



Kingston Rowing Club's Official Newsletter

Spring 2008 Edition

Captain's Report

It has been a fantastic start to the racing season, with good performances in the main tideway heads and wins in the late heads, now being replaced by regatta wins at the early season regattas. The senior squad are approaching 25 season wins so far, with a number of successful trips to Bedford, including most recently the Bedford Amateur Regatta on 10th May, where four wins were recorded, and two silver medals from Gent.

The juniors have continued their work through the season, culminating in the selection of the MJ14 2x for the Junior Inter-regional regatta (which was sadly abandoned due to weather conditions in Nottingham), and most recently with two gold medals (WJ16 4x and WJ15 2x) and a bronze medal (MJ16 2x) at the Ball Cup South, held at Dorney on 11th May.

We look forward to a number of upcoming events, including trials for HRR crews and a boat naming ceremony on 8th June, for the new boats which have been purchased with the generous assistance of Laytons, our club sponsors.

There are a number of coming regattas that the club will be attending; Thames Ditton, National Schools, Metropolitan, Walton, Henley Women's Regatta, Marlow Regatta, Henley Royal Regatta, and of course

Kingston Regatta. We have ordered a club marquee, which is red and white, and which should be visible at these events (clashes permitting), so please come along and lend your support to the racing crews.

There has been a lot of work to try and identify defunct and ownerless equipment, and would urge everyone to ensure that private equipment is clearly labelled – if it isn't it is likely that it will be used by the senior and junior groups, and is liable for removal or disposal. We currently have a number of wooden Macon sculling blades that are for sale, at £15 each, and they make ideal trophy blades. Additionally, the Karlisch VIII, which has been out of operation for several years, is to be disposed of. If anyone has any interest in acquiring the sections of the boat then please let me know before the end of May.

As ever, coaching assistance from members is always welcome, and if you feel that you would be able to help then please let me know.

I look forward to seeing everyone at the events over the next few months, and look forward to a successful regatta season during our 150th year!

All the best,
Andy
andrewhall@hotmail.co.uk

Chairman's Report

With summer nearly upon us it seems racing has begun in earnest and the incredibly tough training regime put in place by the coaches for both the senior and junior groups are paying off with a great number of successes at various regattas both at home and internationally being recorded.

Because so much time is being spent on the river and in the gym it has left very little time for volunteers who put together the Scarlet Blade to produce an edition any earlier than this. So don't worry you have not missed one!

Although it was only three months ago many of us sat down to the 150th Kingston Rowing Club anniversary dinner at Ravens Ait. So popular was the event that we sold all 200 places available at Ravens Ait and then had another 50 people enjoying a parallel dinner being held at Kingston Rowing Club. Personally it was fantastic to see so many people who I have rowed with over the years and I could have spent at least an hour with each one of them, as it happened I spent about 30 seconds talking to about two of them! However I am hoping that maybe a lot of people who travelled to the dinner will take the trouble to join us for a further celebration at Remenham Club during this year's Henley Royal Regatta – more details to follow. The evening at Ravens Ait was a great success albeit a little rushed. However a good number of people did return to join the parallel diners at KRC and the bar was still serving at 5 a.m.!

The Kingston Head ran with its customary efficiency under the guidance of Peter King. The Kingston Head, apart from being a very useful source of revenue for the club, is a highly regarded event in the rowing calendar. Entries are increasing each year and it is possible that we may have to run it in two divisions in the future.

On a more current note Andy Hall has already mentioned that on Sunday June 8 we are going to be launching our new boats which we have purchased recently with money donated by our sponsors, Messrs. Laytons. We hope this will take place at around noon followed by a small buffet. As the Veterans were unable to fix a date for their usual summer supper it is hoped that many will come down on this Sunday. In addition to the boat launching the final trials

will be taking place for crews to race at Henley Royal this year and as it stands we should be entering two Thames Cup eights a Wyfold four and a Britannia four. The girls are on target to be entering a Sculler, a Double and a Four for Henley Women's Regatta and possibly an entry for Henley Royal. This is the first time that I can remember a squad good enough in depth that trials are necessary almost across the board to select the top boats.

Finally it is a great honour to announce that to commemorate our 150 years the stewards of Henley Royal Regatta have given us permission to row up the course during the tea interval on Sunday 6th July. We will be boating an eight comprising previous Henley winners and a junior quad scull. The crews will represent the past and the future of KRC. I am hoping that as many of you as possible will be able to get to Remenham Club in the afternoon to watch the row past which will take place from the Mile Signal down the course to the finish. Details will be in the programme of the day and the commentary will be broadcast. After the row-past I have invited the crews back to Remenham Club for some refreshment!

Guy Lewis

Bedford Regatta

The senior squad raced at Bedford Amateur Regatta on 10th May, with a number of successes.

The Men's Senior 2 VIII beat a composite of Quintin and Mortlake in their heat, and beat Lea in the final. The Men's Senior 2 coxed four (stern 4 from the VIII) beat a Lea crew, a Star Club crew and another Lea crew on their way to victory, all comfortably.



The winning Senior 2 VIII of Hepburn, Hall, Edwardson, Haworth, McLaughlin, Dracott, Lack, Butterwegge and Wale (Cox)

The Women's Senior 3 coxed four rowed very well having been focussing on sculling recently, to beat HSBC and St. Edwards School to win the event of 6 crews.



The winning WS3 crew of O'Hare, Larkin, Ash, Pilbeam and Loweth (cox)

The novice crew was dominant in their event, winning each of their rounds convincingly, and beating Peterborough City, Eton A, Pangbourne College A, Champion of the Thames and Bedford School on the way to collecting their pots.



The Novice 4 winning in emphatic style – Page, Waller, Lear, Gomez and Guse (cox)

For those who have access, there are some good videos of the crews that were racing on RowTV - <http://www.rowtv.co.uk/>. Bedford has been a good hunting ground for KRC this season, with three events attended and 15 wins recorded!

Gent Regatta

A small squad of girls headed back to Belgium for a second time this year to take part in the Belgian National Championships at Gent regatta on 10th / 11th May (and not buy chocolates and beer as has been otherwise suggested).

The Women's Lightweight 2x of Laura Newton and Emily Possnicker managed a silver medal on each day, against stiff domestic competition that had also made the channel crossing, boding well for the

coming regatta season, after having come second in Senior 2 (Hwt) at Nottingham City regatta the week previously.

Women's Veteran A 1x World Champion Ceri Jones was unlucky not to make the final in the Women's Open 1x, but did so in the face of fierce international opposition.



The WLwt 2x of Newton and Possnicker racing at Gent

Marlow Spring / Ball Cup

The Kingston Junior Group recently attended two regattas; on Bank Holiday Monday, 5 May, they raced at Marlow Spring, which had been moved to the Dorney Olympic course, due to flooding, and the following week on Sunday 11 May, when they returned to Dorney, for the annual Ball Cup Championship. Many of the athletes competing were racing for the first time.

At Marlow Spring, Kingston's juniors reached four finals. The Women's Junior 16 Quad and the Women's Junior Double both achieving 2nd places. The Men's Junior 15 Coxed Quad and Double Scull both achieved 3rd places. Most of the Kingston crews were placed in the less favoured crosswind which troubled the regatta all day long.

On Sunday 11 May, Kingston boated their largest ever junior entry of 10 Junior crews at the Ball Cup/Borne Regatta held on the same 1000 metre course as the Monday previously. The wind returned with the event and Kingston continued to dominate the less favoured lanes 5 and 6. Despite this, the quality of the group showed through with eight crews reaching the final stages aged from 11 to 18 years of age, many of the group racing for the first time.

The group recorded two GOLD Medals - the Women's Junior Quad of Brereton, Wood, Stafford and O'Sullivan beating Sir William Perkins crew by just under a length. The

Women's Junior 15 double of Warner/Ayling dominated their event, winning both heat and final by clear water. A BRONZE medal was achieved by McLoughlin/Hayes in the Men's Junior 16 double.

The other five Kingston Junior crews in the finals included the Men's crews of Junior 2x Lloyd/Wood, Junior 14 Double Hoskin/March, Junior 12 Single Harry Christie. Women's crews were Junior 14 Coxed Quad of Bunje, Kane, Goldspink, and O'Sullivan with cox Jack Goldspink and the Junior 13 Double of Carter-Rowe/Mayer.



The Women's J16 Quad of Brereton, Wood, Stafford and O'Sullivan

This weekend the group are racing more locally at Thames Ditton Regatta which is enjoying its 60th Anniversary this year. Next week six of the top Kingston Junior crews have been selected to race at the largest junior regatta in the UK, the National Schools in Nottingham.

Women's Head of the River Race 2008

Greeted with overcast, chilly and a bit windy conditions the KRC ladies were keen, enthusiastic and raring to go.....just one last time (i.e. to be found queuing in the ladies loo at LRC just after Michelle's strategic briefing and before boating!).

Stylistically, the pre-race decisions to wear Comic Relief socks and the last minute 'short sleeve versus long sleeve' debate, were tough ones to make, but thankfully democratically settled!

In the lead up to the race, injuries and illnesses overshadowed the crew, but fortunately the renowned Birgith Sims was happy to be drafted in and predictably was a true, super sub. Further, we benefited from Julia's terrific coxing skills and an injured Laura Newton, who also expertly coxed us from time to time, left us in admiration of her multi-talents. On the day, we were coxed by

the mighty Mikey Loweth who, unperturbed by the minor complication of a bow rigged boat when pushing off, went on to assertively steer a competitive course.

We were entered as Senior II with a start position of 81 and finished in 47th place overall with a respectable time of 20:43. The result was one of the best Kingston Women's squad has had in a number of years.

As well as being very grateful to Team South-West (Ian and Michelle) for their skilful direction and force(!), we also appreciated the senior men relinquishing their superior Janousek eight. They allowed us to re-rig it, add our new women's shoes and basically completely monopolise it in the lead up to the race, thus demonstrating that the age of chivalry is not dead at KRC!



Above: Emily Possnicker, Anna O'Rawe, Birgith Sims, Sharon Hembrow, Fabienne Milner, Moira Larkin, Helen Gadsden, Natalie Pilbeam

Head of the River Race 8th March 2008

The KRC men's squad arrived almost painfully early at Putney Embankment in order to have a pre-race paddle before the main event started at 09:45. The club was proud to be bringing its biggest group to the race for five years and almost as proud that everyone arrived on time and without ailments despite a number of injuries and illnesses in the squad in the preceding couple of weeks.

The weather was breezy but settled and on boating for the race itself it was apparent that any fears held by the veterans of the previous year's abandoned race that they would have to face similarly hazardous conditions again were unfounded.

KRC boated four out of the 420 Vllls racing with the 1st Vlll going off at 17 with some fast crews around them in the shape of the

Army, Henley RC and Nottingham starting immediately behind and getting off to a very hard start, evidently trying to overtake and gain position very early. The challenge was seen off and as Nottingham began to fade Kingston pushed on to catch up with some of the crews ahead and finishing in 31st position, a considerable achievement with some novices in the crew competing over the 4.25 mile course for the first time.



This image is copyright © 2008 JET Photographic
The Men's Senior 2 VIII of Lack, Page, Hall, Edwardson, Dracott, McLaughlin, Haworth and Hepburn

The 2nd and 3rd Vllls finished 152nd and 231st respectively, picking up two very encouraging results for the rest of the season.

The last KRC crew to set off where the novices, all of who were on the course for the first time, picking up seventy places overall and coming 27th out of 65 novice crews.

That brought the Autumn/Winter season to an end and gave the club every reason to look ahead to the summer with confidence of seeing some good performances.

Easter Training Camp

Following some long, traffic-filled journeys, the Senior Squad de-camped to Belgium over the Easter long weekend. Destination: Hazewinkel. We were under no illusions that it would be a holiday, but on hearing the training agenda, I think I can safely say, all our knees went weak!

Our living quarters were a large Convent in the middle of a town called Mechelen – a handy 10 minute drive from the rowing lake. It provided many evenings entertainment, with breakfast served by the nuns themselves.

Down at the lake, there was an intensive schedule of seat racing and training. Unfortunately the weather couldn't make up it's mind, so invariably for every outing, rowers were seen pushing off with a combination of pogies, waterproofs, sunglasses, suncream and hats in their boats, to cover all eventualities! Despite the inclement weather, there were plenty of kilometres put in on the water. Both the Men's and Women's squads are hoping to reap the benefits in the up-coming races, indeed, there are already a few pots in the bank!



Above: The Senior Squad at Hazelwinkel

On the last evening of the camp, there was a large crew meal where everyone could finally enjoy (many) a Belgian beer, without the worry of an early rise the following morning! Well done to all those who took part! Special thanks must go to the volunteer coaching team who accompanied Ian to help, Michelle West, Michael Clarke, Richard Nelson and Jules Slim.

KRC Juniors **Jack Petchey Achievement Awards** **Scheme**

KRC Juniors are now members of the Jack Petchey Achievement Awards Scheme.

Each quarter we are entitled to elect 2 Achievement Award Winners each of who will receive a framed certificate, pin badge and, at an annual ceremony, a boxed medallion.

For each award the KRC Junior Squad will receive £300.

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, Achievement Award Winners can be recognised for personal developments and positive personality traits.

If you would like to nominate a KRC Junior for an award please either complete a nomination form and place in the nomination box (or e-mail me a completed version of the nomination form attached to this e-mail).

Paper copies of the nomination form may be found on the junior notice board. The nomination box will be next to the booking out desk.

I look forward to congratulating many of you in the months to come.

Marcus Hoskin
KRC Junior Coaching Team

150th Special Award

The President made a special award of a solid silver lapel flag of KRC for members who have given in excess of 10 years service.

This was a one off way on the 150th Anniversary to thank many members who have contributed many years of their time to the club, and was presented at the 150th Dinner on Raven's Ait.



A photo call of Captains: Front row left to right are Bill Clarke, Arnie Zarach, Don Somner, John Edwards, Peter King, Matthew Christie, 2nd row L to R Alistair Graham, Graham Orriss, Angus Gai, Gabriel Steer, Terry Gostling, Scott Tunbridge, Back row L to R James Suenson-Taylor, Nick Ronald, Damian West Andy Hall and Farrell Mossop.

Bill Clarke Vice President, Captain for 4 years and chairman of committee,
John Edwards Vice President, Captain and chairman of committee, **Brian Marsden** Vice President, membership secretary and veteran supper organiser, **Peter King** Vice President, Captain and Chairman of committee, running Kingston Head of River for past 10 years, **Brian Colborne** running Kingston Head of River for 11 years, **Angus Gait** Vice President, Captain for 4 years, Treasurer and committee member for 8 years, **Richard Rowland** Vice President,

Secretary and treasurer in excess of 15 years, **Tim Bramfitt** coach of international 4+, record breaker coach for row down Thames from Lechlade to Westminster has been coaching club since 1972. **Guy Lewis** Bar Vice President, bar secretary, chairman of Committee and club representative of Remenham Club, **Scott Tunbridge** Vice President Captain, consistent raiser of sponsorship money for club, runs Veteran suppers, **Richard Ayling** first KRC member to win the Grand at Henley, coach of numerous Henley Wins in the 80s and the International 4+, **Richard Higgins** Vice President bar secretary coach and Remenham representative. **David Ford** cleaner of boathouse extraordinaire has been working quietly since 1972 gets little if no praise. **Matthew Christie** Vice President Captain and coach organiser of 9 annual dinners, numerous vets suppers bar secretary second time around. **Angela Godrich** one of the first lady members in 1976 committee member general hands on of everything from cooking to organising events. **Carol Cornell** Chairman of committee organiser of dinners recently re negotiated new deal with Tiffin School and planning updating of clubhouse.

KRC 150 LOGO CLOTHING

To commemorate the 150th year of the founding of Kingston Rowing Club, we have produced a smart polo shirt and a stylish fleece featuring an embroidered 150th logo.

There's two great reasons for buying one or both, the clothes are well made showing off the logo really well and you're making a much needed contribution to club funds.

The polo shirt comes in all sizes with men's and ladies styles. We feature the royal blue polo but most colours are available. The fleeces are also available in all sizes and we have royal blue and light blue. The Coolmax is a white short sleeved top designed to keep the body cool during exercise.

CASH WITH ORDERS PLEASE		Collected from KRC	Posted	
	Prices:	Polo Shirt	£15.00	£20.00
		Fleeces	£35.00	£40.00
		Coolmax	£25.00	£30.00

This is a special year for KRC and these polos and fleeces will make great mementos, delivery will be about a week.

Contact Scott Tunbridge on 01252 70236, (H) 705100 (W) or scott.tunbridge@btconnect.com

POLOS

Men's	S	M	L	XL	XXL	3XL	4XL	5XL
Chest (to fit)	36	38/40	42	44/46	48	50/52	54	56/58

Ladies	XS	S	M	L	XL	XXL	3XL
Ladies size:	8	10	12	14	16	18	20
Chest (to fit):	33	34	36	38	40	42	44

EMBROIDERED FLEECE

Sizes:	XS	S	M	L	XL	XXL
Chest (to fit):	34	36	38/40	42	44/46	48
Colours	Navy / Powder Blue			Powder Blue / Navy		

COOLMAX SHORT SLEEVE (White)

Men's Size	S	M	L	XL
Chest (to fit)	36	38/40	42	44/46