



April 2018

Hello everyone,

Welcome to your latest Captains' Update and maybe at long last some weather suitable for the time of year. It is fair to say that the protracted winter played havoc with the back end of the head racing season. Here's hoping we will now be treated to a prolonged spell of sunshine and calm waters.

Recent Events:



12th March – Schools Head. The Junior Squad took part with two quads including a number of members making their Tideway debuts. The girls quad of Amelia Moule, Amelia Maskell, Freya Evans and Martha Bullen put in a strong performance in their category. The boys quad of Sam McLoughlin, Byron Bullen, Henry Tullin and Gareth Moriarty performed admirably in a very tough J18 division, there being no J17. Everyone acquitted themselves well and will also be eligible to compete in the same event next year.



25th March – Vesta Vets Head. Our Masters E crew had a fine day on the Tideway coming tenth in what was a strong category. We passed five boats which was a new experience for yours truly and the crew only just succumbed to a powerful Peterborough 8 just before the line. A really enjoyable day. A framed copy of this picture should shortly appear in the Clubhouse.



And that was it for the head season! Junior regional trials at Cambridge had to be cancelled and Bedford Small Boats and Heads on 8th April suffered the same fate after the deluge of rain that was the Easter holiday! We managed to salvage something from the Sunday thanks to Tony Moule organising an impromptu Internal Head at Sudbury. This was well supported by the Juniors and the senior masters Men. It served to underline the absence of an Internal Head from our recent calendar and I would strongly urge my successor to reinstate this next year.

Club members did get the opportunity to enjoy the annual Easter races on Good Friday followed by the formal opening of the Club for the regatta season by the Mayor. Many thanks to Kate Wallace and her family and helpers for all their hard work in helping put on some great catering and also thanks to Chairman Stephen for an inspiring speech! It was a shame more adult members were unable to attend this event. I understand Easter is a busy time for many people, but I do encourage members to try and come along and help support the Club.

Forthcoming Events:

Saturday 21st April 2018 – Junior Inter-Regional Regatta. Amelia Maskell and Martha Bullen will be representing Eastern Region in the WJ16.2x category. Best of luck!

Sunday 29th April 2018 – Sophie Brown and Luke Payne will be representing the Club at the Phyllis Court Adaptive Spring Time Trial event.



Regatta Season

So the regatta season is now upon us. Some of you may be inspired by the following list of events over the next two months:

Saturday 12th May 2018 – Bedford Amateur Regatta – Open and Junior entries, no Masters. Currently no plans for SRC to attend.

Sunday 13th May 2018 – Ball Cup (Juniors only – SRC will be attending in force)

Sunday 27th May 2018 – Nottingham Masters & Club – As the name suggests primarily Masters and a chance to practise for the Masters Champs. Currently no plans for SRC to attend.

Saturday/Sunday 2nd/3rd June 2018 – Peterborough Spring – One of the biggest late Spring regattas. 1000m racing on Saturday and 500m racing on Sunday for all categories including adaptive. Our Juniors normally attend and so this is likely to be an event SRC attend as a Club

Saturday 9th June 2018 – Star Club Regatta – 2 lane regatta, 1200m from County Bridge. All categories catered for except adaptive. Falling as it does between Peterborough Spring and BR Masters this event is one SRC has tended not to support in recent years. However I am listing it as (a) the Star Club Head in January was well organised; and (b) it may be of some interest to SRC members not interested in Peterborough or BR Masters.

Saturday/Sunday 16th/17th June 2018 – British Rowing Masters Champs at Holme Pierrepont, Nottingham. SRC's MasC.4+ is already entered for both days and a trailer will be going. I am also expecting some ladies masters entries.

Saturday/Sunday 16th/17th June 2018 – Marlow Town Regatta and Festival. This falls the same weekend as BR Masters, but I am listing it as it is one of a few events catering for adaptive rowers. However I have to be honest and say when trying to find out about what crews were welcomed on the website, appropriate dress code instructions was more prominent.

Saturday 23rd June 2018 – St Ives Regatta – a smaller, more friendly regatta that SRC has attended for the last two years with some success. It is highly likely that an SRC trailer will be going again this year.

Saturday 30th June 2018 – Reading Town Regatta – 3 lane racing over 800m. Not an event SRC has attended recently but it is being considered by our MasC.4+ crew.

This list should give everyone a reasonable idea of what is going on. I am very much open to suggestions from members of events at which they would like to compete which they think the Club should attend. As ever there is the issue of getting boats to the events, so securing a trailer driver is often the first priority. I will list events for July and August in my next Update.

Capsize Drill:

A capsize drill has been organised at Hadleigh swimming pool early evening on Saturday 19th May. Whilst this is primarily for the benefit of those on our Start Rowing course any member is welcome to come along for a refresher. Please contact Tracy Muir should you wish to do so.

Whilst on the subject of capsizing (!) it is always important to bear in mind that capsizing on a river is not quite the same as it is in the somewhat sanitised surroundings of a swimming pool. When it does happen it is almost certainly unexpected and it will be a shock, even if the water is warmer than it has been recently! Whenever possible you should be looking to right the boat and get back in, but often this will be easier to do from the river bank rather than in the middle of the river.

With the longer days it is quite understandable that members are looking to maximise their chances of getting out on the river and as Captain this is something I encourage. However it is important to bear in mind the risks involved in going out on the river, particularly at times when there may be few or even no



other rowers about. When assessing these risks in relation to a capsize, it is also important to bear in mind your personal fitness. Getting back into a boat in sodden rowing kit takes a serious amount of effort. I would think carefully about going out in a single on my own at any time and I am relatively fit. I would recommend anyone going out in a single goes out with others. If you do wish to go out alone, you should ask yourself am I fit and able enough to deal with a capsize on my own, bearing in mind also the time of day? You are responsible for your own safety.

Can I also remind members to please make sure (a) they write their name and boat in the book in the Boathouse before going out so that if another member comes down they know someone is out on the river; and (b) if you have gone into the Clubhouse make sure it is locked and the key is in the Boathouse before you go out. On one occasion during the last two weeks I have happened to come down to the Club to find the Boathouse doors closed with a crew out on the river, but the key to the Clubhouse still in the Clubhouse door!

Sudbury Regatta and volunteering within the Club

As you all know Nicola Swift has agreed to be Regatta Secretary for a third year. Whilst Nicola has had offers of help for this year, no one has come forward to be her 'apprentice' for next year. It is not too late to do this and it is the best way to learn what is involved. It is far too much to expect the same person to be Regatta Secretary year after year. As ever with organisations run by volunteers, everything runs more smoothly the more members take an active part in volunteering for roles that allow the organisation to function. This is very much the case with our Club.

Can I ask all members please seriously to consider how they can help further the activities of our Club by taking on roles within it. Without more members coming forward to do this the Club will struggle to continue as a vibrant and active organisation. It is not too early to say that the Club will need a new Captain and Vice Captain later this year so please start thinking now and if you might be interested but want to find out more about what is involved do not hesitate to approach any of the relevant post holders or other Committee members.

Happy Rowing!

Sean

Captain - Sudbury Rowing Club

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20th April 2018