



March 2018

Hello everyone,

Welcome to your latest Captains' Update. The weather is being a pain at the moment I know, but let's all try and remain positive and hope that this last sting of winter will soon pass.



## Recent Events:

January – Star New Year Head on 14<sup>th</sup> January saw the Club competing in singles, doubles, quads, coxed fours and an eight with six wins and a lot of enjoyment for those attending. Both rowers and supporters were grateful for the protection offered by the Club's Stock & Bailey sponsored large gazebo. The coaching morning at Ardleigh Reservoir provided a useful opportunity for those members able to attend for some longer uninterrupted stretches of rowing. Thanks once again to Terry Gostling, Tony Moule and Mike Arnott for providing coaching and thanks also to our friends at Essex University for company in some composite crews.

The planned series of three talks on the rowing stroke given by our above mentioned coaches were well attended and received by members and we had the added bonus of a presentation on what a neutral spine is given by Michelle Risby.

February – Bedford 4s and 8s on 11<sup>th</sup> February proved unusual in that the Club did not record any wins. There were plenty of second and third places however and overall it was again an enjoyable day with both adults and juniors mixing together well, helping each other out and making sure everyone felt involved. Fortunately Norwich Head on 24<sup>th</sup> February was completed just before the snow, ice and Storm Emma arrived, although the wind did prove a challenge to all taking part. Again the Club had a strong representation in the junior section with supporting roles from adult members. Your captain made his debuts at towing and rowing the Norwich Long Course in a single, both of which passed off without any

unfortunate incidents! Congratulations too to Kate Wallace competing in her first single sculls head race. Jen Titterington was first in her single in the morning and her double with Bev Goodchild (Ipswich). The juniors rustled up a collection of six wins with a maiden sculling win for Owen Moriarty. These wins, together with wins for Deben and Ipswich Rowing Clubs meant that Suffolk Clubs outscored Norfolk Clubs resulting in the Deuchar Challenge Cup leaving Norfolk for Suffolk for the first time in 70 years, tucked very carefully under the arm of Chris Jillings!



## Forthcoming Events:

As we come towards the end of the head racing season the following events will feature Sudbury crews:

Monday 12<sup>th</sup> March 2018 – School's Head of the River Race. The Club has a boys and a girls quad entered from the Junior Squad.

Sunday 25<sup>th</sup> March 2018 – Vet's Head of the River Race. The Club has a Masters E crew entered.

Good luck to our crews on the Tideway!

Sunday 8<sup>th</sup> April 2018 – Bedford Small Boats. Entries have just opened for this popular event at Bedford. The Club will be attending and if you want pick your division of choice I suggest submitting your application for an entry to myself or Tracy sooner rather than later.



Sunday 29<sup>th</sup> April – Our adaptive rowers have been invited to compete at the Phyllis Court Adaptive Spring Time Trial event.

### Good Friday racing

As ever the Club will be holding its annual morning of fun racing on Good Friday 30<sup>th</sup> March 2018. Racing is open to any members wishing to take part in the scratchiest of scratch crews. The timetable is as follows:

7.30 – 10.00 River available for any crews wishing to have an outing in advance (please put your requests to the Captain or Ladies Captain).

10.30 Selection of two teams and crews from members wanting to take part  
11.00 Racing! Best of 3 races  
12.30 Refreshments  
13.00 Presentations and formal opening of the Club for the Regatta Season by the Mayor

Kate our Social Secretary will be sending more details around via e-mail. We are also hoping to organise a small raffle type opportunity to name a boat for the Club!

### Regatta Season

Some headline regatta dates for your diaries looking ahead to the beginning of the regatta season:

Sunday 13<sup>th</sup> May 2018 – Ball Cup

Sunday 27<sup>th</sup> May 2018 – Nottingham Masters & Club

Saturday/Sunday 2<sup>nd</sup>/3<sup>rd</sup> June 2018 – Peterborough Spring

Saturday 16<sup>th</sup> June 2018 – British Rowing Masters Champs

Saturday 16<sup>th</sup> June 2018 – Marlow Town Regatta and Festival

I am very much open to suggestion from members of events at which they would like to compete which they think the Club should attend.

### Recreational rowing:

Angela Colclough has brought my attention to a two day recreational event providing an opportunity to row on the Broads from Lowestoft to Norwich. See the following link <http://broadsevents.org.uk/>

### Some reminders:

**Check your boat before you go out** Please remember to check over your boat before you launch: hatch covers, bow ball, integrity of the shell and most importantly rigging. There was a recent occasion where a boat not long returned from a head race was found to have a loose rigger, unfortunately after the boat was on the water. Checking the boat over should be second nature to all of us.

**Hand washing** Always remember to wash your hands as soon as you come in from an outing and have a complete shower in the event of a capsized. Some might say that would also apply if they sat in a boat behind your Captain, but I would contest that! Thorough washing is important to reduce the risk of Weil's Disease. It is a nasty water borne disease that can be fatal. Anyone wishing to learn more could ask Angela Colclough about the autopsy she had to carry out on a poor soul who succumbed to the disease.

**Boat washing** Again can we please try to make sure boats are washed down after outings.



### Sudbury Regatta

Nicola Swift has agreed to be Regatta Secretary for a third year which is a wonderful contribution to our Club. She really needs an assistant/understudy to help her this year. With all of Nicola's experience this is a wonderful opportunity for a member to step forward and learn the ins and outs of preparing for the most important event of the Club's year. If you are thinking this might be you please contact Nicola directly. Her e-mail address is [nicola.swift.npv@gmail.com](mailto:nicola.swift.npv@gmail.com)

### Incident Reporting

Pete Donovan has produced a revised Incident Recording form for the Club. A copy is attached to this Update. Copies of the form will be left in a blue folder in the Clubhouse in a location to be determined and advised to members. It was going to be the filing cabinet but as the intention is that should be locked this would not work. Members should use the form to record any incidents and then Pete as Safety Officer will report them to British Rowing as appropriate. I just wanted to bring this to members' attention at this stage and Pete will follow this up via e-mail when he has finalised the arrangements as to where to keep the folder and how to inform him of an incident.

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

0776 6996521

6<sup>th</sup> March 2018