



Recent Events:

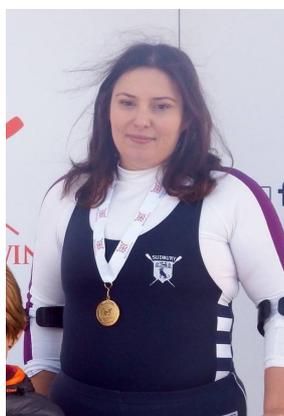
Saturday 22nd October



SRC Annual Dinner

Not an inch of lycra in sight! An enjoyable time was had by all at The Bull at Long Melford. With a good meal, the excitement of our annual awards presentations and finally the adults trying to upstage our juniors on the dance floor (and failing miserably in the case of your Captain!). Thanks once again to Teresa Moriarty, our Social Secretary for the organisation behind this evening.

Sunday 23rd October



British Rowing Senior Championships Nottingham

Sophie Brown won GOLD with a gold medal in W TA 1x. Sophie says "It was terrible weather and wind and 2km is a long way without your legs! I had to race the para GB potential guys as the woman who I was due to race withdrew. So rather than not race I raced the boys and nearly beat two out of the three, but not quite. So now am British Champion." Well done Sophie!

Saturday 29th October

Norfolk Long Distance Sculls.

3 wins for the Junior Squad and 1 win for a Junior/Senior 2x. After some dubious timing a win for Steve Zimmerman in 1x was cruelly snatched away by the host club the following day when they advised they had made a timing mistake on the day of the race.

Saturday 12th November

Capsize Drill at Kingfisher Leisure.

9 adult and 6 junior members successfully completed the drill.

Saturday 19th November



Cambridge Winter Head

This was the first time in several years SRC had attended and the day was a resounding success for the Club. We recorded a total of 7½ wins, the half being the composite SRC/Essex Uni Mens 8, where Callum Power, Morgan Moriarty and Amelia Moule more than held their own. Every junior who attended won an event (Ella Keep pictured receiving her first winning pennant). There were also wins for our Mas 8+, W.Mas4x, W.IM3.4x, IM3.4x and Nov.4x+, with the latter three crews also having significant junior involvement. We were the only club to be truly represented on both senior and junior sides and it was another great example of the Club attending and competing as a family.

Captains' Update December 2016



Forthcoming events:

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| Saturday 26 th November | Scullers Head. Tom Bowles will be competing in SRC colours |
| Saturday 10 th December | Indoor Rowing Championships, Olympic Velodrome. Tony Moule plans to take a group of juniors to compete. |
| Saturday 10 th December | Internal Head/Training Day for senior squad (SEE IMPORTANT NOTE BELOW) |
| Saturday 17 TH December | Annual SRC Pudding Races – A fun morning for the whole Club to get you in the Christmas spirit. Look out for the posters that will be going up shortly around the Club. |

2017

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| Sunday 15 th January | Star Club New Year Head. At present the Club is unlikely to attend in force, but members particularly keen to attend should let their Captain or Co-Captain know. Please be aware that in recent years this event has been cancelled more times than it has been run. |
| Saturday 21 st January | SRC Training Camp Exact plans and format for this day have yet to be decided. We are investigating going to Norwich for a joint day with Norwich Rowing Club who are apparently very keen to organise something together. Alternatively we plan to run a day at the Club which can focus in particular on the eights evolving for HRR races. |
| Saturday 28 th January | Quintin Head The Tideway 4600m I am grateful to Austin for suggesting this as a possible outing for those of us training for HRR races. This is under active consideration. |
| Saturday 4 th February | Peterborough Head of the Nene |
| Saturday 11 th February | Bedford 8's and 4's |
| Saturday 25 th February | Norwich Head |

Internal Head/Training Day Saturday 10th December
The location of this may yet change given the present lack of water in the river and the uncertainty as to how long it will take to solve the blockage problem at Cornard! However on this day we want to give members the opportunity of an extended rowing session before Christmas with some timed pieces. We will run two morning sessions. First and second sessions will probably try out some eights and fours combinations, with some timed pieces in the second session. We'll break for lunch. There will be food available for purchase and I dare say my famous vegan chilli will be on offer! After lunch we'll have a third session just for timed



pieces, either carrying on with eights and fours from the morning or if any of you are keen to do a timed piece in another combination (doubles or singles) that would be great. Please put your availability down in the usual way on Squadlist **and please e-mail Helen if you are available and interested in an afternoon session.** We will be finish at 3.30pm at the latest.

Head of River Races:

Thanks to all of you who have responded to either myself or Helen expressing interest and commitment level in the Head of the River Races on the River Thames in the Spring. The response indicates the SRC should be able to enter two boats on the Men's side (Men's Vet 8+ and Men's 8+ - possibly a novice boat but not necessarily) and two or three boats on the Ladies side (Vet 8+ and Ladies 8+ possibly doubling up on either).

Helen and I are working on likely combinations and if we have a river to row on over the next few weeks will look to try some of these out. Fitness is important as we've indicated from the start. Most of you have indicated what activities other than rowing you do to work on your fitness and many come to erg sessions. We will be expecting everyone to produce evidence of erg performances: 2K times and 20 minute distance are probably the two key erg tests at the moment. If you are not doing these at SRC, but are doing them elsewhere it's important to let us know how you are doing. Photo shots of a monitor on a mobile phone work well!

Your Rowing Committee has also looked at our coaching assets to formulate ideas on how to best use these for the boats that will emerge. We are hoping to have a meeting of coaches in early December.

Learn to Row:

Keith Paxman tells me that 10 new members should complete the current L2Row course in December and will thereafter graduate into the development squad as they become ready to access the river. Luke Payne has also completed the course as an adaptive rower.

Training:

Technical Ergs:

Again this Autumn the sessions with Tony Hogsbjerg have proved popular. We are now trying to work out a way of expanding the format of these evenings to include some weight training, which Michelle Risby has volunteered to assist with. Bearing this in mind it is extremely important that those members who have "booked a regular slot" on either the Tuesday or Thursday night sessions let either myself or Tracy Muir know in good time if they are unable to attend on a particular week. This frees up a seat for someone else and often would mean a member due to attend a later session can attend an earlier one and work as part of a larger group. We have had a number of "no shows" without apologies in recent weeks and this is unfortunate.

If you are interested in taking part in these sessions and are not already doing so please let Tracy Muir know.



- Mondays** 18:30 to 20:00 Circuits. Thomas Gainsborough School Gt Cornard Adults: £3.00, juniors £1.50 per session. Attendance levels have been reasonably good this autumn with + 20 members on some evenings, which really helps everyone. I will be looking for an increase in numbers attending come January based on the expressions of commitment I have received from those interested in HORR!
- Tuesday** 14:00-16:00 Afternoon sculling sessions organised by Mike Arnott
18:30 – 19:15, Learn 2 Row
19:15 onwards Technical Erg Sessions- All members
- Wednesday** 18:00 – 20:00 Juniors land training

18:30 – 19:00 Run with your Captain. A number of members have joined me for my regular Wednesday evening run. The route followed is approximately 5K around the streets of Sudbury. Everyone aspiring to improve their fitness, who can run, should be able to manage this in around half an hour. So far six different members have joined me and I've had promises from others to come along once their fitness has improved a little. Do not be shy! I do not bite. I'm reasonably good at pacing to the needs of those attending and it is fun. If you do intend to run over the next month or so, can I strongly advise wearing some hi viz. We are running on streets with street lights but we need to be clearly visible to other pedestrians and if Sudbury Strollers can't see you as they run by they will take you out – I know from personal experience! Please let me know if you are interested.
- Thursday** 10:00- 12:00 Morning sculling sessions organised by Mike Arnott

18:30 – 19:15, 19:15 – 20:00, 20:00 – 20:45 Technical Erg Sessions – All members
18:30 – 19:30 Evening outing

Oars and Sculling Blades

I am currently working through our sweep oars marking them up so each set can be easily identified. The plan is as follows:

| | | | |
|--------|---|-----------|---|
| Mens 1 | A | Women's 1 | B |
| Mens 2 | C | Women's 2 | D |
| Mens 3 | E | | |

In the near future we will have new racks for the Club sculling blades. These Blades will be adjusted to Club settings and labelled for different crew categories, and should be kept at those settings. The "pit" in the area of the boathouse where the macons currently live will be concreted flat to the surround level to provide a more usable space.

I think that is enough for my first Captain's Update. If you have any queries or matters you would like to raise please speak to me or your VC

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

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25th November 2016