

BEDFORD ROWING CLUB & BEDFORD ROWING SOCIAL CLUB

SUMMER 2007 NEWSLETTER



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Annual Dinner – A date for your diary

Dust off your Dinner Jacket. or best frock. The Annual Dinner is on Friday 2nd November at the Swan Hotel.

Organiser needed – (*Eds Note: Menu selection is a big part of this*) – Please contact Dave Catlin or John Mingay if you can help.

The raffle is being organised by Ladies Squad. If you have a contribution for the raffle, please give to any member of the squad or leave at the bar.

President’s Report

First of all, congratulations to the organisers, helpers and especially the oarsmen and women on the success of yet another Sprint Regatta. The Sprint Regatta was John Smith’s brainchild and he would have been extremely proud of the effort put in by everyone on the day.

I have been a member of this great Club for many years now but it’s been a long time since we have had the sort of atmosphere and post race jubilation that was evident after the day’s racing. Well done everyone.

I believe that we have started on the long road to recovery that will bring us back to the forefront of provincial rowing. Much still needs to be done and we need the help of every single member, rowing and social. There are many ways people can help to improve and enhance this new found success so if you have any time however limited please let a member of the committee know.

The first hurdle to overcome is purely and simply a financial one. I say ‘simply’ because the sorts of sums we need to raise are not exorbitant by modern fund raising standards. The balcony costs must, if possible be self financing – see Balcony Appeal – so that we do not take precious resources away from buying new rowing equipment which is now so badly needed, especially now that we have the oarsmen and women who are capable of making the most of that equipment.

On the day-to-day finances we are still only just covering our expenses and so extra money for boats must come from other sources. For the purpose of fund raising we therefore need a dedicated person within the Club to concentrate their efforts to this end. If you can help in this way or you know anyone who can please let me know.

Balcony Appeal

So far we have over £5,000 donated or pledged for the hand rail plaques. I believe it should be possible to raise all of the money needed in this way and even give us some extra to go in the boat fund. £150 is not a huge sum of money to have your name permanently recorded

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on the Balcony. You could club together with friends (or other members of that Sprint Regatta winning crew!) to share the cost of a plaque. Also £150 is only the minimum donation required for a plaque; some members have already donated considerably more! Forms for Balcony donations are behind the bar.

Finally, all of the committee and bar staff and other helpers are doing a tremendous job in helping to revitalise our great Club. Many thanks to them and good luck to everyone at the remaining summer regattas.

Dave Catlin
President B.R.C

Presidents Evening

We were going to have a Vice-Presidents Party on Saturday 22nd September. However, this has now been changed to a Presidents Evening for the whole club.

David Catlin and I thought perhaps a “smart do”, Club blazers, suits, frocks etc.
Drinks – possibly cocktails, Pimms, wine, all with snacks.
What do you think, ideas to us a.s.a.p.

John Mingay
01234 210788

Men’s Squad Report – Or “Men in Lycra!” by Mike Harris

As my first appearance in such an august tabloid as a writer, I must first apologise for the writing, grammar and spelling (as all avid readers of my emails can vouch for). As you may or may not know I am an engineer by training and the engineer’s motto is “Yesterday I couldn’t even spell igineer, now I are one”. Despite being hairy @rsed and too fat for the boats, there is a definite improvement in all of the Men’s Squad. The short term goal was for the all of the men to lose their rowing “virginity” or as others call it, Novice status and the majority have, there is a cunning plan afoot for the remained to do so at St Neots or Peterborough.

The level of training and commitment has palpably increased and was rewarded with good success at Bedford Quarts Sprints.

As most of you will be aware, the Senior 3 crew of Tom, Chris, Mat and Andy along with Chris as cox, equalled the fastest time of the day for a coxed four of 1.51 and earned a very good victory over Bedford School in a hard fought final, after winning 2 previous rounds. The novice four of Rienk, Martin, Dan and Jeremy along with El as cox, easily won the novice coxed fours in a time of 1.55, which would have also won them Senior 2 and 4 as well! They were later joined by Mike, Alan, James and Jono to earn a very good victory against Cambridge in Novice eights in a time of 1.44. Again faster than the Senior 3 eights winners.

For those of you with a more delicate taste the novice invitational “lightweight” novice four in the words of one Mr Varney “angels kissing the water” (pictured below), to earn two good wins against Star club B in the first round and Star club A in the final. This lightweight crew were made up of Pav, Preth, Reg and a new comer from the Junior squad Robert along with El Coxing.



James Beechinor (pictured below) has developed a new style of racing unique to himself of racing neck-and-neck with the opposition lulling them into a false sense of security before pulling away in the last 3 strokes! James triumphed in two very hard fought races and fully deserved the pot in the J18 sculls.



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Leon Taylor took a break from his exhausting training regime (well exhausting for me to watch!) and won Senior 1 sculls.

There were valiant efforts from others, but in particular the Snr 4 Eights were let down by two old g*ts whom snuck into the 3 and 4 seat under false pretences, (*Eds Note: That'll be the Captain and Mens Vice Captain then..*), they have now been forcibly ejected from the club and in it's next outing greater things are expected.

The goal over the next eight weeks is to up the "game" and start to understand what is needed to compete successfully at Senior 2 and Senior 1 level. This will involve a few hard lessons but I am sure that the squad is more than equal to the task.



Women's Squad Report by Lydia Swift

Nicky Hardy and Amelia Clow, in kicking off their preparations for Henley Womens Regatta in June, braved the wild winds of Holme Pierrepont and raced in WS2.2x at Nottingham City Regatta. A trip to Wallingford regatta followed also racing above their status in WS2.2x, with finally a race in WS3.2x at Peterborough Spring regatta where they made the final. At Henley Womens Regatta, Nicky and Amelia beat Warwick BC by 3 ½ lengths in the first round, they then lost out to Mortlake Anglian and Alpha RC by 3 seconds. At the Quarts Sprint Regatta in July, they beat Stratford RC to win WS3.2x. (in action at Peterborough below)



2 trailer loads of boats and most of the women's squad went to Peterborough Spring regatta weekend. The most hotly contested race of the weekend was one semi-final of WS3.2x on Saturday, where Bedford (Nicky Hardy, Amelia Clow) ended up racing Bedford (Lizzie Banyard-Smith, Claire Newton), Bedford (Amy Lindsey and JC Anstee) and Sons of the Thames RC (2 rowers from the composite Bedford/Sons Tideway 8). JC Anstee made her 1x regatta debut on the Saturday. On the Sunday Amelia Clow lost her novice

sculling status in the WN1x event beating crews from Thames RC, Poplar District & Blackwall RC and Welbeck College. Amy Lindsey won WS4.1x beating crews from Thames RC and City of Cambridge RC. (both scullers pictured below)



The novice 4, of Liane Higgins, Katie Keene, Sara Orme, Jayne Smith and cox Lydia Swift, made their 2007 regatta debut on the one warm day of May at Evesham Regatta over the 1000 metre course, where they came through 3 qualifying rounds to lose by ¾ length in the final. At Bedford Regatta they came up against the eventual winners Dame Alice Harper School in the semi-final having beaten Broxbourne RC with an easily verdict. Bonanza time came at Peterborough Spring, when the crew won Womens Novice 4s on the Saturday and won again on Sunday to dominate Womens Senior 4 4s by a clear 4 seconds over the 500 metre sprint course, in the only 5 lane race of the day.



Another win came at the Quarts Sprint regatta in the Senior 3 category.

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A hastily arranged senior 3 eight of Tanzi Leitner, JC Anstee, Liane Higgins, Sarah Keens, Vicky Rigby, Katie Keene Lydia Swift, Amelia Clow and cox Nicky Hardy raced at Star Sprint and beat Star Club by several lengths.

At the National Veterans Championship Sara Reay racing with Miriam Taylor of Star Club and athletes from six other clubs won gold in both the Veteran C eights and Veteran B eights.

Finals were reached in the following events at the Quarts Sprint regatta, by JC Anstee in WN1x (who witnessed her semi-final opponent taking an unscheduled swim at the weir), by Amy Lindsey in WS3.1x, by Amy Lindsey and JC Anstee in WS4.2x and by the WN2x of Claire Newton and Lizzie Banyard-Smith who lost out by 1 length.

The squad races next at St. Neots weekend, Henley Town and Visitors Regatta and Peterborough Summer Regatta weekend.

Welcome to Ellie Southgate and Leonie Hilliard who are recent or returning additions to the Ladies Squad.

If you would like to row/cox/coach or can help the Ladies' Squad in any way at all, please contact the ladies captain on Lydia.swift@bedfordrowing.co.uk



Veterans Update

by Ian Darnell

Bedford Rowing Club Veterans returned triumphant from the Banyoles Master Regatta in Spain with 2 golds and 1 silver medal. The winning crew was Alastair Forsythe, Ian Darnell, Shirl Musselle and Chris Wisbey.

Having arrived on the Thursday we made our way to the Banyoles club to check out our hired boats. The first problem we encountered was that the riggers did not match the boat, quickly followed by the fact that it was steered from the stroke seat. The situation was not helped by the fact that the boatman spoke hardly any English! We managed to find an alternative boat, which just left the tricky situation of who would stroke and steer the boat. I was volunteered and after a trial outing we seemed fairly confident.

We managed to find someone to steer our coxed four (who happened to be the cox for the Spanish Under-23 eight) and bearing in mind this was our first outing in a coxed four, (pictured top right) we must have impressed as we were approached by a four from

Marseille to form an eight for the final event on Saturday.



All crews were started at the same time and the handicaps adjusted at the end which meant you really had to go flat out all the way.

The coxed four was the first race. The ages ranged from Vet B to us at Vet F, which meant we had a handicap of 29 seconds against the youngest crew. We had the worst start possible and it was not until about the fifth stroke that we all got a stroke in together. We did settle and had a good race finishing 3rd out of 5 and when the handicaps had been adjusted we had won by 1.3 seconds.

The coxless four was next and this time we were not the oldest. There was a German Vet H crew (average age 72) and we had to give them 15 seconds – and 5-1 wasn't mentioned once! – and after a cracking race we had a comfortable margin of victory of 4 seconds.

The final race of the day was the eights – Bedford/Marseille, another French crew and two Spanish eights. Again up against younger crews we finished in 3rd place which, after handicaps had been taken into account, meant we finished with the silver medal. An excellent result after a tiring day's racing.



The awards dinner that evening was excellent with the odd glass of something by way of celebration with many new friends being made and e-mail addresses being exchanged. Certainly a good chance of another visit in the near future.

Eds Note: Wine tasting trip – oops I mean training camp – perhaps??



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Juniors

Wins so far:

Peterborough Spring 1000 m: Andrew Walker, Ross Mizzen – Junior 15 Doubles

Star: J14 Sculls both days – Ross Mizzen

Star Sprint: J16 Doubles – Bedford A beat Bedford B

Ross Mizzen also came 3rd in J14 Sculls at Peterborough J14 regatta

Bedford Quarts Sprint: Andrew Walker – J15 sculls

Kit

by JC Anstee – Countess of Kit

Hello and welcome to the world of Kit!

For anyone that hasn't already encountered the 'Countess of Kit' I'm JC Anstee a member of the Ladies Squad often to be found sculling; I've had the kit tiara for almost a year now and I have to say Lycra and supplex really is a laugh!

What's on Offer

There is an exciting and enticing selection of Club Coloured Lycra in the Kit Cupboard! (*Eds Note: try saying that in a hurry*) For Rowing Members the following items are currently in stock or on order: All in Ones (£45); Leggings (£26); Tech Tops – Short or long sleeved (£28); Splashtops (£65 – 2 larges in stock). In addition, we have Rugby and Polo Shirts in larger sizes along with Club Ties and Bow Ties for non-rowing activities!

Get ahead of the Weather!

Club Kit is Custom made and therefore time from Order to Delivery can be up to 2 months; get in early for autumn and order your Splashtops (£65 + £3 for name), Gillets (£48 + £3 for name) and long sleeved techtops (£28) now! Help keep the cold and rain out with these excellent pieces of kit, drawings of items can be found on most notice boards; please consult the sizing guide before making an order.

Buy NOW!

To purchase or order please e-mail kit@bedfordrowing.co.uk, write down your order on the notice board by the ladies changing rooms or leave a message behind the bar; all requests must include contact details and the item and size required. Kit must be paid for before it can be collected; Cheques and Cash are accepted.

Hopefully I will be hearing from you all soon!

Social Club Chairman's Report

by John Mingay

The newly formed Bar Committee have been meeting regularly to put the Club's Bar back into a profit making business. We have one of the best sites in Bedford and yet despite all our efforts takings have drifted downwards.

At last after a mountain of effort by Chris Hemmingway and Sara Reay, we know exactly where we stand with a reliable set of accounts.

It has become obvious that the bar does not make, and has not made for sometime any appreciable profit. The Social Club was formed to the support the Rowing Club – this must start happening again and with your help it can. We have a new 'feel' about the Club. Many new and enthusiastic members have joined very recently. The rowing side is going from strength to strength thanks to a lot of hard work by the Clubs Officers.

Dottie and her faithful staff have worked hard for the Club over the years and we thank them for it. However, the Bar Committee must face facts. Lunchtime opening, I am told by the Treasurer cost £50 to staff, heat and light etc. Evening sessions cost £60/£85 to operate. Having monitored 10 weeks from early April onward; Wednesday lunchtime takings averaged £26, Thursdays £24. Both sessions have now ceased. The good news is takings are now rising, costs are dropping and we are once again making money.

The Captains questionnaire on the Bar made interesting reading, perhaps now things have moved on and are improving it could be done again. One thing is for certain we can not go on as we were. It is a changing world not least in the licensing trade. We must adapt to the new circumstances we find ourselves in, painful as it maybe. We can not turn the clock back, but I am sure we can now move forward successfully.

Cheers
John Mingay

Bar Committee

Mike Perry, Gavin Dods, Roger Stokes, John Mingay, Sara Reay.

Steward: Dot Gillett

Staff: Sheena Todd, Dan Derry, Huw Easterbrook

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Calling all Rowing Club Members.

Reminder: Bedford Rowing Club Membership Subscriptions for 2007/2008 are due on 1st September 2007. £264 per annum or £22 per month standing order. Junior subs £100 per year. Racking Fee for singles £100 per year.

The following sculls have not had a racking fee paid for this year 2006 / 2007 and will be removed from the boathouse shortly.

- Lady Marion
- Milroy
- Danglo

Reminder: Bedford Rowing Social Club Membership Subscriptions for 2007/2008 were due on 1st April 2007. £20 per annum, or £15 by Standing Order. Family: £40 or £30 by Standing Order.

Standing Order forms are available from the bar or by emailing membership.secretary@bedfordrowing.co.uk

The Captain Writes

By John Impey

Men's Squad

Evesham Regatta

We entered Senior 3, Senior 4 and novice coxed fours on this beautiful summer's day. Would you believe it, all 3 boats were knocked out in the first round by the eventual winner of their event! All was not lost however, as Tom won in his single scull despite a poor start with a powerful row-through.

Bedford Amateur Regatta

The novice eight got some Regatta experience against top opposition. The Novice four should have won their event but fluffed the start and spent the rest of the race clawing it back to lose by 3 feet!

Peterborough Regatta

As a club, we entered more boats in this event than can be remembered! The guys were great, as we put Bedford RC on the map once more and we showed everyone how competitive we now are. Four men's crews got to finals, including the novice eight & four, but no pots.

Star Regatta

What a weekend to remember! As a club, I think we took 40 odd pots from Star's regatta and had some

good fun into the bargain. Everyone performed well and gained some good experience:

Saturday: The Men's Novice A Four beat Bedford School in the semi-final and then beat our novice B four in the final; Pots without points! The Men's Senior 3 Four beat Star Club in the final; more pots without points!

Sunday: The Men's Novice eight thrashed Star Club in a straight final. In a six horse race, the Men's Novice B Four beat our Novice C Four in the semi-final then a crew from Norwich Union Rowing Club to lose their novice status. Yet more pots!

Henley

Our only hope for representation from the club at Henley Royal Regatta fell to James Beechinor in a stroke seat. This was in the form of a Fawley composite quad cobbled together at the 11th hour with Star and Peterborough. The quad finished a creditable 13th in the qualifying heats, just outside the required qualifying result, sterling effort James.

Bedford Quarts

This was the regatta of the year for the Men's Squad:

First, the senior 3 coxed four (pictured below) went through to beat Bedford School in a close race by ¼ length in the final.



The Novice Eight beat our winter rivals, City of Cambridge by half a length in the final to lose their novice status. The Novice A Four beat Peterborough City RC in the final by 4 lengths! The Novice B Four in an invitation event with two crews from Star Club beat both crews to win the event. Leon Taylor also beat Star Club's last Captain to win Senior 1 single sculls. Enough said!

New Men's Vice-Captain

Mike Harris (not the butcher!) has taken charge of the men's squad as of 18th June. Mike has shown commitment and skill in his coaching abilities and is keen to progress the squad in the months to come. I have every confidence in him to do a good job, so please help him in his new role.

Coach Club

The May meeting of this esteemed bunch was full of discussion. What came out of this meeting was a list of requirements from the coaches as an action plan, which has since been addressed. This included performance measurement for squads in the form of an Ergo card

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system, Rowing "ladder" and side-by-side rowing sessions.

Boat Fleet

Regular maintenance is being carried out on Tuesday evenings and Saturday mornings by John Donnison and me, with parts often supplied by Blair. New sculling riggers were purchased for Ouzel to increase the amount of Doubles available. Boathouse storage has also been reorganized recently.

Sculling School

Thursday (and Sundays too for the women, run by Lesley) sculling sessions are still running. Dave Catlin and Mike "Butcher" Harris are running the show on Thursdays so it's rude not to take this opportunity to improve your sculling ability.

Captaincy

As my year as Captain draws to a close I look back on what has been a draining year physically, mentally and emotionally. I feel satisfied however, that I have paid back into the sport, for all the pleasure I have taken from it. I do not regret the time I have put in as have seen the club atmosphere transform and watched so many of you evolve to become competitive athletes. A big thank you goes out to all those who have helped me this year, please do your bit and help continue with the club's momentum in the year to come.

Events Committee

By John Mingay

Thank you everyone for your support at the "Sprint". Once again, despite the monsoon weather, we had another success.

The Events Committee would like to thank, on your behalf, Mrs Sandra Perry who raised £5,300 in sponsorship contributions for the Club this year. Without this money there would have been no event. Next year the Sprint falls on the same day as Henley Finals Day, a challenge for us all!

The Events Committee is in need of 'new blood'. We would welcome new ideas and help particularly from 'new' members. So give it some thought folks. Last year we raised about £15,000, we need to do again this season.

The next event is the Autumn Head on Sunday 14th October - make a note of it now.

John Mingay (Aged 65 years) *Eds note: he put that in not me!*

Club combination code change

This will be changing in August/September. Contact any committee member for the new code from mid August.

Touch (Rugby) Captain's Corner

A new photo has appeared on the wall in the clubhouse! Nestled quite nicely between the corner of the wall and the presidents board is a cheeky photo of a group of current members and a few folks that have volunteered for Bedford Touch Rugby 2007.

Having tried to find more about the game from the website by typing in "Bedford Touch" into Google and getting a stern email from my IT dept at work, Bedford Rowing Club Touch Rugby Team was underway.

The season started over two months ago at Bedford College, and after a number of twisted ankles, moved swiftly to Biddenham Modern School where the brave and the foolish decided to try and beat a few folks at a different sport involving playing on land, explosive speed plus touching each other while holding a rugby ball.

The brave (and the foolish) were:-

Andrew Hardwick	(Marbs, Captain)
Chris Varney	(Reg, Captain after Marbs absence)
Russ Pitts	
Mike Hardy	(Mikey)
Chris Bland	(Blandy)
Chris Phelps	(Pav)
Gwyn Williams	(Killer)
Chris Bousted	(Lil' Hercules)
Blair Clow	
Simon Weston	(Skylark)
Jonathan Thompson	(Peanut)
and Ross Mizen.	

The final game of the league was on the 18th of July having had over two months of Pav's flatulence; Mikey's inability to throw a decent ball coupled with Blandy's comedy comments on the pitch, most notably "Reg touch your man, he's all yours!!" It was all good fun. After it all Bedford Rowing Club came a sound third in division two.

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This might not be the end of Bedford Rowing Club Touch Rugby Team as there is a rugby 7's tournament coming around the corner in 2008 in Aberystwyth and Touch 2008 is set to be even bigger than this year, the opportunity is there for folks to do some land based training and have a few beers along the way!

Thanks must go out to Marbs for convincing us all that this was a good idea from the start and good luck for getting a new job down south where the cider is cheap... and none random mating is the norm.

Capt' Reg
(Mines a Guinness thanks)

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### Press Reporter wanted

The club is looking for a Press Reporter to write up Regatta and Head race reports

Is anyone out there able to do this?

It will be a great shame if our efforts on the water do not get full coverage. Training could be given!

Please contact John Mingay or Lydia Swift.

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Future Events

Saturday 28 th July	St. Neots Regatta
Saturday 28 th July	St. Neots Sprint Regatta

Saturday 4 th August	Henley Town and Visitors Regatta
Sunday 5 th August	Cake Sale for Club Funds
Saturday 11 th August	Peterborough Summer Regatta
Sunday 12 th August	Peterborough Summer Sprint Regatta
Saturday 18 th August	Cocktail Night
Saturday 25 th to Monday 27 th August	Gloucester, Bristol, Ross Regatta weekend

6 th – 9 th September	FISA World Masters Regatta – Zagreb Croatia
Saturday 22 nd September	Presidents Evening
Wednesday 26 th September	Annual General Meeting – Social Club and Rowing Club

Saturday 6 th October	Pairs Head
Sunday 7 th October	St. Neots Head
Sunday 14 th October	Bedford Autumn Head

Friday 2 nd November	Club Dinner – The Swan Hotel
Saturday 3 rd November	Fours Head – London – 10.30
Sunday 4 th November	Veteran Fours Head

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 The next issue of this newsletter will be published in October – If you have any thing that is suitable for inclusion or have any suggestions for future content, please email [Lydia.swift@bedfordrowing.co.uk](mailto:Lydia.swift@bedfordrowing.co.uk)  
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STOP PRESS – Mad enough to fancy rowing from London to Paris

A message from Reg: I am looking at setting a crew for the London to Paris boat race (417 miles of hell ... erm rowing) and if anyone is interested please contact me , Reg. Varneycav@aol.com
 P.S. This is the first time this has been done as a race.

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### BAR OPENING HOURS – SUMMER 2007

Sunday – 12 – 5 pm  
 Monday - Closed  
 Tuesday – 12 – 2.30 pm, 6 – 11 pm  
 Wednesday - 6 – 11 pm  
 Thursday - 6 – 11 pm  
 Friday – 12 – 2.30 pm, 6 – 11 pm  
 Saturday – 12 – 3.30 pm, 6 – 11 pm

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Do you have any ideas for club fundraising?

If you can help, have ideas, make tea, rattle a can, be a boat test-rower etc please contact our new fundraising co-ordinator on: Emma.Clarke@bedfordrowing.co.uk or leave a message at the club