warm and covers the ears is best – take a look at the women's vice-captain's purple Steppe's hat if you are not sure! Gloves are essential when it is cold but

can you operate the controls, horn, a pen (if you use one) or megaphone with them on? You can always cut the tips off!

I have neoprene dry-suit based footwear that is absolutely brilliant. Warm, flexible, dry. Coxes invariably have to change from wellies to other footwear in the boat. Make sure you wear two pairs of socks and a spare pair might be useful if you happen to get a wellie-full of the wet stuff.

Happy rowing!

Member of the Month: Dan Herbert (Fund-raising Co-ordinator)

When did you join Upton Rowing Club?

I joined the 2005 Foundation Course (Thank you Peter). A small but select group of prime athletes!

What made you decide to take up rowing?

My knees are a bit dodgy for running now and the gut was growing. (Oh and I made the mistake of mentioning to Dr Birks that I might be interested....)

How do you see your new role in the club?

We are not a rich club and don't have a history of running the large heads/regattas that contribute to the coffers of other clubs. So someone has to get some money in if we are to update boats etc. And I do hope I can find relatively pain free (or even fun) ways to do this.

Your best rowing experience?

I am looking forward to the first time I go out without the cox shouting "for God's sake 7 (or 4 or bow or wherever I am rowing) stop going too deep (or squaring late or rushing the slide etc)"

Your most embarrassing rowing experience?

Taking a wee in a bottle whilst waiting to start the Vesta Head and realizing that all the waterside properties had security cameras that I was in full view of!



Strokeside or Bowside?

Whatever...

Your favourite drink:

My hobby is finding drinkable but cheap wine. This involves drinking lots of cheap but awful stuff

Favourite meal:

Roast chicken - especially those little bits left on the carcass that you get to pick at when everyone else has left the kitchen and you've volunteered to clear up

How has your life changed since taking up rowing?

No lie-in on a Saturday morning...!

Calling All Women Interested In Sculling!

There are encouraging moves afoot to get more of our women members out sculling. As part of this initiative, Lynne Stirling is planning to arrange regular outings in the Octuple (for beginners, with coaching) from April onwards. Please contact Lynne if you would like to be involved.



*The Club enjoys a delightful night out at Puccini's in Upton
Look out for more fun events laid on for us by Helen George in the near future*

Club Kit Update

From now on, Linda Scott will be acting as Kit Secretary and we hope to be placing orders for kit at regular intervals during the year to ensure that everyone is able to get new or replacement kit quickly and with the benefit of 'bulk purchase discounts' whenever possible.

Since the last club orders were placed the sports clothing scene has moved on significantly – particularly in terms of the increase in the range of 'technical' and 'performance' fabrics offered. The Committee has put aside a slot at the February Committee meeting to consider the options currently available and to give Linda a 'shopping list' of items to source for purchase by members. It is anticipated that in addition to all-in-ones and splashtops, we will be offering leggings, shorts and tops ('zephyrs' and closer fitting 'racing tops').

As all the suppliers contacted have indicated *at least* a four week delivery time from receipt of orders, Linda would like to collate the first orders by the end of February (*Eeek! Sorry – Ed.*) – which should just be time to have the kit delivered by the Vets Head on April 1st.

Please look out for an email circulated by Karen with final details of the items available, their prices and the payment method needed. The same information will be posted on the club noticeboard as soon as it is available. The final date for receipt of orders for inclusion in the first club order was Wednesday 28th February (9.00pm deadline i.e. after circuit training), but earlier responses would be appreciated to help meet this tight deadline.

Linda can be contacted directly on 01684 568206 or LAScottUK@aol.com

My Life as an Upton Welly..... By Mr Rubber Boot

“What you don’t want is to be a farmer’s welly son. All winter out in the slurry; muck up to your calves. All summer with a sweaty farmer’s foot slopping around making your insides smell; those farmers are non-too fussy about changing their socks either.” It was big Henry talking. He was a pair of size 15s that had been on the Countrywide welly shelf longer than anyone cared to remember but long enough that he was slightly perished ‘round the welt. “What you really want is to be a rowing club welly. Only used once or twice a week; quick paddle in the river and back in the warm before you can say odour-eating insole.”

My mind was made up: a rowing club welly was the life for me. Every time a farmy looking type came in I’d hide at the back of the shelf pretending to be an odd sized pair. And then it happened in came a rower, clad in green, purple and yellow; not just any rower an Upton rower. My big chance. I pushed to the front, grabbed the “15% off” sign and put it right by me and said a quiet prayer to Dunlop the God of all wellies. It worked. The vision in green, purple and yellow (the colours were a bit odd until you got used to them) picked me up, tried me on, paid for me and off we went.

When we got to the boathouse I couldn’t believe my eyes. Three whole boxes of wellies and some spilled out on the floor. What luck. And what a mixed bunch they were. There were some very serious Hunters that just humphed snootily whenever I tried to talk to them. There was a whimsical pair of flowery purples that I have to say I fancied as soon as I saw them. But best of all there were lots of cheapy Countywides just like me; I could tell life from now was going to be fun.

The first time I was used was a shock. The feet that slid in were not the ones that had tried me on in the shop. It seems that Upton wellies are swingers; share and share alike is the order of the day. A quick paddle in the Severn and then I was nearly strangled as I was forced into the smallest cubbyhole in the boat. I couldn’t see much but just listening was fun. “Just a wee tiddler please Bow” (what did that mean?) “Kingfisher on Bow side” “Basking Iguana on the Conway Castle” (actually I made that one up). “Get it up off stroke side” (I don’t know what that means but it must be important because I heard it all the time). An hour later a foot (now pleasantly warm!) slid in and I was back in the water and, in a flash, back in the boathouse. And this is when the fun *really* started.

I thought it might be a bit boring waiting around but the moment the boathouse doors were locked we were off. First job was to push the girls under the dripping oars to fill up with smelly river water – how we laughed. Then we went along all the boats loosening a few nuts here and there (one of the really miserable Hunters hid all the spanners with 10mm and 13mm ends but I thought this was just mean), ripping a few shoes and putting a few scratches on the hulls. Then it was hide-and-seeK. An old pair of Dunlops counted to 100 while we all hid as best we could – and there are a *lot* of hiding places in the boathouse! I’m sure that some of them are still hiding, as the boxes seemed less full later on. Last of all we had the ‘big mix up’. I had never not been a pair before and it seemed a bit kinky to be mixed up with half a yellow size 5 ladies and half a size 12 black steel toecap. But it was worth it just to see the confusion when the rowers next came in!

So there we have it. The life of an Upton welly. It’s a good life for a young welly but I wouldn’t want to be here as long as some of the old Dunlops. I guess in a few years I’ll find me a pair of pink spotty Bodens, settle down and have a few little galoshes all of my own....

Upton Rowing Club Committee February 2007

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Please check this table for errors and omissions and tell me. Thanks, Johnny