



17th March 2017

Hello everyone,

First of all Happy St Patrick's Day everyone from the O'Donovans!



Recent Events:

WEHARR 2017 – 11th March 2017 - slightly out of date order, but pride of place must go to our two ladies eights that took part in last Saturday's Head of the River race on The Tideway. I understand the day was full of excitement with the A crew having to indulge in bumps racing and the B crew rowing serenely despite severe discomfort to one of the crew. Well done to all the ladies and coxes SJ and Keith. It was a great achievement for a club of our size to field two eights in this event. Now over to our three Vesta Vets crews on 26th March to take on the challenge.



Bedford 8's and 4's – Sunday 12th February 2017 – this event will go down in your Captain's memory as the day he won his first pot – or rather glass tankard in this case. SRC crews were highly successful with wins for the Men's Masters C eight, Women's Masters C/D/E eight, Women's Intermediate eight, Novice coxed four (the junior boys) and Women's Intermediate quad.

Norwich Head – Saturday 25th February 2017 – SRC was out in force for this event with all five crews involved in HARR events taking part, together with a strong showing of juniors, for whom the morning division formed the junior regional trial. As ever (as I now understand) there were some strange Norwich decisions during the course of the day – 10 second penalty for the Men's A crew comes to mind! Mike and myself have written to Norwich with a number of "observations" which we hope will be taken on board for future events. On the positive side there were wins for Mike Arnott and Callum Power in their respective single scull events and Martha Bullen (who finished a close second in her event) was selected to represent Eastern Region for single sculling at the National Championships. Well done Martha!



Forthcoming events:

Thursday 23rd March 2017 – School's Head – I am pleased to confirm we have a boy's four entered with Amelia Moule (cox), Morgan Moriarty, Callum Power, Byron Bullen and Henry Tullin. The crew has been coming on well in recent weeks and I am pleased to be able to go down and support them on the day. Keep your shirts on boys this time!

Sunday 26th March 2017 – Vesta Vet's Head of River Race. Three SRC crews will be taking part and it's all getting very exciting now the draw is out. Special thanks to Stephen Nicholls for taking a firm grip on organising the Men's B crew after his return from New Zealand. Good luck to everyone taking part.

Sunday 9th April 2017 – Bedford Spring 4's and Small Boats Head. Entries are already in for both the senior and junior squads. We will be taking one carefully loaded and full trailer.

Good Friday 14th April 2017 – SRC Easter Bunny Races and official opening of SRC for the regatta season. This is our annual piece of Easter fun. All those turning up who want to row will be split into two teams, each of which will form a series of scratch crews to race against each other in a series of races down Sudbury Meadow. Time permitting this will be in a "best of three race" format. The team with the highest number of wins will get an Easter Bunny of the chocolate variety! After the races the Mayor of Sudbury will raise our flag to mark the official opening of the regatta season and some form of refreshment will be available.

Could all members wishing to take part please note the slightly different timings for this year. This is to allow time for the Mayor to complete her responsibilities at the Sudbury Fun Run and still see some of the racing:

07:30 – 10:00 Available to those who want an early row.
10:30 Meet at Clubhouse for Selection of Teams Crews for Racing
11:00 Racing starts – 3 races Total
12:30 Refreshments
13:00 Presentation of Easter Bunnies to winning Team and Flag Raising Ceremony
13:30 Finish

The Fun Run is due off about 09.00am. The area around the entrance to the Kingfisher/Waitrose car parks will be extremely congested with some road closures leading up to and after that time. Therefore those of you who would like to beat the rush and get to the Club before all that chaos are welcome to come down earlier and row. We do not intend to organise and outing plan for Good Friday so it will be up to members to sort themselves out if they wish to do this. By 10.30 the traffic caused by the Fun Run should have subsided so it should be relatively easy to come along at that time if you wish, but please don't be late as we need to get the racing started at 11.00.

Forthcoming events –into the regatta season:

Helen and I are really keen that the Club keeps the momentum of all the training and work for the HERR races as we go into the regatta season, but to do that we need to form some crews. The job description for Club Captain did not include being a mind reader! So far as the men are concerned, I have so far received precious few indications of what sort of rowing members would like to be involved in during the regatta season. Helen has made some suggestions to the ladies squad of potential boats/crews. On the men's squad side my thoughts are that groupings into fours and quads could be really productive, particularly if some of them could also come together to form eights to race in alongside fours and quad races at regattas. I am already aware of one potential men's four (because I want to be in it). I think we should be looking to have a men's novice four targeting events such as Peterborough Spring and our own regatta. I know that Mike Arnott wants to pursue the possibility of a Masters F quad, which might also expand into a Masters F eight following the successful row of what was close to a Masters F eight at Bedford in February. Get your thinking caps on and if you have some thoughts please come and talk to me or e-mail me or Helen.



By way of reminder, here are some dates of events that you might like to be involved in:

Sunday 7th May 2017 – Ball Cup South, Eton Dorney – a key event for Junior Squad members

Friday 26th to Sunday 28th May 2017 – National Schools regatta

Saturday 3rd & Sunday 4th June 2017 – Peterborough Spring Sprint regatta – always popular with SRC

Saturday 10th & Sunday 11th June 2017 – BR Masters National Championships – Nottingham

Friday 16th to Sunday 18th June 2017 – Henley Women's Regatta – the premier rowing regatta for ladies and Sophie Brown has already told me this one is in her sights.

Saturday 17th June 2017 – St Ives Regatta – SRC attended this for the first time in a while in 2016 and came back with a host of 'pots'

Wednesday 28th June to Sunday 2nd July 2017 – Henley Royal Regatta – sadly but realistically only listed for spectator purposes!

Friday 8th and Saturday 9th July 2017 – Henley Masters Regatta – a chance for Masters crews to compete over 1000 metres on the famous Henley reach.

Saturday 22nd and Sunday 23rd July 2017 – St Neots Regatta

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

This list is not exhaustive and those who are really keen and/or maybe want to travel further should consult the Calendar of Events on the British Rowing website.

Quiz:

Friday 31st March 2017 – We were unable to muster a quorum for the SRC Quiz originally planned in February so we are trying again with this date. Teresa has already e-mailed everyone about this, but I believe we still only have a couple of teams. If you would like to come to the Quiz, but don't have a team of four don't worry; just e-mail Teresa. We can put teams together on the night if needs be. Last year's Quiz was good fun and everyone said they had an enjoyable evening. Do try and come along. Food will be provided and you will help raise some funds for the Club.

time	meter	500m	5/m
1452.4	4000	151.5	28
152.4	500	152.4	29
150.2	500	150.2	27
150.2	500	150.2	28
150.5	500	150.5	28
151.0	500	151.0	28
153.3	500	153.3	29
153.4	500	153.4	29
151.3	500	151.3	29

Technical Ergs – Thank you once again to Tony Hogsberg for taking erg sessions on Tuesdays and Thursdays evenings. With the coming of Spring, Tony is now busy down on the farm and the sessions he led have finished. Whilst there are no organised sessions I would however encourage members and crews to continue with regular erg sessions. As I said in my last Update, I feel there is a danger of seeing ergs as “winter training” that gets dropped as soon as it is light enough to row in the evenings.

Other training opportunities –

Mondays 18:30 to 20:00 Circuits - Thomas Gainsborough School Gt Cornard. Adults: £3.00, juniors £1.50 per session. Attendance levels have continued to be healthy + 20 members being the norm. Thanks once again to Tony Moule for his dedication in running these sessions.

Tuesday 14:00-16:00 Afternoon sculling sessions organised by Mike Arnott.

Wednesday 18:00 – 20:00 Juniors land training expanding to water sessions once the clocks go forward.



18:30 – 19:00 Run with your Captain. I'm still there most weeks at 18.30 for anyone who wants to join me.

Thursday 10:00- 12:00 Morning sculling sessions organised by Mike Arnott.

Club Maintenance Day:

We have arranged a Club Maintenance Day for Saturday 8th April. Please make every effort to attend and help give our Club the serious spring cleaning and maintenance it needs to be ready for the intensive use it will face over the forthcoming months. No matter what your skills jobs will be found to suit them!

Recreational Rowing:

Angela Colclough has been investigating recreational rowing recently and she tells me she has identified some great tours and contacts. Next year there is a 25th anniversary tour being organised on the Thames. I suggest any members interested in recreational rowing opportunities talk to Angela. You may also find this link helpful www.recrowing.org.uk.

Race Fees:

You will also have received an e-mail from me regarding race fees and the need to make sure that these are paid to Andrew Blit promptly. This is very important and so I make no apology for setting out again in this update

Clarification of SRC rules regarding payment of race fees

1. Club members involved in racing should be aware that in order to engage in racing at British Rowing events as a representative of SRC, an entry has to be made *on their behalf* via SRC using British Rowing Online Entry (BROE). Entries on BROE can only be made by the SRC authorised representative (Club Rep) and in the case of virtually all regattas and head races (apart from SRC's own) the Club Rep is Andrew Blit.
2. As soon as a member asks their Vice Captain or Captain to enter them for an event or asks to be included in a crew for which an entry is to be made they become responsible for payment of the associated race fee immediately. It is not SRC's responsibility to pay the race fee, nor that of the Club Rep.
3. Members should pay the race fee when entry into an event is requested. The amount due will generally be the race fee plus £3 for towing. However if a member is unsure as to the amount they should ask their Vice Captain, Captain or the Club Rep straight away so that they can arrange payment without delay.
4. Payment should be made to the Club Rep. Preferred method of payment is directly on line to the bank account administered by the Club Rep, details of which are available from the Club Rep. Payment should not be made to the main SRC bank account. Members should notify the Club Rep immediately they make a payment and ensure that any banking reference given on an online payment easily identifies them as the payee.
5. The deadline for paying a race fee to the Club Rep is the date on which entries for the event concerned close. Members are responsible for making sure they know when that date is (normally published on British Rowing Calendar or the organising club's poster for the event). If members do not pay by the deadline they run the risk of not being entered for the event.



6. If a requested entry to an event is not accepted the amount paid will be refunded to the member directly or credited to their Racing Account (see below) subject to SRC having first been refunded by the race organisers.

7. If a member asks to be entered for a race event when he or she still owes part or all of the fee for a race event for which they had previously requested entry, the Club Rep will not process that second request unless/until all fees for the first requested entry have been paid. This will apply to individual members and crews alike. If a member included in a requested crew entry has fees outstanding for a previous entry, then the whole crew entry shall not be processed unless/until the outstanding fees of the individual member have been paid.

8. If a member who has been entered into an event is subsequently ill, injured or decides to withdraw from the event for whatever reason (including simply not turning up), they remain responsible for their race fee. No refund will be made by the Club unless the entry itself is not accepted (see 6 above).

9. If a member agrees to substitute for another member in an entry that has been accepted, the withdrawing member remains responsible for paying the race fee, not the substituting member. The Club Rep will not seek a race fee from the substituting member. Whilst SRC would encourage a substituting member to offer reimbursement to the withdrawing member, it will remain a matter to be decided between the two members involved.

10. Members are encouraged to establish a Racing Account (float) with SRC with a balance approximate to at least a typical race fee for the member (or their family as appropriate). This simplifies the administration of race fees considerably for the member and SRC alike. Members will be responsible for maintaining a record of the balance on their Racing Account. The Club Rep will also maintain a record and supply details as requested. In the event of a dispute the Club Rep's record will be definitive.

11. SRC will underwrite any positive balance held on a member's Racing Account and should a member decide to withdraw from racing or leave SRC, a full refund of any unencumbered balance on the account will be made on receipt of a written request to this effect.

Could members also please note that the Committee has decided to trial a slightly different approach with the towing fee at the forthcoming Bedford event. Instead of paying a towing fee of £3 on each and every race fee, competitors will be charged a single towing fee of £4 regardless of the number of races in which they are entered. For example if the race fee charged by the organiser is £10 per racing seat and a competitor is entered in 3 races, the total charge will be £34, not £36 as it would be under the previously existing rule. The Committee will review this alternative method of charging once Bedford is over and if it decides it is appropriate to continue on this basis, I will revise the clarification accordingly.

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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