

# GRAVESEND ROWING CLUB NEWSLETTER 2

## Committee News

You will have noticed that there have been many changes around the club that have been organized by your committee.

Just **some** of these are:-

- Tidying up of the noticeboards. Relevant information for membership, regattas, results etc. are now clearly marked and displayed.
- We now have a contract for the hire of the hall. Any private functions **MUST** be arranged through a club member and a contract signed. See Steve Webb if you wish to hire the hall.
- Work morning to tidy the boathouse. A big **THANK YOU** goes to all Committee members **AND** Club members who helped out on the day. An extra **THANK YOU** to Steve Cason for arranging the skip and disposing of its contents.

## MEMBERSHIP

Please ensure that you have either paid your membership fees in full OR that you have set up your monthly standing order from your bank.

The details **you** should be supplying **your** bank with are as follows:

**Pay** Gravesend Rowing Club (until further notice)

**Amount** £10 Adult or £5 Junior (monthly)

**Receiving Account Sort Code** 72-00-02

**Receiving Account Number** 16219701

**Reference** Your name (i.e. Joe Bloggs)

Please note that this is a standing order and **NOT** a direct debit, which means you have total control over it.

It is **YOUR** responsibility to set up your standing order.

## Health & Safety

If you have any concerns about any aspect of Health and Safety in the club, please speak to Andy Ray.

Please remember:-

- Every rower **MUST** bring a full change of clothes to the club if they intend going out in a boat.
- Please ensure that you wear the appropriate clothing for the weather conditions.
- Don't forget your sun cream now the summer is here!!
- Check your equipment (see 'Ever decreasing circles...')
- **REMEMBER TO WRITE YOUR OUTING ON THE WHITEBOARD**

### CAPSIZING DRILL

The first session has been arranged for Monday 20<sup>th</sup> June 2005. There is **no charge** for the session.

There are flyers on the noticeboard giving full details of location etc. but briefly...

- It will take place at Cobham Hall School and you should be there at 6.00pm.
- You will need to bring a set of swimming clothes (or shorts and t-shirt) and towel.
- Please give your names to Josie or Carole in advance. **Parental permission will be required for our juniors.**

A second session may take place on Monday 27<sup>th</sup> June for anyone who couldn't attend the first.

## STOP PRESS!

There is a black sack **FULL** of trainers that have been gathered up from the boathouse. If any of these belong to **you** then it would be appreciated if you would claim them a.s.a.p. Any unclaimed by, say the, middle of July will be thrown away.

## CLUB FUNCTIONS

Quiz Night held on April 8<sup>th</sup> 2005

This evening was an outstanding success; thanks go to Debbie Cassidy, Janet Sparks, Charlie and Anna Willson for the organisation. All the proceeds go to the club and everyone agreed this would definitely be an evening to repeat.

Bar-B-Que after Scratch Racing

Saturday 16<sup>th</sup> July

The scratch racing will be at 4.00pm for a 4.30pm start. After the racing, there will be a Bar-B-Que to round off the day. We are hoping that Anna will entertain us with her disco!!

**Please support this event by bringing along all your friends and family.**

## ROWING

Heads!

Don't forget to keep Charlie and Carole up to date with any changes to your ARA numbers.

The Women's Eight Head of the River took place on Saturday 5<sup>th</sup> March 2005. I'm sure you all will have by now seen the fantastic pictures of us rowing and the results up on the wall. The time of 26mins 31.11secs will be a target for us to beat next year! Well done girls!

**THANK YOU'S** go to Carole for organising the paperwork and keeping us up to date on all the info, Brian for coxing and keeping us motivated, Stan and Steve Webb for getting us and the boat up there and helping with rigging etc in Putney, and finally Sandy and Martin for driving.

We managed to get 5 crews into the re-arranged Medway Head on Sunday 3<sup>rd</sup> April. The weather was a complete contrast to the cancelled event, snow on the first and glorious sunshine on the second! Results were as follows:-

Mens Senior 3	10mins 51secs
Mixed Fours (1)	11mins 13secs
Mens Veterans	12mins 2secs
Womens Novice	12mins 43secs
Mixed Fours (2)	13mins 46secs

Well done to all those who took part!

## SUNDAY LUNCH

Sunday July 3rd



Members £7 Non-members £8  
(After 5 meals non-members will become affiliated members and will then pay the member price of £7.00)

To book a place, call Bronwen McGarrity on 01474 745768.

## Club Kit

A big thank you to Nicole Fellows who organised the kit for the Ladies to row at Maidstone.

Another huge **thank you** must go to Beverley Barrow's partner Steve, who sponsored the kit through his company, **PRITCHARDS**; this meant that the cost to each club member was just £17.00. (**Anyone who has still to pay, could they do so as soon as possible please**).

Come on then chaps, how about organising yours??

## HENLEY REGATTA

29<sup>th</sup> June - 3rd July 2005

Following my recent e-mail, numbers are now required if this trip is to get off the ground.

If enough club members, family and friends are interested, a mini-bus or small coach could be hired to take everyone to Henley for semi-finals day, which is Saturday 2nd July 2005.

If you are interested please let Shaun Martin know, as he is looking into transport/parking costs.

Sue Beecham

## WELCOME TO ALL NEW MEMBERS

Your safety on the river

Welcome to you all and hope that you are enjoying the rowing experience so far!! We are a very friendly club and hope that you will want to join in with our social events as well as the rowing. (See Support your Bar below)

Now the light evenings are here, we are able to get out on the water more often. With such a large group of people to organise, please be patient with us. **We must ensure that every crew outing has a sufficient number of experienced club members present to ensure everyone's safety in the boat.**

Charlie and Carole  
Club Captain and Vice Captain

## SUPPORT YOUR BAR!

**Remember every drink that you buy at the bar supports you club financially.**

I have stocked the bar with a wide range of red and white wines and bottled beers for you to enjoy. When the sales increase, I will be able to bring back barrelled beer and on the odd occasions, real ale.

Now that the summer has arrived, why not invite some friends to the club, have a few drinks with each other or sample a few bottles of wine. You could not ask for a better outlook as you sip your drink and gaze across the Thames.

Other sources of income for the club are Social Functions. The hire of the hall is very reasonable at only £50. We now ask for a contract to be signed by the club member and an additional £50 deposit to be given. This can be in the form of a cheque, which is returned if the hall is left as it is found (clean and tidy, no damage etc). So, if any of your friends or relatives are looking for a hall for a birthday, christening or other social occasion, look no further.

We need to have more club functions, not only to raise money for the club but also so all the new members can meet everyone. So if anyone has any ideas or would like to organise an event, please let me know.

Thanks must go to those who volunteer to help out on both private and club events, without their support and commitment; we would not be able to raise money for the club via the bar. If any of you are able to offer some of your spare time running the bar then let me know.

Steve Webb  
Bar Secretary

## LOG BOOKS

### New outing/incident log book

Very soon we intend to replace the current log book with a new improved version. This will be much more comprehensive and will be able to enable all club members to see, at a glance, how far they've rowed or coxed in the current year. As well as making life much simpler when calculating who gets the 'most mileage' trophies at the Christmas Presentation dinner, it will also add in an element of competition throughout the year. However, it will be up to each individual to enter their mileage for each outing, and calculate their own running total. To help with this, distances to each of the river landmarks (eg. Denton Wharf) will be listed in the front of the log book (as they are now in fact), so it should be a quick and simple process.

The right-hand side of each page will be set aside for recording any equipment damage, unusual incidents, capsizes, etc. relating to that outing. This will enable us, as a club, to maintain a high level of safety awareness and reduce the risk of accidents.

If you have any questions about the new log, or suggestions for improvement, please speak to me or one of the other committee members.

### New ergo log

You may already have spotted the white ring binder (near the main club door) labelled 'Ergo Log'. In it you'll find information on the correct rowing technique for indoor rowing, a range of suggested distances, and personal record sheets for you to log your own progress (and view the progress of other club members). In the future, we'll be able to build in an element of competition, perhaps with a ranking sheet for best times and club records. Who knows, if it catches on there might even be a prize at the end of the year.

Carole Trowbridge  
Vice Captain

## SCRATCH RACING 2005

Please arrive at 10.00am prompt for a 10.30am start.

Sunday 19th June  
Saturday 16th July\*  
Sunday 21st August  
Sunday 25th September  
Sunday 16th October  
Sunday 13th November

Please support this club event. There will be a trophy for the winner, which will be presented at the Club Dinner.

\*This race will be 4.00pm for a 4.30pm start and there will be a Bar-B-Q afterwards.

## Ever-decreasing circles.....

On a calm and sunny Tuesday back in April, I found myself sculling a Laser in ever-decreasing circles, when the right-hand swivel (the bit that attaches the scull/oar to a boat) completely detached itself. Drifting towards the shore in a falling tide, I was lucky that I was in a fairly stable boat and that I was within sight of the club. Luckily, I was out with another sculler, Nicole, who alerted a nearby tub pair (coxed by Nathan) and I was towed in without any problem. Although this incident was good fun at the time (and good experience for dealing with the unexpected!) it's really reminded me about the importance of checking a boat thoroughly before taking it out on the water. As is often the case, I'd taken over the Laser from someone else, and did my usual checks (riggers firm, gates done up tightly, feet adjusted, etc.) but never for a moment thought to check the bolts on the swivels... but I do now! So a lesson for me and a reminder to all of us – **CHECK BOATS THOROUGHLY BEFORE TAKING THEM OUT (OR TAKING THEM OVER).**

Carole Trowbridge  
Vice Captain

## DO WE NEED A COACHING LAUNCH/SAFETY BOAT?

There is only a certain amount of coaching that can be done from a coxswains seat or the river bank. £5000 would buy an ARA recommended Rib boat with a 20 horse power (hp) motor plus training of six members to be qualified handlers of the launch. The cost could be covered by social events to raise money (as Bronwen did with the kitchen) or ask local businesses for sponsorship for £2500 and apply for a Sports Match Lottery Grant for the remaining £2500.

The launch could be used as a coaching boat and a safety boat (handy with a few of our members preferring to swim). This will help raise our rowing/sculling/coxing standards and help us to become more competitive in heads and regattas.

**What do you think?**

## VALUABLES

As you will be aware, we have had a purse containing £40 stolen from the Ladies Changing Room. There is a coded lock on this door, the code will be changed periodically and **MEMBERS ONLY** will have access to this code. Please keep the door closed at all times and keep **all** your belongings in the changing rooms and **NOT** the hall or boathouse. A wallet has also been stolen from the men's changing room and it is intended that a coded lock be attached to this door too.

## What are members doing???

I will be representing the PLA in the Admiral of The Port's Challenge Race on the 20<sup>th</sup> June. We will be racing on the 4 mile course from the Palace of Westminster to Westminster Boating Base with the cutters rigged in ceremonial mode with a canopy erected carrying two passengers with only 4 rowers. We will be looking to improve on last year's fourth place! Michael Russell (who is a former club member and Doggett's winner) is also in the crew.

On the 16<sup>th</sup> September, it is planned that I will be in a crew for the Thames Nelson Flotilla which is the finale of the Trafalgar celebrations.

Other than that, who knows,....I hope to get out in a best boat at some point while the weather is good.

Tony Simmons  
Club Member

## GREAT RIVER RACE 2005

Following on from Tony's article above, this year's GRR is on Saturday 17<sup>th</sup> September and is an official Trafalgar Festival 2005 event. So you can see that this unique race is going to be extra special this year. As only boats with fixed seats can row, the Gravesend Regatta Committee have again agreed to loan their fibre glass skiffs to be entered in this race. The last remaining wooden skiff, the Stefan Scott will also be available.

The Stefan Scott came third in it's class last year, and had it come first, would have won the 'Gravesend Cup' which was last won by Gravesend Regatta Committee in 1989. The crew came ninth overall, which after being handicapped at 53 out of 260 boats was a fantastic achievement. Club members Tim Hart, Steve Cason and Mick Ramsey were all part of the crew.

Entries for this year need to be in during July and anyone wishing to be part of this truly remarkable race should let me know as soon as possible.

Sue Beecham  
Club and Gravesend Regatta Committee Member

## IDEAS FOR NEXT ISSUE

This is **YOUR** Newsletter, so if you've anything you wish to put in the next issue, please let me know.

If anyone reading the paper version of this Newsletter would like to receive future issues by e-mail, please let me have your address.

Sue Beecham  
Editor