



January 2018

Hello everyone,

Happy New Year and welcome to your latest Captains' Update.

## Recent Events:

November – Eight senior and junior took part in the Cambridge Winter Head on 18<sup>th</sup> November. There were wins for three of the girls' quads. Congratulations to Freya Evans for picking up two pots at her first competitive event. There was also some exciting racing for the other boats with both the men's four and boys' quad in particular managing to steer a path between racing eights down the Fen Ditton straight.



December – Amelia Moule, Byron Bullen and Jen Titterington took on the Scullers Head on 2<sup>nd</sup> December. Congratulations once again to Jen Titterington for winning her category. To achieve this on the back of winning her doubles category in the Pairs Head a month before is a tremendous achievement. Well done to Amelia and Byron too for taking on the challenge.

A team of juniors had a great time at the British Rowing Indoor Championship at the Lee Valley Velopark on 9<sup>th</sup> December. All bar one of their number managed to set a PB.

## Forthcoming Events:

January – Apart from Star New Year Head on 14<sup>th</sup> January (for which SRC has a good selection of entries) the main focus of January is usually training; aiming to get out as regularly as possible and working on technique and fitness. With this in mind we have arranged a repeat run of the three talks on the rowing stroke given early in 2017 that proved very popular. I have already e-mailed you about these to give you an early heads up, but here are the details again and please note the date of the last talk is Saturday 3<sup>rd</sup> February, not 4<sup>th</sup> February as I put in my e-mail (thanks to eagle eyed Stephen for pointing this out):

Saturday 6<sup>th</sup> January - The Rowing Stroke (1) – The Catch and Drive by Mike Arnott

Saturday 13<sup>th</sup> January – The Rowing Stroke (2) – Importance of the Core by Tony Moule

Saturday 3<sup>rd</sup> February – The Rowing Stroke (3) – The Finish and an Overview by Terry Gostling

All of these talks will take place between the two morning sessions at 10.00am and if there are any members of the Junior Squad who would like to attend they would be more than welcome.

Interspersed between the second and third talks we are planning a coaching morning at **Ardleigh Reservoir** on Saturday 20<sup>th</sup> January. We intend to take some crew boats and some of our coaches have made themselves available so that those taking part can benefit from coaching and rowing over the longer uninterrupted stretch of water that Ardleigh offers. We will be running this with Essex University Boat Club and the details of the morning have still to be finalised. I recently asked if people could show their availability on Squadlist for this date as soon as possible. Thank you to those who have done so. Not everyone will necessarily want to come to Ardleigh, but it would really help to have some idea of who is going to be around so we can plan appropriately, sort out what boats we will need and organise how to get them there. It would be really helpful to me if members could show on Squadlist NOW if they are NOT going to be available on 20<sup>th</sup> January as that would help with planning crews. Equally any crews who know they want to attend should let me know as soon as possible.



The planned international trip to Cardiff's Head of the Taff at the end of January will sadly not take place as the event has been postponed due to building works. There will however be another opportunity later in the year in October. A number of you had expressed interest in this trip so I'll keep you posted.

I mentioned two other possible head races in my last Update both on Saturday 27<sup>th</sup> January 2018. The Cambridge Head to Head is an out and back head race on the Cam in 2 x 2000m sections involving racing out to the A14, spinning and coming back. It has the advantage of not being too far to go to for any crews wanting some longer distance work in January. Quintin Head is a straight head race from Chiswick to Harrods, probably of a similar overall distance. Further to travel to with boating permission to be organised, but a chance to row on HERR water. If these are of interest to any crews let me know.

Here is a reminder of other head race events I have previously highlighted.

Sunday 11<sup>th</sup> February 2018 – Bedford 4s and 8s. This is likely to be an event the Club will be attending. It's the usual 2500m course on the Ouse. Octuples and quads are also welcome, although some of the scenes when junior octuples approach the finish on mass need to be seen to be believed – some very hairy situations!

Sunday 18<sup>th</sup> February 2018 – Greenwich Head. The Club nearly went to this event earlier this year. It's a 3.5 mile course from Wapping Pier to Poplar so it's the right side of London for travel purposes. Fours, quads, eights and 'coastal' crews are welcome. It is an alternative to consider to Norwich and much praised by Andrew Blit to name but one.

Saturday 24<sup>th</sup> February 2018 – Norwich Head. 2000m and 5000m courses both morning and afternoon with inevitably some interesting decision making. All sizes of boats are accommodated and when this event was used for junior regional trials this year it led to chaos as a large number of 1x and 2x boats tried to boat at very limited boating areas. We gave feedback to Norwich after this year's event and I was assured they would be addressing our concerns. This is probably still an event the Club will be attending, but that needs to be reviewed before a decision is taken.

Sunday 4<sup>th</sup> March 2018 – Maidstone Head. An event for boats up to fours and quads over a 2500m course. Maidstone Invicta are great supporters of our regatta and it would be good to return the compliment. With the event's proximity to the HERR races on the Thames it has perhaps been overlooked in recent years as our focus has been on eights. It might however be a good option to consider for a four or quad crew not involved in HERR races.

Finally, we have the HERR races, which this year are as follows:

Saturday 10<sup>th</sup> March 2018 – Women's Head of the River Race

Sunday 11<sup>th</sup> March 2018 – Head of the River Race

Monday 12<sup>th</sup> March 2018 – School's Head of the River Race

Sunday 25<sup>th</sup> March 2018 – Vet's Head of the River Race

### Recreational rowing:

For those of you interested in opportunities for recreational rowing Angela Colclough has forwarded to me the following link <http://www.recrowing.org.uk/calendar2018.html>. This takes you to a separate calendar of events put together by the British Rowing Recreational Committee. The events listed are not necessarily exclusive to recreational rowers and competing crews may find some of interest.

### Some reminders:

Please remember that with some simple courtesy on the river we can all help each other. If you are in a



boat on the water, moving slower than an approaching crew and can see that there is room for that crew to overtake safely, do remember to shout "Come by" to that crew. Equally if you are a faster crew approaching a slower crew please do not force them into evasive action.

Times listed on all outing plans should be regarded as **ON THE WATER TIMES**. In practice this means members generally need to turn up **15 minutes** before the time listed for their session. I did mention this in my last Update, but I think a further reminder would be useful.

Please make every effort to wash boats down after our outings. With the present weather it is difficult to avoid bringing muck into the boat off trainers when getting in and out of a boat. This needs to be washed out to avoid grit getting into seat runners. There is an orange bucket and sponges by the hose outside the boathouse to make this easier. Can we all please make sure we are doing this.

### Training

- Mondays** Low rate (UT2) erg sessions organised by Lee Adams. Please check with Lee for availability.
- Tuesdays** Circuit training at Thomas Gainsborough School Gt Cornard between 18.30 and 20.00 hours. Adults: £3.00, Juniors: £1.50 per session. Attendance levels before Christmas were good on the Junior side and poor on the adult side. The strength and conditioning delivered by a good circuits session followed by stretches is not something that can be replicated through water sessions or on ergs. It compliments all those other activities. I strongly encourage members to build circuits into their regular training plans. Thanks once again to Tony Moule and family for their dedication in running these sessions. The Committee will reconsider whether Tuesday is the best night for Circuits when it meets later this month. Tony has asked members to respond by e-mail expressing their preference for Monday or Tuesday. Please make sure you respond! Last time I asked only four members had.
- Wednesday** Run with the Captain. Most Wednesday evenings I do a run of around 5k around the streets of Sudbury at 6.30pm whilst Junior training takes place.
- Thursday** Technical erg sessions with Tony Hogsbjerg. We will resume running 2 sessions 18.00-18.45 and 18.45-19.30. The first session is usually full and there are seats available in the second session. Seats are to be booked with me on a weekly basis and cannot be booked weeks in advance, so that we avoid wasted seats through 'no shows'.

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

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3<sup>rd</sup> January 2017