

BEDFORD ROWING CLUB & BEDFORD ROWING SOCIAL CLUB SPRING 2008 NEWSLETTER



GRAND BALCONY OPENING and BOAT NAMING – Friday May 16th - 7:30 pm – All Welcome

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|                                            |   |
|--------------------------------------------|---|
| President's Report .....                   | 1 |
| Annual Awards (from the club dinner) ..... | 2 |
| Men's Squad.....                           | 2 |
| Women's Squad Report.....                  | 3 |
| Juniors .....                              | 3 |
| Bar .....                                  | 4 |
| Membership.....                            | 4 |
| Events .....                               | 4 |
| Bedford River Festival .....               | 5 |
| Forthcoming Events .....                   | 6 |
| Opening Hours – BAR – Spring 2008.....     | 6 |

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President's Report

Another head season is almost over, culminating in the Tideway Heads. What mixed fortunes. Only the two men's eights had what can be described as a reasonable row. The women's eight suffered from equipment failure and rowed the course with seven whilst the veterans casting aside their zimmer frames for the day suffered a cancellation of the event due to high winds making parts of the course un-rowable. Hopefully these disappointments will only make us more determined to do well in the summer regattas!

Congratulations to all who helped and ran the Bedford Fours and Eights Head. This was a huge success and all those who took part were full of praise for the organisers.

Last but not least we have our own small boats head another huge entry and another mammoth task for the organisers.

These events take an enormous amount of effort to organise, they make the club a considerable amount of money and we are always looking for more helpers. There are loads of different jobs involved with running an event such as the small boats head so if you would like to help in any way at all let us know.

BALCONY

Yes, it's finished and it's paid for. Nearly half the cost has come from individual members and the plaques will soon be installed to commemorate this. The events committee has helped with the rest of the cost, but plaques are still available and can be bought at any time, let me know if you would like one, there is no time limit!

The balcony will soon be officially opened and we also hope to tie this in with some new boat launchings so watch this space.

FINANCE

The club's finances are in as good a shape as they have been for a long time and our thanks must go to all those who have helped to bring this about. Sara Reay has done a tremendous job as treasurer ably assisted by Emma Clarke. The bar is doing extremely well thanks to the efforts of the Bar Committee and the Steward Dan. The events committee have contributed considerable sums to the coffers and Thursday club nights and Sunday breakfasts continue to do well. Everything of course is being made easier by the generous sponsorship from Mike Harris (Junior) whose efforts have already got us a new eight and a new four and other boats are promised in the near future.

Finally, good luck to everyone in the summer regattas and I hope to see as many of you as possible at the balcony opening and boat launching.

Dave Catlin



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Annual Awards (from the club dinner)

Rower of the Year – James Beechinor
Most improved rower – Alan Clarke
Team of the year – WS3.4+ (Jayne Smith, Sara Orme, Katie Keene, Liane Higgins, cox – Lydia Swift)
Coach of the Year – Simon Weston
Cox of the Year – Doug Black

Power before style – Chris Varney: Shortlist included Liane Higgins and Mike Hardy
Spanner of the Year – Doug Black

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Men's Squad

We entered two 8's at the 2008 Head of River Race. A 1st Eight comprising of Andy Corner, Mike Hardy, Jeremy Howell, Chris Bland, Martin Smith, Tim Oswin, James Beechinor and Jonathon Thompson coxed by Doug Black and a 2nd Eight Blair Clow, Chris Wisbey, Reg Varney, Andy Lyn, Tim Coles,

Page 2 of 6

Chris Phelps, Robert Duigan and Jon Vendy coxed by Hari. The second eight put in a very solid performance and came 342nd. The first eight came 201st which was perhaps a little bit of a disappointing result- however the results from both eights gave us a clear indication of what we had to do in terms of fitness and most importantly technical training!



The second Eight

So it was then off to Somerset for a 5 day training camp on Wimbleball lake, where the men concentrated hard on developing their boat moving skills.

After a very productive and enjoyable camp - Bedford Small Boats has brought us our first set of results for the summer season which gives us our first bench mark as we move forward to the regatta season. At the head we entered James Beechinor and Jonathan Thompson in a S4 2- which completed the course in a time of 7.18 placing them second in S4, they would have won S3 and got second in S2 so for a first race in this combo not a bad effort!

We entered 4 4+'s, 3 of which produced reasonable results given the amount of outings in the combinations prior to racing. Sam Helliwell raced for the first time ever in two of these crews and did very well indeed. The grand finale for the Squad was the single sculling in Div Seven, for two the first singles race they have ever done! Chris Bland who was one of the first timer's performed very well coming 11th out of 29 completing the course in a time of 8:08.

All in all a good days racing- next is a trip to Dorney Lake next Saturday to allow plenty practice on a straight line course for Nottingham City Regatta where we have entered a senior two coxless pair, 2 senior four coxed fours, 1 senior three coxed four and James and Chris B will also be racing singles.

I must take this opportunity to thank a few people who of late have come on board and now make up the Men's extremely talented coaching team-

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without which we would not be progressing at the rate we are!

Ian Pendall and Chris Hemingway- big thank you!
Dave Pendall- thank you for all the help/ support you have given us leading up to the head and at Camp!
Mike Harris Senior- thank you for your weekly coaching commitment to us! Then another thank you must go to James Gilchrist who joined us on camp another invaluable coach!

Then lastly thank you to the guys in the squad because you are putting in so much time and effort into your rowing. You have listened to all that has been said of late and taken on some big challenges and risen to them!.

Amelia Clow

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## **Women's Squad Report**

In late October, a small but hardy contingent of scullers ventured to Marlow Long Distance Sculls in preparation for the Scullers' Head in early December. The scullers Amelia Clow, Lydia Swift, Elizabeth Banyard-Smith and Sara Orme all put in good performances

Once the disappointments of the November and December cancellations of various intended events (Evesham Head and Newark Head) was over, it was Christmas and time for the rowing event of the year - Boxing Day Eights. Ellie Southgate and Lydia Swift were in the victorious crew 'C' along with, amongst others, Andrew McCartney, Doug Barrell, Tom Robb, Vicky Perkins and Doug Black.

During the winter, the river rose and fell, it snowed (even on Easter Sunday) and the squad practised getting up early by spending several weekends training on the Tideway, very kindly hosted by Vesta Rowing Club. Peterborough Head was the first chance for the Tideway Eight to have some race practise and the course lived up to its reputation of bitter weather and bouncy water. At the Bedford Eights and Fours Head, Ellie Southgate and Kelly Murray made their sculling debuts in a quad with coach Lesley Clinton and Amelia Clow.

The day of the Women's Eights Head of the River was memorable for the wrong reasons. The eight had an equipment failure which meant that the crew ended up racing down the river with 8 rowers but only 7 rowing. Despite this we managed to overtake 2 other crews and were nowhere near last.

Page 3 of 6



Rowing in the snow

A full complement of the squad took a trip to the training camp at Wimbleball Lake in Somerset, where the summer crews of a senior three eight and novice double scull pounded up and down the lake and made good progress. Then it was back to Bedford for the April Small Boats head, which gave the squad an opportunity to get back into small boats.

Many thanks, to our head coach Lesley Clinton, and both Sara Reay and Mike Harris (junior) who coach during the week, whose hard work and commitment we hope to repay in results during the summer

The squad races next at Nottingham City Regatta on Saturday 26th April in the 8 and double scull. Amelia Clow will be racing twice in the single sculls events. Following Nottingham, the regattas will be Bedford Amateur, Peterborough and Reading Amateur.

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Juniors

The junior group is growing! Since Christmas our tiny little corner of the rowing club has almost trebled in number - which is great news! Welcome to the club - James, Andrew, Matt and Mike!

Dani and Louise have been competing lately in a double scull and produced a solid performance at the head this weekend. Prior to this Dani and Louise came on camp and had a very productive time. Next race for Dani and Louise is at Womens Senior Three status at Nottingham City Regatta.



Louise & Dani in action

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Many thanks must go to Rocky and Dave who have really helped with getting the juniors back on track! With our new squad of lads and gals we should be looking to do great things very soon!

Amelia Clow

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## **Bar**

Hi All

Building on foundations laid by Dottie, members will be please to know that Bar Takings have steadily moved up over the past 6 months. This is partly due to the Breakfast Club, Thursday night 'Club Meal', taking on extra parties and most of all lot of hard work by a number of people.

If anyone doubts my words I am happy to show you our accounts for the past two quarters and beyond. We now have proper accounts and figures to be presented to the Accountants. Thanks to Chris, Emma and Sara – to whom the Club owes so much. With hopefully, the weather improving the new balcony will provide a great asset to the Club attracting even more people to join use. If this happens we will possibly extend our opening hours to accommodate this.

The Hon Treasurer told the committee recently that for the first time since she had held the job the Social Club now 'stood on its own two feet! Long may this continue and with YOUR help it will

Finally thanks to Dan and his staff who have helped to make this possible

## **The Stewardship of BRC**

Dan goes off to Nottingham University in August. If you know of anyone interested in taking up the position perhaps you would contact me before we advertise the job in the local press.

## **Members Parties**



Page 4 of 6

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Dan tells me that, at the time of writing, we have thirteen 'Parties' booked at the club. If you would like to hold a party at your Club – do contact Dan urgently and get 'booked in '

John Mingay

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Membership

Bedford Rowing Social Club Membership Subscriptions for 2008/2009 were due on 1st April 2008. £20 per annum, or £15 by Standing Order. Family: £40 per annum 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.

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## **Events**

A very big 'thank you' to all the very many members who assisted at the Bedford Eights and Fours Head and the Small Boats Head.

We had record entries at both events and between them, managed with your help, to make a profit of £10,000.

Once again we are seeking help with Events this year. If you are free on the following dates please offer us your services.

Saturday 10<sup>th</sup> May  
Bedford Regatta

Sunday 6th July  
Bedford Quarts Sprint Regatta

Sunday 12th October  
Bedford Autumn Head

It is hoped that last years profits on 'Events' which reached a record £16,000 will be surpassed this year.

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The Events Committee has already purchased a second high-speed safety boat and engine [Thanks partly to a grant from the Harpur Trust.] We have also made large donation to the Rowing Club and Balcony Fund.

Thank you once again for your support – the Club goes forward

John Mingay

## ***Bedford River Festival***

This is to be held on Saturday and Sunday 12<sup>th</sup>/13<sup>th</sup> July 2008.

We would like as a Club to be fully engaged this time in the event, with 200,000 people expected it would be an excellent show-case for the Club.

Saturday 12<sup>th</sup> July  
Give-it-a-try - Rowing  
To man a stand in the Sports Village to attract new rowing members.

To crew a Dragon Boat during the afternoon.

Sunday 13<sup>th</sup> July

To enter the Raft Race which will start from our Clubhouse – 16 in a crew.

Possibly a small group might like to form a sub-committee to organise these events.

Plus we could sell Hot-Dogs etc. from the Boathouse downstairs. We did this four years ago and raised over £1,000 on the Saturday afternoon and evening.

John Mingay

The next issue of this newsletter will be published in late Summer – 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)

**Save a tree** – If you wish to receive this newsletter as a link to the website, please email [membership.secretary@bedfordrowing.co.uk](mailto:membership.secretary@bedfordrowing.co.uk)

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Saturday 9<sup>th</sup> to August Olympic Regatta (on  
Sunday 17<sup>th</sup> the television!)

## ***Forthcoming Events***

|                                                      |        |                                                     |       |
|------------------------------------------------------|--------|-----------------------------------------------------|-------|
| Saturday 19 <sup>th</sup>                            | April  | Nottingham City Regatta                             | ===== |
| Saturday 3 <sup>rd</sup>                             | May    | Evesham Regatta                                     |       |
| Sunday 4 <sup>th</sup>                               | May    | Evesham Sprint                                      |       |
| Sunday 4 <sup>th</sup>                               | May    | Wallingford Regatta                                 |       |
| Saturday 10 <sup>th</sup>                            | May    | Bedford Amateur Regatta                             |       |
| Sunday 11 <sup>th</sup>                              | May    | Poplar Regatta                                      |       |
| Friday 16 <sup>th</sup>                              | May    | Grand Balcony Opening & Boat Launch                 |       |
| Friday 23 <sup>rd</sup> to Sunday 25 <sup>th</sup>   | May    | National Schools Regatta                            | ===== |
| Saturday 7 <sup>th</sup>                             | June   | Peterborough Spring Regatta                         |       |
| Sunday 8 <sup>th</sup>                               | June   | Peterborough Spring Sprint                          |       |
| Saturday 14 <sup>th</sup>                            | June   | Reading Amateur Star Regatta                        |       |
| Sunday 15 <sup>th</sup>                              | June   | Reading Amateur Star Sprint                         |       |
| Friday 20 <sup>th</sup> to Sunday 22 <sup>nd</sup>   | June   | Henley Women's Regatta                              |       |
| Wednesday 1 <sup>st</sup> to Sunday 6 <sup>th</sup>  | July   | Henley Royal Regatta                                |       |
| Sunday 6 <sup>th</sup>                               | July   | Bedford Quarts Sprint                               |       |
| Friday 11 <sup>th</sup> to Saturday 12 <sup>th</sup> | July   | Henley Veterans Regatta                             |       |
| Saturday 12 <sup>th</sup> to Sunday 13 <sup>th</sup> | July   | National Championships                              |       |
| Saturday 26 <sup>th</sup>                            | July   | St. Neots Regatta                                   |       |
| Sunday 27 <sup>th</sup>                              | July   | St. Neots Sprint                                    |       |
| Saturday 2 <sup>nd</sup>                             | August | Henley Town and Visitors Regatta<br>Sudbury Regatta |       |
| Saturday 9 <sup>th</sup>                             | August | Peterborough Spring Regatta                         |       |
| Sunday 10 <sup>th</sup>                              | August | Peterborough Spring Sprint                          |       |

## **GRAND BALCONY OPENING and BOAT NAMING**

**– Friday May 16<sup>th</sup>**  
**- 7.30 pm**  
**– All Welcome**

## ***Opening Hours – BAR – Spring 2008***

Sunday 12 – 5  
Monday 6 – 11  
Tuesday 12 – 2.30; 6 – 11  
Wednesday 6 – 11  
Thursday 6 – 11  
Friday 12 – 2.30; 6 – 11  
Saturday 12 – 3; 6 – 11

