



## Kingston Rowing Club's Official Newsletter

Spring 2009

### Captain's Report

Following on from a successful start to the season through the winter season and Women's Head we had a disappointing result at the HRR, when, following forced changes, the first VIII did not perform as expected. Disappointment was felt most by those involved, and a very clear resolve came from the athletes to put right a performance that we felt let ourselves, and the club down.

However, from that we have moved on with a highly successful training camp in the South of France, and the recent activities have demonstrated that we as a club are in fantastic shape; over 60 adults attended a training camp in one of a number of locations, with a similarly successful training camp for the novice group in Henley; the veterans have been successful in recent races, coming within a whisker of a pennant at the VHRR, and the Juniors continuing to develop at pace.

Regatta combinations have started forming, and considerable promise has been shown, and these crews will start racing in the build up to their respective Henley. The events will now start coming thick and fast, with good performances at Hammersmith, Wallingford and BUCS (Nottingham), and a Silver medal at the Junior Inter-regional Regatta in the WJ16 2x.

This has been followed by a highly successful weekend for the club over the 9<sup>th</sup>/10<sup>th</sup> May with 2 Gold and 2 Silver medals at Ghent Regatta (LW2x and LM2x winning gold and W4x and LW2x taking Silver). Success was also to be had in this

country as well, at Bedford Regatta on 9<sup>th</sup> May, where the WIM2 4+ dominated their event, as did the debutant Novice Women's 4+, winning the pot at their first regatta in emphatic style. This was followed by the Juniors on 10<sup>th</sup> May at the Ball Cup Regatta, with 3 Gold Medals in the MJ18 1x, WJ18 1x and WJ14 2x. More recently we recorded wins at Thames Ditton regatta on 16<sup>th</sup> March in the Women's Novice VILs, the Women's Novice IV+s and the WJ14 4x+, which will be part of the squad which will be taking part in the forthcoming National Schools Regatta.

We're rapidly approaching the need to start considering a third, larger trailer to help transport everything between events, as well as the need for more volunteer drivers (either with or without a vehicle) as the logistics of moving so many people around is becoming increasingly difficult.

As last year we will be running a Henley Trial on 7<sup>th</sup> June, to be followed by a boat naming ceremony for the new VIII and IIx/- and a raffle for a seat in the Remenham row past at HRR this year (more news to follow), and I hope to see everyone there, if not before!

Andy

[andrewhall@hotmail.co.uk](mailto:andrewhall@hotmail.co.uk)

### Training Camp

This year saw the second successive European training camp following on from Hazewinkel last year. Deciding to try and avoid the snow of Belgium we opted for

Soustons in the South of France, near Biarritz, and a relatively new location for British clubs to go for training camps. The facilities themselves were fantastic, with 4km of continuous water, and a buoyed 2km course.



The lake at Soustons

The trailer, towed by Ian left on the Wednesday before Easter accompanied by Pete and a couple of toddlers (Chris and JP) and arrived on Good Friday, with the remaining athletes flying to Bordeaux on the Saturday, to be transferred by coach. Despite gloomy weather forecasts it improved throughout the week and most of the squad returned sporting what appeared to be tans, a bonus to go with the considerable amount of mileage that was put in.

Aside from the high quality rowing, there was plenty of time for enjoyment and banter, and it was fantastic to arrive home with everyone having made such good progress. Behaviour was almost impeccable, despite a slight misunderstanding, and we look forward to returning next year, when we have a booking for 60 people over the Easter weekend.

I look forward to seeing the crews that were developed racing, and thanks to everyone who made the camp possible!

Andy

### **Remenham Row Past**

As many of you will be aware it is a centenary year for the Remenham Club, and in celebration all founder clubs will be taking part in a row past on the Friday of HRR during the tea interval. We have been invited to enter a crew, made up of 2 Men, 2 Women, 2 Veterans and 2 Juniors.



To select 8 people from those who are so deserving at the club has been agreed to be virtually impossible, and the decision has been made to hold 4 raffles to decide those that are taking part in each category (the other Remenham Clubs have taken similar steps), with the proceeds to go towards the renovation of the landing stage. Tickets will cost £5 each, with no limit on the number that may be purchased.

As this crew will be representing the club during a high profile time it will be expected that oarsmen and women will be able to demonstrate an appropriate proficiency, matching the requirements for Remenham membership.

Tickets will be on sale in the bar from next week, and the raffle will be held on 7<sup>th</sup> June following the Henley Trials. If you have any questions please let Andy know.



## **JUNIOR GROUP NEWS**

from Richard Ayling (Senior Coach)  
& Marcus Hoskin (Junior Co-Ordinator)

### **Busy Times for Juniors**

#### **11 VICTORIES FOR JUNIOR GROUP**

We have 70 Junior Group members from the ages of 12 to 17 of which over 40 are in the racing group and during May some will have competed at their first regattas. Since October, we have competed at Weybridge Silver Sculls, Teddington Smbts, Kingston Smbts, Hampton Smbts, Weybridge Head, Great Britain Junior Trials, Hampton 4's and 8s Head, National Junior Sculling Head, Kingston Head and the Junior Inter-Regional Regatta.

A record 11 wins have been made at these events, by athletes from 13 to 17 years old. At this years' Kingston Head we entered a record 8 crews, including an J14 Octo from the Development Group. We scored 3 victories, the Shields already being on display in the Bar.

Four athletes, Will Hayes, Phoebe Wood, Ellie Warner and Roxana Ayling, have been involved in Great Britain Junior trials this year. This is the first time that the KRC Juniors have been involved at this highest level for many years. Ellie and Roxy are still aiming for GBR J16 trials in June for the Great Britain v France team.

#### **JUNIOR INTER-REGIONAL REGATTA – Nottingham – 18 April**

The KRC Junior Group provided 3 crews for selection to the Thames Downriver Team for the Junior Inter Regional Regatta to be held against the 11 other UK regional teams at Nottingham on April 16. The WJ162x Ellie Warner and Roxana Ayling, were looked after by Ben Dobbs. Our WJ14 Quad (Francesca Capellaro/Anna Porteous/Rosie Talbot/Emily Mayer cox – Harry Christie), and J15 Double (Tom Hoskin/Ed Lovern) narrowly lost in their trial races, hosted by us on the Kingston Regatta stretch.

In tail-wind, choppy (it is Nottingham!), conditions Ellie and Roxy performed well, winning their heat. In the Grand Final over the 1500m course, they won the SILVER behind winners Oxford City RC (Thames Upriver), who took victory in 6:05.1 with

the KRC girls only 1.2sec behind and Yorks City in 3<sup>rd</sup> only 0.5sec behind. A well done too, for group member Thomas Hoskin (rowing for KGS) finished 4th in the J154+. The Thames Downriver team finished second to the North West overall.

#### **NEW JUNIOR CAPTAIN'S BOARD**

Congratulations too, to the Junior Captain, Will Hayes who had the honour of being the Kingston Junior Captain who placed the New Junior Captain's Board on the club wall during the Spring Junior Parent's Meeting held at the club on Thursday evening April 16.

This new board has been designed to echo the style of the existing Captains Board and is a great example of the support and commitment the club makes to junior rowing.

#### **Jack Petchey Awards**

Congratulations to Harry Christie, Ellie Warner and Will Hayes who the most recent recipients of the Jack Petchey Achievement Award this season.

Each has received a framed certificate and will receive a boxed medallion at the next boat naming ceremony.

Recipients do not have to be the best at sport, work or anything else, but they must have contributed to the club in a significant way. Equally, award winners can be recognised for personal developments and positive personality traits.



Will Hayes receiving the Jack Petchey Award Certificate from KRC Chairman Paul Francis.

## JUNIOR PARENT SUPPORT GROUP

This season we are fortunate to have the help of the KRC Junior Squad 'Parents Support Group' which has been established with the objective of providing assistance with racing logistics, fund raising and social events..

So far this season they have organized the catering at the Christmas Races, provided barbeques for the juniors at the Heads races and added to the success in raising £500 selling food at the Kingston Small Boat Head by raising another £600 at Kingston Head.

Many thanks to all the members of the Parents Support Group.

If you would like more information on how you might help the PSG to help all our juniors please contact Frances Bermingham at: [f.bermingham@sky.com](mailto:f.bermingham@sky.com)

## WHERE TO SEE THE KINGSTON JUNIORS RACING .....

Crews from the Kingston Junior Group will be competing at the following May events :-

**03 Sun** - Wallingford Regatta – Dorney – Multi Lane – 7 crews

**10 Sun** - Ball Cup Regatta – Dorney – Multi Lane – 13 crews

**16 Sat** - Thames Ditton Regatta – 8 crews

**21 Thu** - 24 Sun - NATIONAL SCHOOLS REGATTA – Nottingham – Multi Lane – 5 crews

Other regattas :- **June 21** – Thames Valley Park, **July 11 & 12** – Kingston Regatta

## VETERAN SECTION

The old folk have continued their quest for glory in a variety of combined crews with Walbrook, Scullers and Quintin, notching up wins at Thames Valley (Dorney), Molesey Vets, Hammersmith and Kingston Heads.

The Veteran Head, the day after the Men's Head saw an almost pure Kingston entry.

A veteran E mixed eight (average age 55years) took to the Thames after a single practice outing, where Andy Kapica

effortlessly stood in for our guest crew member Tone from Christiania Roklub, Norway, who was in Aberdeen for a FISA race committee gathering (and the odd drop of malt, I suspect).

The weather Gods for once were kind and apart from struggling a bit with the stiff head wind coming in to Hammersmith Bridge, when we all wished we were 3 stone heavier, we had a really good pull and moved from start number 174 to finishing 64<sup>th</sup> overall.

We had excellent steering, crew control and whipping in from Heidi. What a treat – she can cox me again any time she likes!!



We were fastest Vet E entry and only missed the Vet D/E pennant by 0.83 seconds, the winners being a combination of Croatians (legs like tree trunks) and half of the UK Gold girls. So we were all pretty happy. We had even more of a grin on our faces when we realised that we had beaten Rhinos (containing a fair few KRC boys) all mens Vet B eight by 24 seconds. A sweet victory indeed for Carol, Dermod, Ray, Tone, Andy, Tim, Helen, Birgith and our cox Heidi.

We have been joined by Harriet, who used to paddle down at Twickenham and can now be spotted in mixed fours and quads. Bodes well for next year. Anyone else, who is not afraid of admitting they are over 30 are welcome to join the squad at any time

### **Liquid History**

On Friday of Henley Regatta this year not only will the Club be represented in the row past of Remenham crews in the tea interval, our Britannia Cup winning Crew from 1969 will be having a paddle down the course during the lunch interval.

Peter Pearce, Don Gray, Terry Dawson, Peter Allan and Guy Wibberley will be once again taking to the water, it was decided that by using the lunch interval there would be more time for them to paddle the distance from the mile signal to the finish! Time was also needed to enable Guy Wibberley to be greased up properly to allow him to fit into one of the clubs front loader IV's!

In case younger members of KRC have difficulty in imagining life in 1969 I can tell you that Elvis Presley was still able to leave the building, Concorde had its maiden flight, we beat both New Zealand and the Windies in test cricket and 15 days after the Henley win Man landed on the moon!!

Guy Lewis

### **Novice Section**

This seasons influx of novices has been the largest in many a year, with numbers swelling to 20 plus men with an active showing of 12 on a weekly basis and 28 women, regularly boating 2 – 3 VIII's, with an age range from early 20's to early 50's.

We decided to start off with a circuit program twice a week at Tiffin's school and one session on the water at the weekend. However, as the rowing bug bit them hard this soon escalated to circuits and four sessions at the weekend.

With the rainfall increasing, which now seems normal in the winter months, we missed some early head races so our head coach Ian decided to do our own club head race. The squad put in a good performance in comparison with the whole field and their newly learned rowing technique! Despite the conditions being so bad that the start had to be moved, they all enjoyed their first head race though.

The fun was not going to stop there as many of the squad had entered the Rum Punch Eights, not knowing what to expect! Well, it's only 500m, how hard can that be after a head race a few of them were asking. Anyway a number of exhausting races later, we managed to have two novices in the winning boat, maybe a sign of things to come.

Moving into the new year, a record large number of the novices attended their first annual dinner, enjoying fine food and ample amount of drink and lots of talk of things to come in their early rowing careers.

We completed our first head at Reading - there were a few nerves around but the guys put in a very good solid performance and finished 14th out of 25 in their novice class, beating Uni, Schools and Club crews on the way. With this confidence from Reading, we moved on to the Kingston Head and produced another good performance where we finished 13th out of 21 in our class of novices. Our final head was of course the Eights Head and this was another great performance by the novices (named KRC 4th Eight) as they started 355 to finish 302, and whilst doing so they also beat the KRC 3rd Eight by 21 positions. They finished 17th out of 60 in the novice class and needless to say they had a few very well earned beers.

The novice girls also had a productive head season, racing at Reading coming 9<sup>th</sup> and 10<sup>th</sup> in the WN8 category. This was followed with 4<sup>th</sup> and 12<sup>th</sup> at Kingston Head and 9<sup>th</sup> and 16<sup>th</sup> in their category at WEHRR.

Now that the winter events were over, the novice squad proceeded to Henley for their Easter Training Camp. The idea of camping in April suddenly lost its appeal after three sessions a day on the river in the pouring rain, but none the less great improvements were made across the squad and the fine tuning for the regatta season has begun to great effect. The whole squad are now looking forward to their first regattas and are eager to becoming senior oarsmen as soon as possible whilst winning as many regattas they can this summer season.

Matt Evans

## **New venue for the Annual Dinner gets the thumbs up**

On the 31<sup>st</sup> of January this year, one hundred and twenty KRC members and guests descended on the Elizabethan Suite in Glenmore House for the KRC Annual Dinner.

After the usual pre-dinner drinking and mingling, the guests were treated to a delicious 3 course meal, some great wine and the usual round of speeches in the elegant dining hall. Thanks should go to the guest speaker Chris Martin who coped admirably with the heavy shower of banter from the usual suspects during his detailed account of his paddle across the Atlantic and to the staff for their great service throughout the evening.

Philip Laidlow offered some select words on behalf of the sponsors Laytons, and we look forward to welcoming them to the functions through the year to develop the relationship.

"Well done good food, good surroundings, good location and good company."

**Richard West**

'Very impressive venue - usual round of speeches etc following some really good food

(several added extras on top of the traditional 3 courses and the roast lamb was excellent)" **Angela Godrich**

"...you are to be heartily congratulated on what turned out to be one of the best Dinners I can recall ..."

"Reverting to the dreaded disco, the adjacent bar room provided an ample sized space for those not interested to retire out of earshot!"

Rob Thompson was the extremely popular recipient of the Poupart cup for his dedication to his unofficial role as KRC boat mender, chief trailer loader and all round handyman.

Following the meal, for the first time ever (somewhat controversially) the evening offered the opportunity for many to hit the dance floor for a late night boogie. This provided much additional entertainment as most of the younger (and some of the older members) strutted their stuff.

Those who didn't succumb to the draw of the dancefloor retired to the separate large comfortable bar for a more traditional end to the evening.

I would like to thank everyone for the fantastic turnout, particularly from the novice squad. Having said this, it was noticeable and sad that many of the usual familiar faces were absent. Hopefully the fantastic feedback below will encourage many of you to rejoin us in the celebrations next year.

"I hope we might be able to return to the same venue and enjoy an equally good meal next time. If so, I can only encourage all those who didn't make it to attend next year and give it a try - They won't regret it " **Ricky Gilbert**

Many thanks for those involved in organising this very successful event, particularly Ceri Jones, Steve Molloy, Paul Francis and Andy Hall.

After the very positive feedback, I am pleased to announce that the same venue has already been booked for next year, so please put **Saturday 6<sup>th</sup> February 2010** in your diary now!