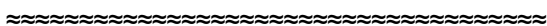


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President's Report

By the time that you receive this newsletter work on the balcony should be nearing completion.

The 'Balcony Appeal' has so far raised £7,500. We need £20,000.

When I started the appeal I assumed that with 400 members it would not be difficult to raise enough money to repair our dilapidated balcony but I've been proved wrong.

I know that many of you have promised to donate but have not yet done so. We need the money now. If we used all our spare cash we could just about pay for the repairs, but this would mean no improvements to the bar room interior and less money to spend on rowing equipment.

All donations, large or small, can be left behind the bar or sent to the club and marked 'Balcony Appeal'. For donations over £150, please make sure you say what you would like to be inscribed on the plaque.

The AGM was held in September and was fairly poorly attended, unfortunately the accounts were not ready in time for the meeting and these will now be presented at an EGM on 28th November.

Another small boats head, another huge success. Well done to all those who organised and helped run this year's autumn head. Mike had some problems getting enough helpers but all ran smoothly on the day. If you can help at these events please volunteer.

Finally I look forward to seeing as many of you as possible at the club dinner and dance which will also mark the retirement of the club's steward Mrs Dot Gillett.

Dave Catlin



Captains Report



This is my first report for the newsletter and since being elected I haven't been at the club as much as I would have liked due to work commitments and I apologise to the rowers for this especially the mens squad which I am looking after. Many thanks to Mike Harris (Jnr) for looking after the men in my absence.

Lydia Swift has once again agreed to be Ladies Captain, Geoff Barrell is in charge of Juniors and Mike Harris is helping me with the men. Many thanks are due for taking on these roles that are vitally important for the development of rowing at BRC.

Winter training is well underway with the ergs and weights room getting well used and circuits at the Dame Alice sports hall open to all members/friends – even if you don't row but would like a fitness session every week come and join us!(£1/session) {Eds Note: There is also a club night with food in the bar afterwards. }

The first event of the season, the Bedford small boats head, showed some rather mixed results in

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the mens and womens squads, due partly to the unsettled period and lack of outings in the racing crews leading up to the head. Now we are in a more settled routine with some great coaches on board (Mike Harris's Senior and Junior, Dave Powell (men), Lesley Clinton & Simon Weston (women), Geoff Barrell, Dave Pendall & Amelia Clow (Juniors) I hope all squads will make progress both in fitness and technical aspects . I am of course still in need of further coaches to come down on a regular basis and strengthen our coaching ranks- if this could be you please get in touch.

For the rowers part in ensuring good results, it will take commitment to outings and the land training set. The hard work on and off the water over the winter period will allow you to reap the rewards in the regatta season. We did have three winning crews at the head, the ever present veterans winning Vet D quad sculls, the womens Senior 3 coxed four B crew winning over the A crew with Kelly Murray winning her first event after only 7 weeks rowing, a great achievement, and Amelia Clow winning womens Senior 3 sculls. James Beechinor came a creditable third in Junior sculls in a field of 10, and we wish him luck in the GB juniors trials coming up soon.

We have a group of scullers heading off to do Marlow Long Distance on the 27th Oct as a training run for the scullers head so good luck to them in both events. The next event for majority of the club is Evesham head where we shall be sending quite a large contingent from the womens, mens and junior squads.

Happy training and see you all at the club dinner

Blair Clow

Thank You Dottie

As most of you will know by now Dottie Gillett our tireless (and totally ageless) bar steward is retiring on 1st November after 21 years of loyal service to Bedford Rowing Club. Hers has been the kindly, smiling and welcoming face that has first greeted so many of us in the clubhouse over the years. She possesses the rare talent of being able to remember us all by name and to make each one of us feel special. That she is special is well demonstrated by the fact that in 1993 a boat was named after her; a privilege and token of recognition accorded to very few.

Whilst many of us have been rowing, monitoring and marshalling events at the Club, Dottie, drawing a

line at rowing, has monitored and marshalled the forces behind the bar always providing a personal warmth and hospitality to our friends and fellow competitors.

Dottie, we salute you! We wish you a long, happy and healthy retirement. It is the fond hope of all club members that you will continue to grace the Club with your presence and maintain firm control of all those frequenting Muppets Corner.

Women's Squad Report

The midsummer monsoons only slightly thwarted the Womens Squad late summer regatta campaign.

Too much water caused the cancellations of St. Neots Regatta weekend and hence the potentially hotly contested Bedford A vs Bedford B Mixed Senior 4 fours competition.

The scullers descended on Peterborough Summer Regatta weekend. Katie Keene made her novice sculling debut on the Saturday. On the Sunday, Claire Newton and Elizabeth Banyard-Smith beat a field of 17 other crews to win Womens Novice Double Sculls by clear water, having dominated the qualifying rounds and shown their form by coming second in the same event on the Saturday. In the last race of the day, (*Eds Note: She makes a habit of racing in the last race of the day..*) Amelia Clow, racing in a composite crew with Sons of the Thames Rowing Club and Thames Rowing Club, won Womens Senior Three Quadruple Sculls.

Amelia then went onto win WS3.1x the following weekend at Oxford City Regatta.

While the womens squad was having a couple of weeks off, Sara Reay went off to the FISA Masters Regatta in Croatia and came back with 2 medals in Wvet C 8+, and WC 4- with the Bedford Rowing Club/Agcroft Rowing Club/City of Sheffield Rowing Club/Star Club/Henley RC/Medway Towns RC/York City RC/Molesey RC composite.

The winter head season started on Sunday 14th October at Bedford. The squad fielded a whole flotilla of entries from which Amelia Clow won Women's Senior Three single sculls in a time of 8 minutes 40 seconds. The second win was recorded in Women's Senior Three Coxed fours where cox Wayne Page inspired his crew of Claire Newton, Vicky Rigby, Leonie Hilliard and Kelly Murray to victory.

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trailer stuck) and availability of coaches, they had a great race day but sadly no wins but one very near miss with the bank!

October was the start of the head season starting with our own head of the river on the 13th. We had three juniors take part getting individual base line data for them to go on at beat throughout the season and hopefully improve on. Well done all of you that have taken part in the racing the last 12 months it has not been easy.



Mia in action

Safety

All crews/scullers are reminded to check the status board 'traffic light' system. **Green** is ok for normal outings, **amber** is for experienced crews only and must be authorised with club Captain, Blair Clow or Safety officer, Chris Varney. **Red** board is no boating allowed at all.

Those crews and scullers rowing at night should ensure that lights are used and that batteries have sufficient charge to last the outing. If batteries fail crews should come in immediately. Any crews boating without working lights may be banned from rowing at night. This is for your own and others safety – you have been warned.

All scullers should check with the captain or safety officer Chris Varney if it is ok for them to boat at night.

Blair Clow

This brings me on to not quite so good news as we have also lost quite a few juniors. Richard Heerey has gone off to Uni, good luck Richard and we hope to see you in your breaks, we have a couple of long term injured, hopefully they will be back soon. Sadly, three of our juniors have moved on to Star Club due to lack of input from the club, coaching levels and training that they have received even though we had continually asked for help and support we receive none over the last 12 months. We are now down to about 7 regulars.

Thankfully I can finish on a more positive note being that the juniors hitting crisis once again have been rescued, with thanks to our new captain Blair Crow and to the coaches old and new that have joined the juniors. Thank you Mike Harris, Amelia Clow, Dave Pendall and James B assisting Dave on a Saturday whilst finishing his coaching training. They are all striving to get the juniors fitter and stronger for racing so they have upped the tempo in training. Help, they are going to eat us out of house and home with all this energy being used! I have to say good luck to James on be half of the juniors for the Great Britain trials that he is off to compete in next month. And how much the junior section is looking forward to the club annual dinner dance, so that the can all dress up and have some fun.

Wendy Rogers

Juniors

Well a lot has happened since the clubs last news letter, some good things and some not so good. Starting with some of the good the juniors have taken part in several races over the last few months. In August a few went to Peterborough and Northampton, no wins at Peterborough but one pot was won at Northampton by Danielle Rogers. We had quite a big turn out for Northampton with two doubles and two sculls going with eight juniors in all with some competing against each other. This left parents to cheers on their children while others just shouting Bedford! Thank you to Mike Harris for transporting our boats to this event and to all the parents that helped rig and de-rig the boats. Next stop in September was the last regatta of the season that the juniors took part in and was a Cambridge. After lots of trouble with getting the trailer (including the sharp turns at the entrance and nearly getting the

Kangaroo Court

This is a call for any incriminating evidence of your fellow team members (in the form of documents, emails, photo's etc) to be sent to the prosecution in preparation for the forthcoming court date (end of November). Please email all details to; Prosecution@bedfordrowing.co.uk

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New Bar Steward

Hi All,



By now you are no doubt aware that I am taking over as Steward of the Club as of Saturday 3rd November '07 and as such many exciting changes will be taking place. The Club itself will be opening from 0900 in the morning Monday to Friday, in order to accommodate increased patronage and the Godber Room is being transformed as a fully functioning meeting room for local businesses, equipped with everything a delegate needs from projectors and Wi-Fi to regular coffee and biscuits.

From Monday 5th November '07, the bar will be providing lunch time catering, initially introducing delicious bar snacks such as a variety of hot paninis, traditional sandwiches, steaming soups...and the more business we get "hint hint", the quicker the menu can expand into more exotic dishes. Long term the Bar Committee and myself will be looking at refurbishing the bar, giving it a fresh contemporary look for Club members. You will also be delighted to know that Dot and Sheena will be on staff providing much needed help as always.

Many thanks for your continued support

Dan Derry

October Head

Once again, many thanks to all the many members who work so hard at the October Head to make it yet another successful day.

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www.bedfordrowing.co.uk

The weather was kind to use once more and everything – I am told – went well even without me!

Special thanks to Mike, Will, Gavo and the gang. Without the money raised at these events, the Club would be even more hard pressed that it is now financially.

The next event is the Eights, Fours and Quads on Sunday 10th February.

This is always an exciting event to watch and participate in. Do make a note in your diaries NOW and do your bit on the day once again. If you would like to join us and are new to the sport contact Mike Perry or myself for details.

John Mingay

Membership

Reminder: Bedford Rowing Club Membership Subscriptions for 2007/2008 were due on 1st September 2007.

Following the Annual General Meeting, the subscriptions are now £288 per annum or £24 per month standing order. Junior subs £120 per year. Non-rowing £20 per annum, £15 standing order. Racking Fee for singles remain at £100 per year. Please update your standing order to £24 per month.

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 from membership.secretary@bedfordrowing.co.uk

Change of address/phone number?

Please keep the Club informed:
Please write a note to Lydia Swift,
Membership Secretary, Bedford Rowing Club,
Duck Mill Lane, BEDFORD, MK42 0AX
Or by e-mail above.

Events Committee

You may care to know that the Events Committee are to make a £4000 donation to the Boat Fund, plus the sum of £2000 to the Balcony Appeal. We

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will of course hold several thousand pounds in reserve to cover a "rainy day" – literally!

The is money you the Members have gained by standing on the banks in all weathers Marshalling, Stewarding and doing all the other jobs needed to run a successful event.

John Mingay

Boston Marathon

26 miles - call that a marathon?! (with apologies to the cyclists who went a lot further)

As some of you know, I am the madman who joined 200 other crews at the Boston Marathon this year. This involves over 31 miles of rowing through the remote backwaters of Lincolnshire, or in my case over 5 hours in a single scull. As you may expect, that's quite wearing on the seat and hands (thanks to whoever suggested gloves) but fortunately severe injury was avoided and it turned out better than much of my training outings may have indicated.

It seems to have been generally agreed that this year the conditions were worse than recent years - for much of the last 20 miles there was a strong wind from various directions, which was disconcerting at times when I could see the waves building as I approached some corners. Fortunately the river is predominantly a wide ditch with high sides offering some shelter from the worst wind as shown by a flag waving furiously above me at one point.

Being so flat it is possible to see tall landmarks for some distance. One of the strangest parts through the first 10 miles was having to look back and see Lincoln Cathedral for most of that time (set on a hill above the start) which only accentuates how far the race is. I think even cox Doug may have difficulty trying to talk for the whole distance.

The hardest part was at 40km - up until then it had gone better than I expected but I was sure I had gone further as I was passing the marker post on the bank (for those who are able to stay alert enough there are marker signs every 1km which at least avoids some monotony). From there to the end I split down to 2km sections at a time.

Given I have some difficulty being able to scull in a straight line (having clipped buoys on both sides in one race at Peterborough) the last 15km was good practise as there are only 2 noticeable corners in that distance. On the first part the far end vanishes in the

distance which I understand is quite an experience for coxes on their first race.

Oddly, the best feeling of the day was coming round the last major bend with still 3km to go to the finish! I even managed a semi-sprint finish to the line to prevent a quad from overtaking me. I was also surprised to find I finished only 10 minutes slower overall than an eight who I'd been alongside for a while.

Overall it was an enjoyable event and a significant milestone to look back on. I'm glad it was on my list of things to do and who knows, I might try it again either as a crew or to improve my finish time! Next time, I'll aim to carry less deadweight of food and water as I was surprised how little I needed.

And as the t-shirt says this year, 'it's an oar-fully long way'.

Jon Vendy

Ladybird book – Guide to Rowing – Part One

Types of Competition

The two major basic types of competition in which rowers indulge are:

Heads

At these events the boats go down the course one after the other at 10-15 second intervals. Each boat has a flying start and is timed between the start line and the finish line. When all the boats have finished, the time for each to have completed the course is calculated, and a winner of each class / category is determined with a finishing order published for all. These are winter season events in preparation for summer regattas.

Regattas

These involve side-by-side racing and are more exciting to watch, apart from it being easier to get an appreciation of who is winning! Most river regatta courses have space only for two or, at most, three racing lanes and often have bends and other obstacles that require staggered starts and/or finishes. These hazards provide ample opportunities for boats to interfere with each other and the Umpire (who usually follows each race in a launch) to make decisions that often are a source of lively controversy for weeks!

Regattas on artificial courses (reservoirs or even purpose built international standard courses)

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usually have room for 6 lanes of side by side racing. Regattas involve heats, semi-finals and finals held over the course of a day. Losing crews in the earlier rounds may get another chance to advance to the next round in an extra race known as a Repechage.

Our local version is the Peterborough Regatta course with 4 lanes of racing over 1000 metres.

What are they doing? Rowing or Sculling?

The first thing to learn is that these two activities, whilst closely related, are definitely not the same. The distinction between the two is determined by the number of "oars" that each crew member sets out with. If each person in the boat has one oar (known to the initiated as BLADES), then they are Rowing. If they have two oars (actually called SCULLS), they are Sculling. It stands to reason that if there is only one person in the boat then they must be sculling and should have two sculls. (It will be observed that the loss of one "oar" by a single sculler almost invariably results in them getting very wet!)

Ed's note: With thanks to Bill Gardiner for the suggestion for this section, and to the Cranmore School website from which I have shamelessly borrowed the content.

Bar Opening Hours

Monday- Friday AM is 1200-1430
Monday- Friday PM is 1800-2300

Saturday AM is 1200-1500
Saturday PM is 1800-2300

Sunday is 1200-1700

Committee 2007-8

Bedford Rowing Social Club

Social Club Chairman: John Mingay
Secretary: Roger Stokes
Treasurer: Sara Reay
Membership Secretary: Lydia Swift
Committee Members: Ellie Southgate, Emma Clarke

Bedford Rowing Club

President: Dave Catlin
Captain: Blair Clow
Secretary: Roger Stokes
Treasurer: Sara Reay
Membership Secretary: Lydia Swift
Committee Members: Alan Clarke, Will Everitt,
James Gilchrist, John Impey (co-opted)
Safety Officer: Chris Varney

Future Events (Rowing, parties and EGMS, more rowing)

Saturday 27th October
Huntingdon Head
Marlow Long Distance Sculls

Friday 2nd November
Club Dinner – The Swan Hotel

Sunday 4th November
Veteran Fours Head - London

Saturday 24th November
Evesham Head - Worcestershire
Kangaroo Court – 8pm

Wednesday 28th November
Extraordinary General Meeting
BRSC 8pm followed by BRC.

Saturday 1st December
Scullers Head - London

Saturday 15th December
Club Christmas Party [with Food!]



Wednesday 26th December
Boxing Day Eights
Draw 10.30 sharp
Mulled wine and mince pies

Monday 31st December
New Years Eve Party and Disco
6pm onwards

2008

Sunday 10th February
Bedford Fours and Eights Head

The next issue of this newsletter will be published in February – If you have any thing that is suitable for inclusion or have any suggestions for future content, please email Lydia.swift@bedfordrowing.co.uk

Save a tree – If you wish to receive this newsletter as an email or a link to the website, please email membership.secretary@bedfordrowing.co.uk