



21st June 2017

Hello everyone,

It's been a few months since I last circulated an update. It has been a busy few months all round and we are now well into the regatta season. I am very grateful to the support of S J Gibbons in stepping into Helen Sharp's shoes, taking on the roles of Ladies Captain and Vice Captain whilst Helen prepares herself for her forthcoming happy event. Thank you SJ and congratulations on successfully completing your house move Helen, but I warn you the neighbours in The Old Road, Leavenheath are a handful!

I would also like to rather belatedly congratulate Tony Moule on being awarded what I believe is the first ever Sudbury and District Volunteer Award as Sports Volunteer of the Year. Tony has done and continues to do a tremendous amount for the Club in several capacities and Mike and I were delighted that our nomination of Tony led to him winning this award.

Here is a brief summary of some of the more notable achievements on the water since I last wrote. More photographs of recent events are posted on the Club's Facebook page:

Recent Events:

March – Our Junior Boy's Four took part in a severely curtailed School's Head race and three SRC crews took part in the Vesta Vet's Head of River Race. This meant that, all told if I've got my maths right, 46 members of the Club were able to take part in head races on the Tideway this Spring. That represents a very high percentage of the active members of our Club.

April – 5 SRC crews won their categories at Bedford Small Boats head in another successful day Sophie Brown won a medal at Marlow Spring Regatta and Luke Payne also took part in his first event.

May – A relatively limited number of our Juniors achieved a really stunning team performance at the Ball Cup coming third in the Victor Ludorum. We had two golds, four silvers and two bronzes.



June – SRC achieved 6 wins over the two days of Peterborough Spring Regatta. In addition there were a number of strong seconds and thirds in finals. This is one of the bigger regional regattas that SRC attend and the Club punched above its weight yet again. Carl Bullen (father of Martha and Byron) carried out an analysis of the results over the weekend using a simple system of 4 points for first, 1 point for fourth and so on. The results ranked SRC as the fourth most successful club. Again the Juniors delivered most of the wins, but special mention should be made to Jen Titterington for securing her first regatta win in here single.

The less said about Nottingham Masters the better I think, as wind led to late cancellation of all races that SRC crews were due to take part in. St Ives Regatta last weekend however brought four more wins, three for the Juniors and one for Jeremy Milbank, a first in a single scull.

Sophie Brown competed at Marlow Town, coming a strong second when all her competitors were using their legs as well. We were all disappointed to hear that Sophie Brown was unable to take part in Henley Women's Regatta last weekend due to the complete lack of any opposition. I saw the e-mail from the



organisers who were clearly very, very sorry about this state of affairs and I think somewhat embarrassed. The lack of competition at the club level for adaptive rowers should be a cause of concern for British Rowing.

Forthcoming Events:

Friday 8th and Saturday 9th July 2017 – Henley Masters Regatta – I am pleased to report that Jeremy Milbank and David Wasse have managed to secure a place in this event, thanks to speedy work by Andrew Blit in getting the application in within about an hour of entries opening. Good luck!

Saturday 22nd and Sunday 23rd July 2017 – St Neots Regatta – This regatta is really popular and always over-subscribed. We need to be sorting crews for this over the next week or so. I have tried to prompt the Men's Squad into some action over this. I suspect the Ladies and Juniors won't need similar action. SJ and I will try and ensure any crews identified for the regatta get as many opportunities as possible on Saturdays and Thursdays to practise, but it also comes down to crew members to organise themselves, particularly in sorting additional outings at other times.

Saturday 5th August 2017 – THE BIG ONE – Sudbury Regatta

For those members new to the Club, members are restricted to no more than two entries in our own Regatta, primarily because as members we volunteer to run the Regatta and make it the great success it always is. Nicola will do doubt shortly be e-mailing you all to find out when you can assist in setting up on the Friday before, what you can help with on the day and whether you will be available for the Sunday clearup.

Saturday 12th and Sunday 13th August – Peterborough Summer Regatta

Sunday 3rd September – Great Ouse Marathon

Wednesday 6th to Sunday 10th September – World Masters Bled, Slovenia

Sunday 10th September – Cambridge Autumn Regatta

Important Reminders:

Booking of boats – Many of us want to take advantage of the additional opportunities available to row on our river now that summer is here and so members quite rightly want to organise outings outside of the sessions organised by SJ and myself. Members do need to be sufficiently proficient to be able to do this and, most importantly, if you want to use a particular boat you are expected to e-mail either myself or SJ in advance to ensure that it will be available. Please could everyone make sure they are doing this. It prevents disappointment if it transpires that the boat you want is unavailable and if everyone does it, it means we can help co-ordinate timings of outings.

Other river users – Please could all members be aware of that fact that we need peacefully to exist with other river users at all times, but particularly in the summer where fishermen, swimmers, dogs, canoists and other boat users can all be out enjoying the river in a variety of ways. The fishing season has started so when you go out at the start of an outing, look out for any fishermen with lines and make a mental note of where they are so you avoid them (not row through their line!). Swimmers tend to appear on the Meadow particularly around the pill box which acts as an impromptu diving board. Politely point out to them that we can't necessarily see their bobbing heads from a boat. The canoe club members are generally responsible, but we have had a number of incidents in recent weeks with people who have hire canoes from Ballingdon Bridge, but clearly have had no instruction at all on which is the right side of the river to use and, more basically, on how to use a paddle to propel their craft in the right direction! Again try and be polite and try and anticipate the most ridiculous manoeuvres – you will not be disappointed.

Students - Welcome to all of those students returning to SRC for summer rowing or maybe even here for the first time. At the time of writing I am not entirely sure who we will have, but the student participation over the summer always adds a certain something to Club activities. Could I remind all students that they need to have paid the £50 summer rowing fee to Tim Hysom before they use the Club's



facilities and that they too need to book boats for outings to avoid disappointment. Tom Bowles has kindly agreed to co-ordinate student activities once he is back from university sometime after Henley Royal Regatta. I am hoping that George Cook and Morgan Moriarty will also assist.

Locking up – Could all members please ensure that if they are the last to leave the Club they check that both the Clubhouse and the Boathouse are locked up. I am aware that both the lock to the Clubhouse and to the back door of the Boathouse are problematic and the Committee is actively looking at replacing both with a card system. For now I would recommend that the back door to the Boathouse is always closed from the inside to be sure it is locked

Tying down boats on outside racks – More boring housekeeping I know, but please can everyone ensure that when returning a boat to an outside rack you ensure it is securely tied down with two straps.

Guest members – Finally can I remind members that if they want to invite an adult guest to row with them at the Club, then there is a visitor day rate payable of £10 per day or part thereof.

Training:

Circuit training continues each Monday evening at Thomas Gainsborough School Gt Cornard between 18.00 and 20.00 hours. Adults: £3.00, Juniors: £1.50 per session. Attendance levels have dropped substantially in recent weeks, in fact this last Monday if your surname wasn't Moriarty, Moule or Tullin you weren't there! It would be good to get numbers back up so the Club is not making a loss on these sessions over the summer, quite apart from which attending circuits gives a fitness that cannot be gained simply through sessions on the water. Thanks once again to Tony Moule for his dedication in running these sessions.

Facilities ~ Slipway:

Over the past year or so Tim Boyes and his successor Hannah Lodge have been working with other members of the Committee on plans to repair/refurbish/rejuvenate the hardstanding areas around the Boathouse to include provision of a footpath to facilitate disabled access. A number of competing quotations have been obtained, one of which has been selected by your Committee for progressing. Angela Colclough is working on some grant applications. The Environment Agency, River Stour Trust and Babergh District Council have all been consulted and are happy with what is being proposed. At this stage we are confident that this work can be carried out during the Autumn. More details will be provided to members nearer the time, but at this stage I wanted to acknowledge and thank all those Committee members past and present who have devoted their time to this project. I'm sure everyone knows that organisations like the Club don't run themselves and they rely on a lot of unseen work going on in the background to make things better for all members. It is good to recognise this!

Logs:

There are still some logs left from the recent tree felling. They are available at £25 a car boot full or £40 a trailer. When they're gone, they're gone. If you want to buy some please let Hannah know first.

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

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